



– 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 haste 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

119.113–120 *Iniquos odio habui*

I HATE them that imagine evil things :
but thy law do I love.

114 Thou art my defence and shield :
and my trust is in thy word.

115 Away from me, ye wicked :
I will keep the commandments of my God.

116 O stablish me according to thy word, that I may live :
and let me not be disappointed of my hope.

117 Hold thou me up, and I shall be safe :
yea, my delight shall be ever in thy statutes.

118 Thou hast trodden down all them that depart from thy statutes :
for they imagine but deceit.

119 Thou puttest away all the ungodly of the earth like dross :
therefore I love thy testimonies.

120 My flesh trembleth for fear of thee :
and I am afraid of thy judgements.

PSALM

119.121–128 *Feci iudicium*

I DEAL with the thing that is lawful and right :
O give me not over unto mine oppressors.

122 Make thou thy servant to delight in that which is good :
that the proud do me no wrong.

123 Mine eyes are wasted away with looking for thy health :
and for the word of thy righteousness.

124 O deal with thy servant according unto thy loving mercy :
and teach me thy statutes.

125 I am thy servant, O grant me understanding :
that I may know thy testimonies.

126 It is time for thee, Lord, to lay to thine hand :
for they have destroyed thy law.

127 For I love thy commandments :
above gold and precious stone.

128 Therefore hold I straight all thy commandments :
and all false ways I utterly abhor.

✠ 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 34**

The First Lesson is written in the Book of Exodus, the 34th chapter, beginning to read at the first verse.

The Lord said to Moses, ‘Cut two tablets of stone like the former ones, and I will write on the tablets the words that were on the former tablets, which you broke. ²Be ready in the morning, and come up in the morning to Mount Sinai and present yourself there to me, on the top of the mountain. ³No one shall come up with you, and do not let anyone be seen throughout all the mountain; and do not let flocks or herds graze in front of that mountain.’ ⁴So Moses cut two tablets of stone like the former ones; and he rose early in the morning and went up on Mount Sinai, as the Lord had commanded him, and took in his hand the two tablets of stone. ⁵The Lord descended in the cloud and stood with him there, and proclaimed the name, ‘The Lord.’ ⁶The Lord passed before him, and proclaimed, ‘The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, ⁷keeping steadfast love for the thousandth generation, forgiving iniquity and transgression and sin, yet by no means clearing the guilty, but visiting the iniquity of the parents upon the children and the children’s children, to the third and the fourth generation.’ ⁸And Moses quickly bowed his head towards the earth, and worshipped. ⁹He said, ‘If now I have found favour in your sight, O Lord, I pray, let the Lord go with us. Although this is a stiff-necked people, pardon our iniquity and our sin, and take us for your inheritance.’ ¹⁰He said: I hereby make a covenant. Before all your people I will perform marvels, such as have not been performed in all the earth or in any nation; and all the people among whom you live shall see the work of the Lord; for it is an awesome thing that I will do with you. ¹¹Observe what I command you today. See, I will drive out before you the Amorites, the Canaanites, the Hittites, the Perizzites, the Hivites, and the Jebusites. ¹²Take care not to make a covenant with the inhabitants of the land to which you are going, or it will become a snare among you. ¹³You shall tear down their altars, break their pillars, and cut down their sacred poles ¹⁴(for you shall worship no other god, because the Lord, whose name is Jealous, is a jealous God). ¹⁵You shall not make a covenant with the inhabitants

of the land, for when they prostitute themselves to their gods and sacrifice to their gods, someone among them will invite you, and you will eat of the sacrifice. ¹⁶And you will take wives from among their daughters for your sons, and their daughters who prostitute themselves to their gods will make your sons also prostitute themselves to their gods. ¹⁷You shall not make cast idols. ¹⁸You shall keep the festival of unleavened bread. For seven days you shall eat unleavened bread, as I commanded you, at the time appointed in the month of Abib; for in the month of Abib you came out from Egypt. ¹⁹All that first opens the womb is mine, all your male livestock, the firstborn of cow and sheep. ²⁰The firstborn of a donkey you shall redeem with a lamb, or if you will not redeem it you shall break its neck. All the firstborn of your sons you shall redeem. No one shall appear before me empty-handed. ²¹For six days you shall work, but on the seventh day you shall rest; even in ploughing time and in harvest time you shall rest. ²²You shall observe the festival of weeks, the first fruits of wheat harvest, and the festival of ingathering at the turn of the year. ²³Three times in the year all your males shall appear before the Lord God, the God of Israel. ²⁴For I will cast out nations before you, and enlarge your borders; no one shall covet your land when you go up to appear before the Lord your God three times in the year. ²⁵You shall not offer the blood of my sacrifice with leaven, and the sacrifice of the festival of the passover shall not be left until the morning. ²⁶The best of the first fruits of your ground you shall bring to the house of the Lord your God. You shall not boil a kid in its mother’s milk. ²⁷The Lord said to Moses: Write these words; in accordance with these words I have made a covenant with you and with Israel. ²⁸He was there with the Lord for forty days and forty nights; he neither ate bread nor drank water. And he wrote on the tablets the words of the covenant, the ten commandments. ²⁹Moses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant in his hand, Moses did not know that the skin of his face shone because he had been talking with God. ³⁰When Aaron and all the Israelites saw Moses, the skin of

his face was shining, and they were afraid to come near him. ³¹But Moses called to them; and Aaron and all the leaders of the congregation returned to him, and Moses spoke with them. ³²Afterwards all the Israelites came near, and he gave them in commandment all that the Lord had spoken with him on Mount Sinai. ³³When Moses had finished speaking with them, he put a veil on his face; ³⁴but

whenever Moses went in before the Lord to speak with him, he would take the veil off, until he came out; and when he came out, and told the Israelites what he had been commanded, ³⁵the Israelites would see the face of Moses, that the skin of his face was shining; and Moses would put the veil on his face again, until he went in to speak with him.

