



– 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

105, part 1 *Confitemini Domino*

O GIVE thanks unto the Lord, and call upon his Name :
tell the people what things he hath done.
2 O let your songs be of him, and praise him :
and let your talking be of all his wondrous works.
3 Rejoice in his holy Name :
let the heart of them rejoice that seek the Lord.
4 Seek the Lord and his strength :
seek his face evermore.
5 Remember the marvellous works that he hath done :
his wonders, and the judgements of his mouth,
6 O ye seed of Abraham his servant :
ye children of Jacob his chosen.
7 He is the Lord our God :
his judgements are in all the world.
8 He hath been alway mindful of his covenant and promise :
that he made to a thousand generations;
9 Even the covenant that he made with Abraham :
and the oath that he sware unto Isaac;
10 And appointed the same unto Jacob for a law :
and to Israel for an everlasting testament;
11 Saying, Unto thee will I give the land of Canaan :
the lot of your inheritance;
12 When there were yet but a few of them :
and they strangers in the land;
13 What time as they went from one nation to another :
from one kingdom to another people;
14 He suffered no man to do them wrong :
but reprov'd even kings for their sakes;
15 Touch not mine Anointed :
and do my prophets no harm.
16 Moreover, he called for a dearth upon the land :
and destroyed all the provision of bread.
17 But he had sent a man before them :
even Joseph, who was sold to be a bond-servant;
18 Whose feet they hurt in the stocks :
the iron entered into his soul;

- 19 Until the time came that his cause was known :
the word of the Lord tried him.
- 20 The king sent, and delivered him :
the prince of the people let him go free.
- 21 He made him lord also of his house :
and ruler of all his substance;
- 22 That he might inform his princes after his will :
and teach his senators wisdom.
- †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 22.20–23.17**

*The First Lesson is written in the Book of Exodus, the 22nd and 23rd chapters,
beginning to read at the 20th verse.*

Whoever sacrifices to any god, other than the Lord alone, shall be devoted to destruction. ²¹You shall not wrong or oppress a resident alien, for you were aliens in the land of Egypt. ²²You shall not abuse any widow or orphan. ²³If you do abuse them, when they cry out to me, I will surely heed their cry; ²⁴my wrath will burn, and I will kill you with the sword, and your wives shall become widows and your children orphans. ²⁵If you lend money to my people, to the poor among you, you shall not deal with them as a creditor; you shall not exact interest from them. ²⁶If you take your neighbour's cloak in pawn, you shall restore it before the sun goes down; ²⁷for it may be your neighbour's only clothing to use as cover; in what else shall that person sleep? And if your neighbour cries out to me, I will listen, for I am compassionate. ²⁸You shall not revile God, or curse a leader of your people. ²⁹You shall not delay to make offerings from the fullness of your harvest and from the outflow of your presses. The firstborn of your sons you shall give to me. ³⁰You shall do the same with your oxen and with your sheep: for seven days it shall remain with its mother; on the eighth day you shall give it to me. ³¹You shall be people consecrated to me; therefore you shall not eat any meat that is mangled by beasts in the field; you shall throw it to the dogs. ^{23.1}You shall not spread a false report. You shall not join hands with the wicked to act as a malicious witness. ²You shall not follow a majority in wrongdoing; when you bear witness in a lawsuit, you shall not side with the majority so as to pervert justice; ³nor shall you be partial to the poor

in a lawsuit. ⁴When you come upon your enemy's ox or donkey going astray, you shall bring it back. ⁵When you see the donkey of one who hates you lying under its burden and you would hold back from setting it free, you must help to set it free. ⁶You shall not pervert the justice due to your poor in their lawsuits. ⁷Keep far from a false charge, and do not kill the innocent or those in the right, for I will not acquit the guilty. ⁸You shall take no bribe, for a bribe blinds the officials, and subverts the cause of those who are in the right. ⁹You shall not oppress a resident alien; you know the heart of an alien, for you were aliens in the land of Egypt. ¹⁰For six years you shall sow your land and gather in its yield; ¹¹but the seventh year you shall let it rest and lie fallow, so that the poor of your people may eat; and what they leave the wild animals may eat. You shall do the same with your vineyard, and with your olive orchard. ¹²For six days you shall do your work, but on the seventh day you shall rest, so that your ox and your donkey may have relief, and your home-born slave and the resident alien may be refreshed. ¹³Be attentive to all that I have said to you. Do not invoke the names of other gods; do not let them be heard on your lips. ¹⁴Three times in the year you shall hold a festival for me. ¹⁵You shall observe the festival of unleavened bread; as I commanded you, you shall eat unleavened bread for seven days at the appointed time in the month of Abib, for in it you came out of Egypt. No one shall appear before me empty-handed. ¹⁶You shall observe the festival of harvest, of the first fruits of your labour, of what

you sow in the field. You shall observe the festival of ingathering at the end of the year, when you gather in from the field the fruit of your labour. ¹⁷Three

times in the year all your males shall appear before the Lord God.

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 6.41-end**

The Second Lesson is written in the Gospel according to St. John, the sixth chapter beginning to read at the 41st verse.

Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' ⁴²They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down

from heaven"?' ⁴³Jesus answered them, 'Do not complain among yourselves. ⁴⁴No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. ⁴⁵It is written in the prophets, "And they shall all be taught

by God.” Everyone who has heard and learned from the Father comes to me. ⁴⁶Not that anyone has seen the Father except the one who is from God; he has seen the Father. ⁴⁷Very truly, I tell you, whoever believes has eternal life. ⁴⁸I am the bread of life. ⁴⁹Your ancestors ate the manna in the wilderness, and they died. ⁵⁰This is the bread that comes down from heaven, so that one may eat of it and not die. ⁵¹I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.’ ⁵²The Jews then disputed among themselves, saying, ‘How can this man give us his flesh to eat?’ ⁵³So Jesus said to them, ‘Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. ⁵⁴Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; ⁵⁵for my flesh is true food and my blood is true drink. ⁵⁶Those who eat my flesh and drink my blood abide in me, and I in them. ⁵⁷Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. ⁵⁸This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will

live for ever.’ ⁵⁹He said these things while he was teaching in the synagogue at Capernaum. ⁶⁰When many of his disciples heard it, they said, ‘This teaching is difficult; who can accept it?’ ⁶¹But Jesus, being aware that his disciples were complaining about it, said to them, ‘Does this offend you?’ ⁶²Then what if you were to see the Son of Man ascending to where he was before?’ ⁶³It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. ⁶⁴But among you there are some who do not believe.’ For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. ⁶⁵And he said, ‘For this reason I have told you that no one can come to me unless it is granted by the Father.’ ⁶⁶Because of this many of his disciples turned back and no longer went about with him. ⁶⁷So Jesus asked the twelve, ‘Do you also wish to go away?’ ⁶⁸Simon Peter answered him, ‘Lord, to whom can we go? You have the words of eternal life. ⁶⁹We have come to believe and know that you are the Holy One of God.’ ⁷⁰Jesus answered them, ‘Did I not choose you, the twelve? Yet one of you is a devil.’ ⁷¹He was speaking of Judas son of Simon Iscariot, for he, though one of the twelve, was going to betray him.

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.**