



– THE ORDER FOR **MORNING PRAYER** –
according to the Book of Common Prayer (Canada, 1962)

OPENING SENTENCE *Lent*

The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise. Rend your heart, and not your garments, and turn unto the LORD your God; for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil.

PRECES

O Lord, open thou our lips;
And our mouth shall show forth thy praise.

O God, make speed to save us;
O Lord, make hast to help us.

✠ 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.**

Praise ye the Lord;
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 shew 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.
To-day if ye will hear his voice, harden not your hearts :
 as in the provocation, and as in the day of temptation in the wilderness;
When your fathers tempted me :
 proved me, and saw my works.
Forty years long was I grieved with this generation, and said :
 It is a people that do err in their hearts, for they have not known my ways;
Unto whom I swear in my wrath :
 that they should not enter into my rest.

‡ 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.

§ Then shall follow THE PSALMS.

INVITATORY *Lent*

The goodness of God leadeth to repentance:
O come, let us worship.

PSALM

102 *Domine, exaudi*

HEAR my prayer, O Lord :
and let my crying come unto thee.
2 Hide not thy face from me in the time of my trouble :
incline thine ear unto me when I call; O hear me, and that right soon.
3 For my days are consumed away like smoke :
and my bones are burnt up as it were a fire-brand.
4 My heart is smitten down, and withered like grass :
so that I forget to eat my bread.
5 For the voice of my groaning :
my bones will scarce cleave to my flesh.
6 I am become like a pelican in the wilderness :
and like an owl that is in the desert.
7 I have watched, and am even as it were a sparrow :
that sitteth alone upon the house-top.
8 Mine enemies revile me all the day long :
and they that are mad upon me are sworn together against me.
9 For I have eaten ashes as it were bread :
and mingled my drink with weeping;
10 And that because of thine indignation and wrath :
for thou hast taken me up, and cast me down.
11 My days are gone like a shadow :
and I am withered like grass.
12 But thou, O Lord, shalt endure for ever :
and thy remembrance throughout all generations.
13 Thou shalt arise, and have mercy upon Sion :
for it is time that thou have mercy upon her, yea, the time is come.
14 And why? thy servants think upon her stones :
and it pitieth them to see her in the dust.
15 The heathen shall fear thy Name, O Lord :
and all the kings of the earth thy majesty;
16 When the Lord shall build up Sion :
and when his glory shall appear;
17 When he turneth him unto the prayer of the poor destitute :
and despiseth not their desire.
18 This shall be written for those that come after :
and the people which shall be born shall praise the Lord

- 19 For he hath looked down from his sanctuary :
 out of the heaven did the Lord behold the earth;
 20 That he might hear the mournings of such as are in captivity :
 and deliver the children appointed unto death;
 21 That they may declare the Name of the Lord in Sion :
 and his worship at Jerusalem;
 22 When the people are gathered together :
 and the kingdoms also, to serve the Lord.
 23 He brought down my strength in my journey:
 and shortened my days.
 24 But I said, O my God, take me not away in the midst of mine age :
 as for thy years, they endure throughout all generations.
 25 Thou, Lord, in the beginning hast laid the foundation of the earth :
 and the heavens are the work of thy hands.
 26 They shall perish, but thou shalt endure :
 they all shall wax old as doth a garment;
 27 And as a vesture shalt thou change them, and they shall be changed :
 but thou art the same, and thy years shall not fail.
 28 The children of thy servants shall continue :
 and their seed shall stand fast in thy sight.
- ‡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 LESSON **Exodus 19**

*The First Lesson is written in the Book of Exodus, the 19th chapter,
 beginning to read at the first verse.*

At the third new moon after the Israelites had gone out of the land of Egypt, on that very day, they came into the wilderness of Sinai. ²They had journeyed from Rephidim, entered the wilderness of Sinai, and camped in the wilderness; Israel camped there in front of the mountain. ³Then Moses went up to God; the Lord called to him from the mountain, saying, ‘Thus you shall say to the house of Jacob, and tell the Israelites: ⁴You have seen what I did to the Egyptians, and how I bore you on eagles’ wings and brought you to myself. ⁵Now therefore, if you obey my voice and keep my covenant, you shall be my treasured possession out of all the peoples. Indeed, the whole earth is mine, ⁶but you shall be for me a priestly kingdom and a holy nation. These are the words that you shall speak to the Israelites.’ ⁷So Moses came, summoned the elders of the people, and set before them all these words that the Lord had commanded him. ⁸The people all answered as one: ‘Everything that the Lord has spoken we will

do.’ Moses reported the words of the people to the Lord. ⁹Then the Lord said to Moses, ‘I am going to come to you in a dense cloud, in order that the people may hear when I speak with you and so trust you ever after.’ When Moses had told the words of the people to the Lord, ¹⁰the Lord said to Moses: ‘Go to the people and consecrate them today and tomorrow. Have them wash their clothes ¹¹and prepare for the third day, because on the third day the Lord will come down upon Mount Sinai in the sight of all the people. ¹²You shall set limits for the people all around, saying, “Be careful not to go up the mountain or to touch the edge of it. Any who touch the mountain shall be put to death. ¹³No hand shall touch them, but they shall be stoned or shot with arrows; whether animal or human being, they shall not live.” When the trumpet sounds a long blast, they may go up on the mountain.’ ¹⁴So Moses went down from the mountain to the people. He consecrated the people, and they washed their

