

Morning Prayer

Opening Sentence and Confession

Opening Sentence

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.

Confession of Sin

Let us humbly confess our sins unto Almighty God.

**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.
But thou, O Lord, have mercy upon us,
spare thou those who confess their faults,
restore thou those who are penitent,
according to thy promises declared unto mankind
in Christ Jesus 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.**

The Almighty and merciful Lord grant us absolution and remission of all our sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. Amen.

Invitatory and Psalter

V: O Lord, open thou our lips.

R: **And our mouth shall show forth thy praise.**

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.

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.

Psalm 102

LORD, hear my prayer, and let my cry come before you; *

hide not your face from me in the day of my trouble.

Incline your ear to me; *

when I call, make haste to answer me,

For my days drift away like smoke, *

and my bones are hot as burning coals.

My heart is smitten like grass and withered, *

so that I forget to eat my bread.

Because of the voice of my groaning *

I am but skin and bones.

I have become like a vulture in the wilderness, *

like an owl among the ruins.

I lie awake and groan; *

I am like a sparrow, lonely on a house-top.

My enemies revile me all day long, *

and those who scoff at me have taken an oath against me.

For I have eaten ashes for bread *

and mingled my drink with weeping.

Because of your indignation and wrath *

you have lifted me up and thrown me away.

My days pass away like a shadow, *

and I wither like the grass.

But you, O LORD, endure for ever, *

and your Name from age to age.

You will arise and have compassion on Zion, for it is time to have mercy upon her; *

indeed, the appointed time has come.

For your servants love her very rubble, *

and are moved to pity even for her dust.

The nations shall fear your Name, O LORD, *

and all the kings of the earth your glory.

For the LORD will build up Zion, *

and his glory will appear.

He will look with favor on the prayer of the homeless; *

he will not despise their plea.

Let this be written for a future generation, *

so that a people yet unborn may praise the LORD.

For the LORD looked down from his holy place on high; *

from the heavens he beheld the earth;

That he might hear the groan of the captive *

and set free those condemned to die;

That they may declare in Zion the Name of the LORD, *

and his praise in Jerusalem;

When the peoples are gathered together, *

and the kingdoms also, to serve the LORD.

He has brought down my strength before my time; *

he has shortened the number of my days;

And I said, "O my God, do not take me away in the midst of my days; *

your years endure throughout all generations.

In the beginning, O LORD, you laid the foundations of the earth, *

and the heavens are the work of your hands;

They shall perish, but you will endure; they all shall wear out like a garment; *

as clothing you will change them, and they shall be changed;

But you are always the same, *

and your years will never end.

**The children of your servants shall continue, *
and their offspring shall stand fast in your 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.

The Lessons

A Reading from Exod. 2:1-22 (NRSV)

Now a man from the house of Levi went and married a Levite woman. The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him three months. When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him.

The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him, "This must be one of the Hebrews' children," she said. Then his sister said to Pharaoh's daughter, "Shall I go and get you a nurse from the Hebrew women to nurse the child for you?" Pharaoh's daughter said to her, "Yes." So the girl went and called the child's mother. Pharaoh's daughter said to her, "Take this child and nurse it for me, and I will give you your wages." So the woman took the child and nursed it. When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, "because," she said, "I drew him out of the water."

One day, after Moses had grown up, he went out to his people and saw their forced labor. He saw an Egyptian beating a Hebrew, one of his kinsfolk. He looked this way and that, and seeing no one he killed the Egyptian and hid him in the sand. When he went out the next day, he saw two Hebrews fighting; and he said to the one who was in the wrong, "Why do you strike your fellow Hebrew?" He answered, "Who made you a ruler and judge over us? Do you mean to kill me as you killed the Egyptian?" Then Moses was afraid and thought, "Surely the thing is known." When Pharaoh heard of it, he sought to kill Moses. But Moses fled from Pharaoh. He settled in the land of Midian, and sat down by a well.

The priest of Midian had seven daughters. They came to draw water, and filled the troughs to water their father's flock. But some shepherds came and drove them away. Moses got up and came to their defense and watered their flock. When they returned to their father Reuel, he said, "How is it that you have come back so soon today?" They said, "An Egyptian helped us against the shepherds; he even drew water for us and watered the flock." He said to his daughters, "Where is he? Why

did you leave the man? Invite him to break bread." Moses agreed to stay with the man, and he gave Moses his daughter Zipporah in marriage. She bore a son, and he named him Gershom; for he said, "I have been an alien residing in a foreign land."

The Word of the Lord.

Thanks be to God.

Canticle 5: The Song of Simeon

Lord, now lettest thou thy servant depart in peace, *
according to thy word;
For mine eyes have seen thy salvation, *
which thou hast prepared before the face of all people,
To be a light to lighten the Gentiles, *
and to be the glory of thy people Israel.

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.

A Reading from Mark 9:2-13 (NRSV)

Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, "Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah." He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, "This is my Son, the Beloved; listen to him!" Suddenly when they looked around, they saw no one with them any more, but only Jesus.

As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead. So they kept the matter to themselves, questioning what this rising from the dead could mean. Then they asked him, "Why do the scribes say that Elijah must come first?" He said to them, "Elijah is indeed coming first to restore all things. How then is it written about the Son of Man, that he is to go through many sufferings and be treated with contempt? But I tell you that Elijah has come, and they did to him whatever they pleased, as it is written about him."

The Word of the Lord.

Thanks be to God.

Canticle 4: The Song of Zechariah

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 hand 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 give us,
That we being delivered out of the hand 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 dayspring 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.

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 catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

The Prayers

Officiant The Lord be with you.

People **And with thy spirit.**

Officiant Let us pray.

The 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 those
 who trespass against us.

And lead us not into temptation,
 but deliver us from evil.

For thine is the kingdom,
 and the power, and the glory,
 for ever and ever.

Suffrages

V. O Lord, show thy mercy upon us;
R. **And grant us thy salvation.**
V. Endue thy ministers with righteousness;
R. **And make thy chosen people joyful.**
V. Give peace, O Lord, in all the world;
R. **For only in thee can we live in safety.**
V. Lord, keep this nation under thy care;
R. **And guide us in the way of justice and truth.**
V. Let thy way be known upon earth;
R. **Thy saving health among all nations.**
V. Let not the needy, O Lord, be forgotten;
R. **Nor the hope of the poor be taken away.**

V. Create in us clean hearts, O God;
R. **And sustain us with thy Holy Spirit.**

The Collect of the Day

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which giveth life to the world: Evermore give us this bread, that he may live in us, and we in him; who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. **Amen.**

A Collect for Fridays

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through the same thy Son Jesus Christ our Lord. **Amen.**

A Prayer for Mission

Almighty and everlasting God, by whose Spirit the whole body of thy faithful people is governed and sanctified: Receive our supplications and prayers which we offer before thee for all members of thy holy Church, that in their vocation and ministry they may truly and godly serve thee; through our Lord and Savior Jesus Christ. **Amen.**

Prayers and Thanksgivings

The 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 our selves 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 honor and glory, world without end.

A Prayer of St. Chrysostom

Almighty God, who hast given us grace at this time with one accord to make our common supplication unto thee; and hast promised through thy well-beloved Son that when two or three are gathered together in his Name thou wilt be in the midst of them: Fulfill now, O Lord, the desires and petitions of thy servants as may be best for us; granting us in this world knowledge of thy truth, and in the world to come life everlasting. **Amen.**

Let us bless the Lord.

Thanks be to God.

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. **Amen.**