

Morning Prayer for Thursday after the First Sunday in Lent

Opening Sentence

If we say we have no sin, we deceive ourselves, and the truth is not in us; but if we confess our sins, God who is faithful and just, will forgive our sins and cleanse us from all unrighteousness. *1 John 1:8, 9*

Confession of Sin

Let us confess our sins against God and our neighbor.

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. Amen.

The Invitatory and Psalter

V: Lord, open our lips.

R: And our mouth shall proclaim your praise.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

Venite *Psalms 95:1-7*

Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation.
Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.

For the Lord is a great God, *
and a great King above all gods.
In his hand are the caverns of the earth, *
and the heights of the hills are his also.
The sea is his, for he made it, *
and his hands have molded the dry land.

Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.

For he is our God,
and we are the people of his pasture and the sheep of his hand. *
Oh, that today you would hearken to his voice!

The Psalm or Psalms Appointed

Psalm 50 *Deus deorum*

¹ The LORD, the God of gods, has spoken; *
he has called the earth from the rising of the sun to its setting.
² Out of Zion, perfect in its beauty, *
God reveals himself in glory.
³ Our God will come and will not keep silence; *
before him there is a consuming flame, and round about him a raging storm.
⁴ He calls the heavens and the earth from above *
to witness the judgment of his people.
⁵ Gather before me my loyal followers, *
those who have made a covenant with me and sealed it with sacrifice.
⁶ Let the heavens declare the rightness of his cause; *
for God himself is judge.
⁷ Hear, O my people, and I will speak: "O Israel, I will bear witness against you; *
for I am God, your God.
⁸ I do not accuse you because of your sacrifices; *
your offerings are always before me.
⁹ I will take no bull-calf from your stalls, *
nor he-goats out of your pens;
¹⁰ For all the beasts of the forest are mine, *
the herds in their thousands upon the hills.
¹¹ I know every bird in the sky, *
and the creatures of the fields are in my sight.
¹² If I were hungry, I would not tell you, *
for the whole world is mine and all that is in it.
¹³ Do you think I eat the flesh of bulls, *
or drink the blood of goats?
¹⁴ Offer to God a sacrifice of thanksgiving *
and make good your vows to the Most High.
¹⁵ Call upon me in the day of trouble; *
I will deliver you, and you shall honor me."
¹⁶ But to the wicked God says: *
"Why do you recite my statutes, and take my covenant upon your lips;
¹⁷ Since you refuse discipline, *
and toss my words behind your back?
¹⁸ When you see a thief, you make him your friend, *
and you cast in your lot with adulterers.
¹⁹ You have loosed your lips for evil, *

and harnessed your tongue to a lie.

²⁰ You are always speaking evil of your brother *
and slandering your own mother's son.

²¹ These things you have done, and I kept still, *
and you thought that I am like you."

²² I have made my accusation; *
I have put my case in order before your eyes.

²³ Consider this well, you who forget God, *
lest I rend you and there be none to deliver you.

²⁴ Whoever offers me the sacrifice of thanksgiving honors me; *
but to those who keep in my way will I show the salvation of God."

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

The Lessons

A reading from Deuteronomy 9:23-10:5

And when the LORD sent you from Kadesh-barnea, saying, "Go up and occupy the land that I have given you," you rebelled against the command of the LORD your God, neither trusting him nor obeying him. You have been rebellious against the LORD as long as he has known you. Throughout the forty days and forty nights that I lay prostrate before the LORD when the LORD intended to destroy you, I prayed to the LORD and said, "Lord GOD, do not destroy the people who are your very own possession, whom you redeemed in your greatness, whom you brought out of Egypt with a mighty hand. Remember your servants, Abraham, Isaac, and Jacob; pay no attention to the stubbornness of this people, their wickedness and their sin, otherwise the land from which you have brought us might say, 'Because the LORD was not able to bring them into the land that he promised them, and because he hated them, he has brought them out to let them die in the wilderness.' For they are the people of your very own possession, whom you brought out by your great power and by your outstretched arm." At that time the LORD said to me, "Carve out two tablets of stone like the former ones, and come up to me on the mountain, and make an ark of wood. I will write on the tablets the words that were on the former tablets, which you smashed, and you shall put them in the ark." So I made an ark of acacia wood, cut two tablets of stone like the former ones, and went up the mountain with the two tablets in my hand. Then he wrote on the tablets the same words as before, the ten commandments that the LORD had spoken to you on the mountain out of the fire on the day of the assembly; and the LORD gave them to me. So I turned and came down from the mountain, and put the tablets in the ark that I had made; and there they are, as the LORD commanded me.

