

# Morning Prayer for Thursday after the Fourth Sunday in Lent

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## Opening Sentence

To the Lord our God belong mercy and forgivenesses, because we have rebelled against him and have not obeyed the voice of the Lord our God by following his laws which he set before us. *Daniel 9:9, 10*

## 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 *Psalm 95:1-7*

*The Lord is full of compassion and mercy: Come let us adore him.*

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 Lord is full of compassion and mercy: Come let us adore him.*

## **The Psalm or Psalms Appointed**

### **Psalm 69** *Salvum me fac*

1 Save me, O God, \*  
for the waters have risen up to my neck.  
2 I am sinking in deep mire, \*  
and there is no firm ground for my feet.  
3 I have come into deep waters, \*  
and the torrent washes over me.  
4 I have grown weary with my crying; my throat is inflamed; \*  
my eyes have failed from looking for my God.  
5 Those who hate me without a cause are more than the hairs of my head; my lying foes  
who would destroy me are mighty. \*  
Must I then give back what I never stole?  
6 O God, you know my foolishness, \*  
and my faults are not hidden from you.  
7 Let not those who hope in you be put to shame through me, Lord GOD of hosts; \*  
let not those who seek you be disgraced because of me, O God of Israel.  
8 Surely, for your sake have I suffered reproach, \*  
and shame has covered my face.  
9 I have become a stranger to my own kindred, \*  
an alien to my mother's children.  
10 Zeal for your house has eaten me up; \*  
the scorn of those who scorn you has fallen upon me.  
11 I humbled myself with fasting, \*  
but that was turned to my reproach.  
12 I put on sack-cloth also, \*  
and became a byword among them.  
13 Those who sit at the gate murmur against me, \*  
and the drunkards make songs about me.  
14 But as for me, this is my prayer to you, \*  
at the time you have set, O LORD:  
15 In your great mercy, O God, \*

answer me with your unfailing help.

16 Save me from the mire; do not let me sink; \*

let me be rescued from those who hate me and out of the deep waters.

17 Let not the torrent of waters wash over me, neither let the deep swallow me up; \*  
do not let the Pit shut its mouth upon me.

18 Answer me, O LORD, for your love is kind; \*  
in your great compassion, turn to me."

19 Hide not your face from your servant; \*  
be swift and answer me, for I am in distress.

20 Draw near to me and redeem me; \*  
because of my enemies deliver me.

21 You know my reproach, my shame, and my dishonor; \*  
my adversaries are all in your sight."

22 Reproach has broken my heart, and it cannot be healed; \*  
I looked for sympathy, but there was none, for comforters, but I could find no one.