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 8.31–end**

The Second Lesson is written in the Gospel according to St. John, the eighth chapter beginning to read at the 31st verse.

Then Jesus said to the Jews who had believed in him, ‘If you continue in my word, you are truly my disciples;³² and you will know the truth, and the truth will make you free.’³³ They answered him, ‘We are descendants of Abraham and have never been slaves to anyone. What do you mean by saying, “You will be made free”?’³⁴ Jesus answered them, ‘Very truly, I tell you, everyone who commits sin is a slave to sin.’³⁵ The slave does not have a permanent place in the household; the son has a place there for ever.³⁶ So if the Son makes you free, you will be free indeed.³⁷ I know that you are descendants of Abraham; yet you look for an opportunity to kill me, because there is no place in you for my word.³⁸ I declare what I have seen in the Father’s presence; as for you, you should do what you have heard from the Father.’³⁹ They answered him, ‘Abraham is our father.’ Jesus said to them, ‘If you were Abraham’s children, you would be doing what Abraham did,⁴⁰ but now you are trying to kill me, a man who has told you the truth that I heard from God. This is not what Abraham did.⁴¹ You are indeed doing what your father does.’ They said to him, ‘We are not illegitimate children; we have one father, God himself.’⁴² Jesus said to them, ‘If God were your Father, you would love me, for I came from God and now I am here. I did not come on my own, but he sent me.’⁴³ Why do you not understand what I say? It is because you cannot accept my word.⁴⁴ You are from your father the devil, and you choose to do your father’s desires. He was a murderer from the beginning and does not stand in the truth, because

there is no truth in him. When he lies, he speaks according to his own nature, for he is a liar and the father of lies.⁴⁵ But because I tell the truth, you do not believe me.⁴⁶ Which of you convicts me of sin? If I tell the truth, why do you not believe me?⁴⁷ Whoever is from God hears the words of God. The reason you do not hear them is that you are not from God.’⁴⁸ The Jews answered him, ‘Are we not right in saying that you are a Samaritan and have a demon?’⁴⁹ Jesus answered, ‘I do not have a demon; but I honour my Father, and you dishonour me.⁵⁰ Yet I do not seek my own glory; there is one who seeks it and he is the judge.’⁵¹ Very truly, I tell you, whoever keeps my word will never see death.’⁵² The Jews said to him, ‘Now we know that you have a demon. Abraham died, and so did the prophets; yet you say, “Whoever keeps my word will never taste death.”’⁵³ Are you greater than our father Abraham, who died? The prophets also died. Who do you claim to be?’⁵⁴ Jesus answered, ‘If I glorify myself, my glory is nothing. It is my Father who glorifies me, he of whom you say, “He is our God”,’⁵⁵ though you do not know him. But I know him; if I were to say that I do not know him, I would be a liar like you. But I do know him and I keep his word.⁵⁶ Your ancestor Abraham rejoiced that he would see my day; he saw it and was glad.’⁵⁷ Then the Jews said to him, ‘You are not yet fifty years old, and have you seen Abraham?’⁵⁸ Jesus said to them, ‘Very truly, I tell you, before Abraham was, I am.’⁵⁹ So they picked up stones to throw at him, but Jesus hid himself and went out of the temple.

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 Fourth Sunday in Lent*

GRANT, we beseech thee, Almighty God, that we, who for our evil deeds do worthily deserve to be punished, by the comfort of thy grace may mercifully be relieved; through our Lord and Saviour Jesus Christ. **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.**

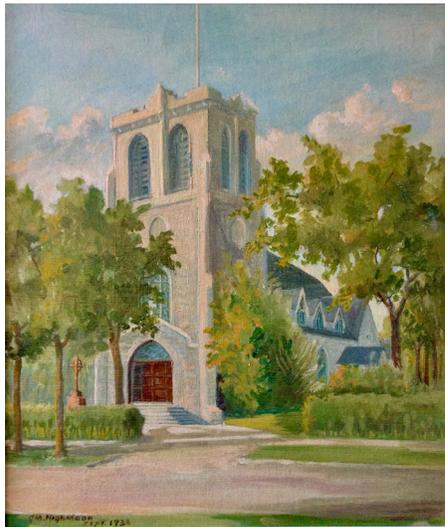
PRAYER *of Saint Chrysostom*

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.**

*God of our longing,
rest upon our wearied souls and bodies;
give us courage and grace to meet
the mounting needs of your people.
We ask this in the name of the risen Lord. Amen.*



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