

Order for Morning Prayer from BCP – Sunday before Lent

Opening sentences from Scripture

Dearly beloved *brethren*, the Scripture moveth us in sundry places to acknowledge and confess our manifold sins and wickedness; and that we should not dissemble nor cloke them before the face of Almighty God our heavenly Father; but confess them with an humble, lowly, penitent, and obedient heart; to the end that we may obtain forgiveness of the same, by his infinite goodness and mercy. Wherefore I pray and beseech you, as many as are here present, to accompany me with a pure heart and humble voice unto the throne of the heavenly grace, saying after me:

Confession

Almighty and most merciful Father, We have erred, and strayed from thy ways like lost sheep, We have followed too much the devices and desires of our own hearts, We have offended against thy holy laws, We have left undone those things which we ought to have done, And we have done those things which we ought not to have done, And there is no health in us: But thou, O Lord, have mercy upon us miserable offenders; Spare thou them, O God, which confess their faults, Restore thou them that are penitent, According to thy promises declared unto mankind in Christ Jesu our Lord: And grant, O most merciful Father, for his sake, That we may hereafter live a godly, righteous, and sober life, To the glory of thy holy Name. **Amen.**

Absolution

May the Father of all mercies
Cleanse us from our sins
And restore us in His image
To the praise and glory of His name
Through Jesus Christ our Lord
Amen.

Lord's Prayer

Our Father, which art in heaven, Hallowed be thy Name, Thy kingdom come, Thy will be done, in earth as it is in heaven. Give us this day our daily bread; And forgive us our trespasses, As we forgive them 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, For ever and ever. **Amen.**

Responses

Priest. O Lord, open thou our lips.
Answer **And our mouth shall shew forth thy praise.**

Priest O God, make speed to save us.
Answer. **O Lord, make haste to help us.**

Priest: Glory be to the Father, and to the Son, and to the Holy Ghost;
Answer. **As it was in the beginning, is now, and ever shall be, world without end.
Amen.**

Priest. Praise ye the Lord.
Answer. **The Lord's Name be praised.**

Venite, Exultemus Domino (Psalm 95)

O come, let us sing unto the Lord :
let us heartily rejoice in the strength of our salvation.

Let us come before his presence with thanksgiving :
and show ourselves glad in him with psalms.

For the Lord is a great God :
and a great King above all gods.

In his hand are all the corners of the earth :
and the strength of the hills is his also.

The sea is his, and he made it :
and his hands prepared the dry land.

O come, let us worship and fall down :
and kneel before the Lord our Maker.

For he is the Lord our God :
and we are the people of his pasture, and the sheep of his hand.

Glory be to the Father, and to the Son :
and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be:
world without end. **Amen.**

First reading (Old Testament)

Deuteronomy 5, 12 - 15

¹² ‘Observe the Sabbath day, to keep it holy, as the LORD your God commanded you. ¹³ Six days you shall labour and do all your work, ¹⁴ but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your ox, nor your donkey, nor any of your cattle, nor your stranger who is within your gates, that your male servant and your female servant may rest as well as you. ¹⁵ And remember that you were a slave in the land of Egypt, and the LORD your God brought you out from there by a mighty hand and by an outstretched arm; therefore the LORD your God commanded you to keep the Sabbath day.

Psalm of the day (Psalm 81)

Sing aloud to God our strength;
Make a joyful shout to the God of Jacob.

**² Raise a song and strike the timbrel,
The pleasant harp with the lute.**

³ Blow the trumpet at the time of the New Moon,
At the full moon, on our solemn feast day.

**⁴ For this is a statute for Israel,
A law of the God of Jacob.**

⁵ This He established in Joseph as a testimony,
When He went throughout the land of Egypt,
Where I heard a language I did not understand.

**⁶ “I removed his shoulder from the burden;
His hands were freed from the baskets.**

⁷ You called in trouble, and I delivered you;
I answered you in the secret place of thunder;
I tested you at the waters of ^[b]Meribah. Selah

**⁸ “Hear, O My people, and I will admonish you!
O Israel, if you will listen to Me!**

⁹ There shall be no foreign god among you;
Nor shall you worship any foreign god.

**¹⁰ I am the LORD your God,
Who brought you out of the land of Egypt;
Open your mouth wide, and I will fill it.**

**Glory to the Father, and to the Son, and to the Holy Spirit.
As it was in the beginning, is now and shall be forever.
Amen.**

Second reading (NT)

Mark 2, 23 – 3, 6

²³ Now it happened that He went through the grainfields on the Sabbath; and as they went His disciples began to pluck the heads of grain. ²⁴ And the Pharisees said to Him, “Look, why do they do what is not lawful on the Sabbath?”