clothes. ¹⁵And he said to the people, ‘Prepare for the third day; do not go near a woman.’ ¹⁶On the morning of the third day there was thunder and lightning, as well as a thick cloud on the mountain, and a blast of a trumpet so loud that all the people who were in the camp trembled. ¹⁷Moses brought the people out of the camp to meet God. They took their stand at the foot of the mountain. ¹⁸Now Mount Sinai was wrapped in smoke, because the Lord had descended upon it in fire; the smoke went up like the smoke of a kiln, while the whole mountain shook violently. ¹⁹As the blast of the trumpet grew louder and louder, Moses would speak and God would answer him in thunder. ²⁰When the Lord descended upon Mount Sinai, to the top of the mountain, the Lord

summoned Moses to the top of the mountain, and Moses went up. ²¹Then the Lord said to Moses, ‘Go down and warn the people not to break through to the Lord to look; otherwise many of them will perish. ²²Even the priests who approach the Lord must consecrate themselves or the Lord will break out against them.’ ²³Moses said to the Lord, ‘The people are not permitted to come up to Mount Sinai; for you yourself warned us, saying, “Set limits around the mountain and keep it holy.”’ ²⁴The Lord said to him, ‘Go down, and come up bringing Aaron with you; but do not let either the priests or the people break through to come up to the Lord; otherwise he will break out against them.’ ²⁵So Moses went down to the people and told them.

Here endeth the First Lesson.

TE DEUM LAUDAMUS

‡ WE praise thee, O God; we acknowledge thee to be the Lord.
All the earth doth worship thee, the Father everlasting.
To thee all Angels cry aloud, the Heavens and all the Powers therein.
To thee Cherubim and Seraphim continually do cry,
Holy, Holy, Holy, Lord God of hosts;
Heaven and earth are full of the Majesty of thy glory.
The glorious company of the Apostles praise thee;
The goodly fellowship of the Prophets praise thee;
The noble army of Martyrs praise thee;
The holy Church throughout all the world doth acknowledge thee,
The Father, of an infinite Majesty;
Thine honourable, true, and only Son;
Also the Holy Ghost, the Comforter.
THOU art the King of Glory, O Christ.
Thou art the everlasting Son of the Father.
When thou tookest upon thee to deliver man, thou didst not abhor the
Virgin’s womb.
When thou hadst overcome the sharpness of death, thou didst open the
kingdom of heaven to all believers.
Thou sittest at the right hand of God, in the glory of the Father.
We believe that thou shalt come to be our Judge.
We therefore pray thee, help thy servants, whom thou hast redeemed with thy
precious blood.
Make them to be numbered with thy Saints, in glory everlasting.
O LORD, save thy people, and bless thine heritage;
Govern them, and lift them up for ever.
Day by day we magnify thee;
And we worship thy Name, ever world without end.
Vouchsafe, O Lord, to keep us this day without sin.

O Lord, have mercy upon us, have mercy upon us.
O Lord, let thy mercy lighten upon us, as our trust is in thee.
O Lord, in thee have I trusted: let me never be confounded.

SECOND LESSON **John 6.22-40**

The Second Lesson is written in Gospel according to St. John, the sixth chapter beginning to read at the 22nd verse.

The next day the crowd that had stayed on the other side of the lake saw that there had been only one boat there. They also saw that Jesus had not got into the boat with his disciples, but that his disciples had gone away alone. ²³Then some boats from Tiberias came near the place where they had eaten the bread after the Lord had given thanks. ²⁴So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. ²⁵When they found him on the other side of the lake, they said to him, 'Rabbi, when did you come here?' ²⁶Jesus answered them, 'Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. ²⁷Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.' ²⁸Then they said to him, 'What must we do to perform the works of God?' ²⁹Jesus answered them, 'This is the work of God, that you believe in him whom he has sent.' ³⁰So they said to him, 'What sign are you going to give us then, so that

we may see it and believe you? What work are you performing?' ³¹Our ancestors ate the manna in the wilderness; as it is written, "He gave them bread from heaven to eat." ' ³²Then Jesus said to them, 'Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. ³³For the bread of God is that which comes down from heaven and gives life to the world.' ³⁴They said to him, 'Sir, give us this bread always.' ³⁵Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty. ³⁶But I said to you that you have seen me and yet do not believe. ³⁷Everything that the Father gives me will come to me, and anyone who comes to me I will never drive away; ³⁸for I have come down from heaven, not to do my own will, but the will of him who sent me. ³⁹And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day. ⁴⁰This is indeed the will of my Father, that all who see the Son and believe in him may have eternal life; and I will raise them up on the last day.'

