

Morning Prayer
Friday, March 8, 2024

Opening Sentence: Send out your light and your truth, that they may lead me, and bring me to your holy hill and to your dwelling. *Psalm 43:3*

Confession:

Let us confess our sins to God.

God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. Amen.

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

Leader: Lord, open our lips.

People: **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 forever. Amen.

The Venite

Antiphon: The Lord is glorious in his saints: **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 God's presence with thanksgiving * and raise to the Lord a shout with psalms.

For you are a great God; * you are great above all gods.

In your hand are the caverns of the earth, * and the heights of the hills are yours also.

The sea is yours, for you made it, * and your hands have molded the dry land.

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

For you are our God, and we are the people of your pasture and the sheep of your hand. *

Oh, that today we would hearken to your voice!

Antiphon: The Lord is glorious in his saints: **Come let us adore him.**

Psalm 88:1-14

1 O Lord, my God, my Savior, * by day and night I cry to you.

2 Let my prayer enter into your presence; * incline your ear to my lamentation.

3 For I am full of trouble; * my life is at the brink of the grave.

4 I am counted among those who go down to the Pit; * I have become like one who has no strength;

5 Lost among the dead, * like the slain who lie in the grave,

6 Whom you remember no more, * for they are cut off from your hand.

7 You have laid me in the depths of the Pit, * in dark places, and in the abyss.

8 Your anger weighs upon me heavily, * and all your great waves overwhelm me.

9 You have put my friends far from me; you have made me to be abhorred by them; *

I am in prison and cannot get free.

10 My sight has failed me because of trouble; *

Lord, I have called upon you daily; I have stretched out my hands to you.

11 Do you work wonders for the dead? * will those who have died stand up and give you thanks?

12 Will your loving-kindness be declared in the grave? * your faithfulness in the land of destruction?

13 Will your wonders be known in the dark? * or your righteousness in the country where all is forgotten?

14 But as for me, O Lord, I cry to you for help; * in the morning my prayer comes before you.

Glory to the Father, and to the Son, and to the Holy Spirit.

As it was in the beginning, is now, and will be forever. Amen.

The Lessons

The First Reading: Hebrews 2:5-10

5 Now God did not subject the coming world, about which we are speaking, to angels. 6 But someone has testified somewhere, "What are human beings that you are mindful of them, or mortals, that you care for them? 7 You have made them for a little while lower than the angels; you have crowned them with glory and honor, 8 subjecting all things under their feet." Now in subjecting all things to them, God left nothing outside their control. As it is, we do not yet see everything in subjection to them, 9 but we do see Jesus, who for a little while was made lower than the angels, now crowned with glory and honor because of the suffering of death, so that by the grace of God he might taste death for everyone. 10 It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings.

The Word of the Lord

Thanks be to God.

Canticle: *A Song to the Lamb*

**Splendor and honor and kingly power * are yours by right, O Lord our God,
For you created everything that is, * and by your will they were created and have their being;
And yours by right, O Lamb that was slain, * for with your blood you have redeemed for God,
From every family, language, people, and nation, * a kingdom of priests to serve our God.
And so, to him who sits upon the throne, * and to Christ the Lamb,
Be worship and praise, dominion and splendor, * forever and for evermore.**

The Gospel Reading: Mark 6:47-56

47 When evening came, the boat was out on the lake, and he was alone on the land. 48 When he saw that they were straining at the oars against an adverse wind, he came towards them early in the morning, walking on the lake. He intended to pass them by. 49 But when they saw him walking on the lake, they thought it was a ghost and cried out; 50 for they all saw him and were terrified. But immediately he spoke to them and said, 'Take heart, it is I; do not be afraid.' 51 Then he got into the boat with them and the wind ceased. And they were utterly astounded, 52 for they did not understand about the loaves, but their hearts were hardened. 53 When they had crossed over, they came to land at Gennesaret and moored the boat. 54 When they got out of the boat, people at once recognized him, 55 and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. 56 And wherever he went, into villages or cities or farms, they laid the sick in the market-places, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

The Word of the Lord

Thanks be to God.

The Apostles' Creed *(read in unison)*

**I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, God's only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, 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, he is seated at the right hand of the Father, and 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.**

Leader: The Lord be with you.

People: And also with you.

Leader: Let us pray.

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those that trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power, and the glory, forever and ever. Amen.

The Suffrages

Save your people, Lord, and bless your inheritance;

Govern and uphold them, now and always.

Day by day we bless you;

We praise your Name for ever.

Lord, keep us from all sin today;

Have mercy on us, Lord, have mercy.

Lord, show us your love and mercy;

For we put our trust in you.

In you, Lord, is our hope;

And we shall never hope in vain.

The Collect: The Third Sunday in Lent

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

For Our Enemies

O God, the Father of all, whose Son commanded us to love our enemies: Lead them and us from prejudice to truth; deliver them and us from hatred, cruelty, and revenge; and in your good time enable us all to stand reconciled before you; through Jesus Christ our Lord. **Amen.**

For Social Justice

Grant, O God, that your holy and life-giving Spirit may so move every human heart, that barriers which divide us may crumble, suspicions disappear, and hatreds cease; that our divisions being healed, we may live in justice and peace; through Jesus Christ our Lord. **Amen.**

For Young Persons

God our Father, you see your children growing up in an unsteady and confusing world: Show them that your ways give more life than the ways of the world, and that following you is better than chasing after selfish goals. Help them to take failure, not as a measure of their worth, but as a chance for a new start. Give them strength to hold their faith in you, and to keep alive their joy in your creation; through Jesus Christ our Lord. Amen.

Concluding Sentence:

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to God from generation to generation in the Church, and in Christ Jesus for ever and ever. **Amen.** *Ephesians 3:20,21*