Here ends the Reading.

The Second Song of Isaiah *Quaerite Dominum*
Isaiah 55:6-11

Seek the Lord while he wills to be found; *
call upon him when he draws near.

Let the wicked forsake their ways *
and the evil ones their thoughts;
And let them turn to the Lord, and he will have compassion, *
and to our God, for he will richly pardon.
For my thoughts are not your thoughts, *
nor your ways my ways, says the Lord.
For as the heavens are higher than the earth, *
so are my ways higher than your ways,
and my thoughts than your thoughts.
For as rain and snow fall from the heavens *
and return not again, but water the earth,
Bringing forth life and giving growth, *
seed for sowing and bread for eating,
So is my word that goes forth from my mouth; *
it will not return to me empty;
But it will accomplish that which I have purposed, *
and prosper in that for which I sent it.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

A reading from Hebrews 4:1-10

Therefore, while the promise of entering his rest is still open, let us take care that none of you should seem to have failed to reach it. For indeed the good news came to us just as to them; but the message they heard did not benefit them, because they were not united by faith with those who listened. For we who have believed enter that rest, just as God has said, "As in my anger I swore, 'They shall not enter my rest,'" though his works were finished at the foundation of the world. For in one place it speaks about the seventh day as follows, "And God rested on the seventh day from all his works." And again in this place it says, "They shall not enter my rest." Since therefore it remains open for some to enter it, and those who formerly received the good news failed to enter because of disobedience, again he sets a certain day-- "today"-- saying through David much later, in the words already quoted, "Today, if you hear his voice, do not harden your hearts." For if Joshua had given them rest, God would not speak later about another day. So then, a sabbath rest still remains for the people of God; for those who enter God's rest also cease from their labors as God did from his.

Here ends the Reading.

The Song of the Redeemed *Magna et mirabilia*
Revelation 15:3-4

O ruler of the universe, Lord God,
great deeds are they that you have done, *
surpassing human understanding.
Your ways are ways of righteousness and truth, *
O King of all the ages.

Who can fail to do you homage, Lord,
and sing the praises of your Name? *
for you only are the Holy One.
All nations will draw near and fall down before you, *
because your just and holy works have been revealed.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be for ever. Amen.

The Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth.
I believe in Jesus Christ, his only son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.
I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

The Prayers

V: The Lord be with you.
R: *And also with you.*
Let us pray.

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are yours, now and for ever. Amen.

Suffrages A

V. Show us your mercy, O Lord;
R. And grant us your salvation.
V. Clothe your ministers with righteousness;
R. Let your people sing with joy.
V. Give peace, O Lord, in all the world;
R. For only in you can we live in safety.
V. Lord, keep this nation under your care;
R. And guide us in the way of justice and truth.
V. Let your way be known upon earth;
R. Your saving health among all nations.
V. Let not the needy, O Lord, be forgotten;
R. Nor the hope of the poor be taken away.
V. Create in us clean hearts, O God;
R. And sustain us with your Holy Spirit.

Collect of the Day

Strengthen us, O Lord, by your grace, that in your might we may overcome all spiritual enemies, and with pure hearts serve you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

A Collect for Guidance

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. *Amen.*

A Prayer for Mission

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh; and hasten the coming of your kingdom; through Jesus Christ our Lord. Amen.

Intercessions and thanksgivings may follow.

The General Thanksgiving

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory.

And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up our selves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen.

A Prayer of St. Chrysostom

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. Amen.

Let us bless the Lord.

Thanks be to God.

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen. 2 Corinthians 13:14*