Here endeth the Second Lesson.

BENEDICTUS **St. Luke 1.68**

✠ BLESSED be the Lord God of Israel; *
for he hath visited, and redeemed his people;
And hath raised up a mighty salvation for us, *
in the house of his servant David;
As he spake by the mouth of his holy Prophets, *
which have been since the world began;
That we should be saved from our enemies, *
and from the hands of all that hate us;
To perform the mercy promised to our forefathers, *
and to remember his holy covenant;
To perform the oath which he sware to our forefather Abraham, *
that he would grant us
That we being delivered out of the hands of our enemies *
might serve him without fear,

In holiness and righteousness before him, *
all the days of our life.

AND thou, child, shalt be called the Prophet of the Highest: *
for thou shalt go before the face of the Lord to prepare his ways;
To give knowledge of salvation unto his people *
for the remission of their sins;
Through the tender mercy of our God; *
whereby the day-spring from on high hath visited us;
To give light to them that sit in darkness, and in the shadow of death, *
and to guide our feet into the way of peace.

† 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.

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 Catholic Church; The Communion
of Saints; The Forgiveness of sins; † The Resurrection of the body, And the
Life everlasting. Amen.**

VERSICLES AND LESSER LITANY

The Lord be with you;
And with thy spirit.

Let us pray.

Lord, have mercy upon us.
Christ, have mercy upon us
Lord, have mercy upon us.

LORD'S PRAYER

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 them that trespass against us;
And lead us not into temptation,
But deliver us from evil. Amen.**

RESPONSES

O Lord, show thy mercy upon us
And grant us thy salvation.

O Lord, save the Queen:
And mercifully hear us when we call upon thee.

Endue thy ministers with righteousness;
And make thy chosen people joyful.

O Lord, save thy people;
And bless thine inheritance.

Give peace in our time, O Lord;
And evermore mightily defend us.

O God, make clean our hearts within us;
And take not thy Holy Spirit from us.

COLLECT OF THE DAY *The Third Sunday in Lent*

WE beseech thee, Almighty God, look upon the hearty desires of thy humble servants, and stretch forth the right hand of thy Majesty, to be our defence against all our enemies; through Jesus Christ our Lord. **Amen.**

FIRST COLLECT *for Lent*

ALMIGHTY and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent: Create and make in us new and contrite hearts, that we worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. **Amen.**

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.**

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.**

PRAYER *for the Queen and the Commonwealth*

ALMIGHTY God, the fountain of all goodness, we humbly beseech thee to bless our Sovereign Lady, Queen Elizabeth, the Parliaments of the Commonwealth, and all who are set in authority under her; that they may order all things in wisdom, righteousness, and peace, to the honour of thy holy Name, and the good of thy Church and people; through Jesus Christ our Lord. **Amen.**

PRAYER *for the Clergy and People*

ALMIGHTY and everlasting God, from whom cometh every good and perfect gift: Send down upon our Bishops and Clergy, and all Congregations committed to their charge, the healthful Spirit of thy grace; and that they may truly please thee, pour upon them the continual dew of thy blessing. Grant this, O Lord, for the honour of our Advocate and Mediator, Jesus Christ. **Amen.**

PRAYER *for all Conditions of Men*

O GOD, the Creator and Preserver of all mankind, we humbly beseech thee for all sorts and conditions of men; that thou wouldest be pleased to make thy ways known unto them, thy saving health unto all nations. More especially we pray for the good estate of the Catholic Church; that it may be so guided and governed by thy good Spirit, that all who profess and call themselves Christians may be led into the way of truth, and hold the faith in unity of spirit, in the bond of peace, and in righteousness of life. Finally we commend to thy fatherly goodness all those, who are any ways afflicted or distressed in mind, body, or estate; especially those for whom our prayers are desired; that it may please thee to comfort and relieve them, according to their several necessities, giving them patience under their sufferings, and a happy issue out of all their afflictions. And this we beg for Jesus Christ his sake. **Amen.**

PRAYER *A General Thanksgiving*

ALMIGHTY God, Father of all mercies, We thine unworthy servants do give thee MOST humble and hearty thanks For all thy goodness and loving-kindness To us and to all men. We bless thee for our creation, preservation, and all the blessings of this life; But above all for thine inestimable 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 beseech thee, give us that due sense of all thy mercies, That our hearts may be unfeignedly thankful, And that we show forth thy praise, Not only with our lips, but in our lives; By giving up ourselves to thy service, And by walking before thee in holiness and righteousness all our days; Through Jesus Christ our Lord, To whom, with thee and the Holy Ghost, be all honour and glory, world without end. **Amen.**

PRAYER *of Saint Chrysostom*

ALMIGHTY God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise that when two or three are gathered together in thy Name thou wilt grant their requests: Fulfil now, O Lord, the desires and petitions of thy servants, as may be most expedient for them; granting us in this world knowledge of thy truth, and in the world to come life everlasting. **Amen.**

BLESSING *2 Corinthians 13.14*

✠ 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.**