²⁵ But He said to them, “Have you never read what David did when he was in need and hungry, he and those with him: ²⁶ how he went into the house of God in the days of Abiathar the high priest, and ate the showbread, which is not lawful to eat except for the priests, and also gave some to those who were with him?”

²⁷ And He said to them, “The Sabbath was made for man, and not man for the Sabbath.

²⁸ Therefore the Son of Man is also Lord of the Sabbath.”

¹ And He entered the synagogue again, and a man was there who had a withered hand. ² So they watched Him closely, whether He would heal him on the Sabbath, so that they might ^[a]accuse Him. ³ And He said to the man who had the withered hand, “Step forward.” ⁴ Then He said to them, “Is it lawful on the Sabbath to do good or to do evil, to save life or to kill?” But they kept silent. ⁵ And when He had looked around at them with anger, being grieved by the hardness of their hearts, He said to the man, “Stretch out your hand.” And he stretched it out, and his hand was restored ^[c]as whole as the other.

Jubilate Deo - Psalm 100

O be joyful in the Lord, all ye lands : serve the Lord with gladness, and come before his presence with a song.

Be ye sure that the Lord he is God : it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.

O go your way into his gates with thanksgiving, and into his courts with praise : be thankful unto him, and speak good of his Name.

For the Lord is gracious, his mercy is everlasting : and his truth endureth from generation to generation.

Glory be to the Father, and to the Son : and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be : world without end. **Amen.**

The Apostles' Creed

I believe in God the Father Almighty, Maker of heaven and earth:
And in Jesus Christ his only Son our Lord, Who was conceived by the Holy Ghost, Born of the Virgin Mary, Suffered under Pontius Pilate, Was crucified, dead, and buried: He descended into hell; The third day he rose again from the dead; He ascended into heaven, And sitteth

on the right hand of God the Father Almighty; From thence he shall come to judge the quick and the dead.

I believe in the Holy Ghost; The holy Catholick Church; The Communion of Saints; The Forgiveness of sins; The Resurrection of the body, And the Life everlasting. **Amen.**

Minister. The Lord be with you.

Answer. **And with thy spirit.**

Minister. Let us pray. Lord, have mercy upon us.

Answer. **Christ, have mercy upon us.**

Lord, have mercy upon us.

The Lord's Prayer

Our Father, which art in heaven, Hallowed be thy Name, Thy kingdom come, Thy will be done, in earth as it is in heaven. Give us this day our daily bread; And forgive us our trespasses, As we forgive them that trespass against us; And lead us not into temptation, But deliver us from evil. **Amen.**

Responses

Minister. O Lord, shew thy mercy upon us.

Answer. And grant us thy salvation.

Minister. O Lord, save the Queen.

Answer. And mercifully hear us when we call upon thee.

Minister. Endue thy Ministers with righteousness.

Answer. And make thy chosen people joyful.

Minister. O Lord, save thy people.

Answer. And bless thine inheritance.

Minister. Give peace in our time, O Lord.

Answer. Because there is none other that fighteth for us, but only thou, O God.

Minister. O God, make clean our hearts within us.

Answer. And take not thy Holy Spirit from us.

First collect for the day

**Almighty Father,
whose Son was revealed in majesty
before he suffered death upon the cross:
give us grace to perceive his glory,
that we may be strengthened to suffer with him
and be changed into his likeness, from glory to glory;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.**

The Second Collect, for Peace

O God, who art the author of peace and lover of concord, in knowledge of whom standeth our eternal life, whose service is perfect freedom: Defend us thy humble servants in all assaults of our enemies; that we, surely trusting in thy defence, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. **Amen.**

The Third Collect, for Grace

O Lord, our heavenly Father, Almighty and everlasting God, who hast safely brought us to the beginning of this day: Defend us in the same with thy mighty power; and grant that this day we fall into no sin, neither run into any kind of danger; but that all our doings may be ordered by thy governance, to do always that is righteous in thy sight; through Jesus Christ our Lord. **Amen.**

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all evermore. **Amen.**

Reflection

Other intercessions

The Blessing

And the blessing of God Almighty,
The Father the Son and the Holy Spirit,
Be among us and remain with us always,
Amen.