23 They gave me gall to eat, \*  
and when I was thirsty, they gave me vinegar to drink.

24 Let the table before them be a trap \*  
and their sacred feasts a snare.

25 Let their eyes be darkened, that they may not see, \*  
and give them continual trembling in their loins.

26 Pour out your indignation upon them, \*  
and let the fierceness of your anger overtake them.

27 Let their camp be desolate, \*  
and let there be none to dwell in their tents.

28 For they persecute him whom you have stricken \*  
and add to the pain of those whom you have pierced.

29 Lay to their charge guilt upon guilt, \*  
and let them not receive your vindication.

30 Let them be wiped out of the book of the living \*  
and not be written among the righteous.

31 As for me, I am afflicted and in pain; \*  
your help, O God, will lift me up on high.

32 I will praise the Name of God in song; \*  
I will proclaim his greatness with thanksgiving.

33 This will please the LORD more than an offering of oxen, \*  
more than bullocks with horns and hoofs.

34 The afflicted shall see and be glad; \*  
you who seek God, your heart shall live.

35 For the LORD listens to the needy, \*  
and his prisoners he does not despise.

36 Let the heavens and the earth praise him, \*  
the seas and all that moves in them;

37 For God will save Zion and rebuild the cities of Judah; \*  
they shall live there and have it in possession.

38 The children of his servants will inherit it, \*  
and those who love his Name will dwell therein.

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 Exodus 1:6-22

Then Joseph died, and all his brothers, and that whole generation. But the Israelites were fruitful and prolific; they multiplied and grew exceedingly strong, so that the land was filled with them. Now a new king arose over Egypt, who did not know Joseph. He said to his people, "Look, the Israelite people are more numerous and more powerful than we. Come, let us deal shrewdly with them, or they will increase and, in the event of war, join our enemies and fight against us and escape from the land." Therefore they set taskmasters over them to oppress them with forced labor. They built supply cities, Pithom and Rameses, for Pharaoh. But the more they were oppressed, the more they multiplied and spread, so that the Egyptians came to dread the Israelites. The Egyptians became ruthless in imposing tasks on the Israelites, and made their lives bitter with hard service in mortar and brick and in every kind of field labor. They were ruthless in all the tasks that they imposed on them. The king of Egypt said to the Hebrew midwives, one of whom was named Shiphrah and the other Puah, "When you act as midwives to the Hebrew women, and see them on the birthstool, if it is a boy, kill him; but if it is a girl, she shall live." But the midwives feared God; they did not do as the king of Egypt commanded them, but they let the boys live. So the king of Egypt summoned the midwives and said to them, "Why have you done this, and allowed the boys to live?" The midwives said to Pharaoh, "Because the Hebrew women are not like the Egyptian women; for they are vigorous and give birth before the midwife comes to them." So God dealt well with the midwives; and the people multiplied and became very strong. And because the midwives feared God, he gave them families. Then Pharaoh commanded all his people, "Every boy that is born to the Hebrews you shall throw into the Nile, but you shall let every girl live."

Here ends the Reading.

**A Song of Penitence** *Kyrie Pantokrator*  
*Prayer of Manasseh 1-2, 4, 6-7, 11-15*

O Lord and Ruler of the hosts of heaven, \*  
God of Abraham, Isaac, and Jacob,  
and of all their righteous offspring:  
You made the heavens and the earth, \*  
with all their vast array.  
All things quake with fear at your presence; \*  
they tremble because of your power.  
But your merciful promise is beyond all measure; \*  
it surpasses all that our minds can fathom.  
O Lord, you are full of compassion, \*  
long-suffering, and abounding in mercy.  
You hold back your hand; \*  
you do not punish as we deserve.

In your great goodness, Lord,  
you have promised forgiveness to sinners, \*  
that they may repent of their sin and be saved.  
And now, O Lord, I bend the knee of my heart, \*  
and make my appeal, sure of your gracious goodness.  
I have sinned, O Lord, I have sinned, \*  
and I know my wickedness only too well.  
Therefore I make this prayer to you: \*  
Forgive me, Lord, forgive me.  
Do not let me perish in my sin, \*  
nor condemn me to the depths of the earth.  
For you, O Lord, are the God of those who repent, \*  
and in me you will show forth your goodness.  
Unworthy as I am, you will save me,  
in accordance with your great mercy, \*  
and I will praise you without ceasing all the days of my life.  
For all the powers of heaven sing your praises, \*  
and yours is the glory to ages of ages. Amen.

A reading from 1 Corinthians 12:12-26

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body-- Jews or Greeks, slaves or free-- and we were all made to drink of one Spirit. Indeed, the body does not consist of one member but of many. If the foot would say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body. And if the ear would say, "Because I am not an eye, I do not belong to the body," that would not make it any less a part of the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be? As it is, there are many members, yet one body. The eye cannot say to the hand, "I have no need of you," nor again the head to the feet, "I have no need of you." On the contrary, the members of the body that seem to be weaker are indispensable, and those members of the body that we think less honorable we clothe with greater honor, and our less respectable members are treated with greater respect; whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honor to the inferior member, that there may be no dissension within the body, but the members may have the same care for one another. If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it.

Here ends the Reading.

**The Song of Zechariah** *Benedictus Dominus Deus*  
*Luke 1: 68-79*

Blessed be the Lord, the God of Israel; \*  
he has come to his people and set them free.

He has raised up for us a mighty savior, \*  
born of the house of his servant David.  
Through his holy prophets he promised of old,  
that he would save us from our enemies, \*  
from the hands of all who hate us.  
He promised to show mercy to our fathers \*  
and to remember his holy covenant.  
This was the oath he swore to our father Abraham, \*  
to set us free from the hands of our enemies,  
Free to worship him without fear, \*  
holy and righteous in his sight  
all the days of our life.

You, my child, shall be called the prophet of the Most High, \*  
for you will go before the Lord to prepare his way,  
To give his people knowledge of salvation \*  
by the forgiveness of their sins.  
In the tender compassion of our God \*  
the dawn from on high shall break upon us,  
To shine on those who dwell in darkness and the  
shadow of death, \*  
and to guide our feet into the way of peace.

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*

Almighty and most merciful God, drive from us all weakness of body, mind, and spirit; that, being restored to wholeness, we may with free hearts become what you intend us to be and accomplish what you want us to do; 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.

### *Prayers of Intercession or Thanksgiving*

*(prayers may be shared either in the comments or silently)*

### *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*