

**Morning Prayer**  
**Lent**  
**Saturday, 28 March 2020**

Preparation

O Lord, open our lips

**All: and our mouth shall proclaim your praise**

Hear our voice, O Lord, according to your faithful love,

**All: according to your judgement give us life.**

One or more of the following is said or sung:

this or another prayer of thanksgiving

Blessed are you, God of compassion and mercy,  
to you be praise and glory for ever.

In the darkness of our sin,  
your light breaks forth like the dawn  
and your healing springs up for deliverance.

As we rejoice in the gift of your saving help,  
sustain us with your bountiful Spirit  
and open our lips to sing your praise.

Blessed be God, Father, Son and Holy Spirit.

**All: Blessed be God for ever.**

a suitable hymn, or A Song of Penitence

- 1 Have mercy on me, O  
God, in your great goodness; ♦  
according to the abundance of your compassion  
blot out my offences.
- 2 **Wash me thoroughly from my wickedness ♦  
and cleanse me from my sin.**
- 3 For I acknowledge my faults ♦  
and my sin is ever before me.
- 4 **Against you only have I sinned ♦  
and done what is evil in your sight,**
- 5 So that you are justified in your sentence ♦  
and righteous in your judgement.
- 6 **Cast me not away from your presence ♦  
and take not your holy spirit from me.**
- 7 Give me again the joy of your salvation ♦  
and sustain me with your gracious spirit;
- 8 **Then shall I teach your ways to the wicked ♦  
and sinners shall return to you.**
- 9 Deliver me from my guilt,  
O God, the God of my salvation, ♦  
and my tongue shall sing of your righteousness.

**All: Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

This opening prayer may be said

The night has passed, and the day lies open before us;  
let us pray with one heart and mind.

*Silence is kept.*

As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you;  
now and for ever.

**All: Amen.**

The Word of God

Psalmody

The appointed psalmody is said.

Psalm 32

**Refrain: Be glad, you righteous, and rejoice in the Lord.**

- 1 Happy the one whose transgression is forgiven, ♦  
and whose sin is covered.
- 2 **Happy the one to whom the Lord imputes no guilt, ♦  
and in whose spirit there is no guile.**
- 3 For I held my tongue; ♦  
my bones wasted away through my groaning all the day long.
- 4 **Your hand was heavy upon me day and night; ♦  
my moisture was dried up like the drought in summer. R**
- 5 Then I acknowledged my sin to you ♦  
and my iniquity I did not hide.
- 6 **I said, 'I will confess my transgressions to the Lord,' ♦  
and you forgave the guilt of my sin.**
- 7 Therefore let all the faithful make their prayers to you in time of trouble; ♦  
in the great water flood, it shall not reach them.
- 8 **You are a place for me to hide in; you preserve me from trouble; ♦  
you surround me with songs of deliverance. R**
- 9 'I will instruct you and teach you in the way that you should go; ♦  
I will guide you with my eye.
- 10 **'Be not like horse and mule which have no understanding; ♦  
whose mouths must be held with bit and bridle, or else they will not stay near you.'**
- 11 Great tribulations remain for the wicked, ♦

but mercy embraces those who trust in the Lord.  
**12 Be glad, you righteous, and rejoice in the Lord; ♦  
shout for joy, all who are true of heart.**

**Refrain: Be glad, you righteous, and rejoice in the Lord.**

Give us honest hearts, O God,  
and send your kindly Spirit  
to help us confess our sins  
and bring us the peace of your forgiveness;  
in Jesus Christ our Lord. Amen

Each psalm or group of psalms may end with

**All: Glory to the Father and  
to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

If there are two Scripture readings, the first may be read here, or both may be read after the canticle.

Exodus 7.8-end

The Lord said to Moses and Aaron,  
‘When Pharaoh says to you, “Perform a wonder”, then you shall say to Aaron, “Take your staff and throw it down before Pharaoh, and it will become a snake.” ’  
So Moses and Aaron went to Pharaoh and did as the Lord had commanded; Aaron threw down his staff before Pharaoh and his officials, and it became a snake.  
Then Pharaoh summoned the wise men and the sorcerers; and they also, the magicians of Egypt, did the same by their secret arts.  
Each one threw down his staff, and they became snakes; but Aaron’s staff swallowed up theirs.  
Still Pharaoh’s heart was hardened, and he would not listen to them, as the Lord had said.  
Then the Lord said to Moses, ‘Pharaoh’s heart is hardened; he refuses to let the people go.  
Go to Pharaoh in the morning, as he is going out to the water; stand by at the river bank to meet him, and take in your hand the staff that was turned into a snake.  
Say to him, “The Lord, the God of the Hebrews, sent me to you to say, ‘Let my people go, so that they may worship me in the wilderness.’ But until now you have not listened.  
Thus says the Lord, ‘By this you shall know that I am the Lord.’ See, with the staff that is in my hand I will strike the water that is in the Nile, and it shall be turned to blood.  
The fish in the river shall die, the river itself shall stink, and the Egyptians shall be unable to drink water from the Nile.” ’  
The Lord said to Moses, ‘Say to Aaron, “Take your staff and stretch out your hand over the waters of Egypt—over its rivers, its canals, and its ponds, and all its pools of water—so that they may become blood; and there shall be blood throughout the whole land of Egypt, even in vessels of wood and in vessels of stone.” ’  
Moses and Aaron did just as the Lord commanded. In the sight of Pharaoh and of his officials he lifted up the staff and struck the water in the river, and all the water in the river was turned into blood,

and the fish in the river died. The river stank so that the Egyptians could not drink its water, and there was blood throughout the whole land of Egypt.

But the magicians of Egypt did the same by their secret arts; so Pharaoh's heart remained hardened, and he would not listen to them, as the Lord had said.

Pharaoh turned and went into his house, and he did not take even this to heart.

And all the Egyptians had to dig along the Nile for water to drink, for they could not drink the water of the river.

Seven days passed after the Lord had struck the Nile.

Canticle

The Song of Manasseh, or another suitable canticle, for example, number 20 (page 570), number 33 (page 584) or number 41 (page 592), may be said

Refrain:

**All: Full of compassion and mercy and love is God, the Most High, the Almighty. Alleluia.**

- 1 Lord almighty and God of our ancestors, ♦  
you who made heaven and earth in all their glory:
- 2 **All things tremble with awe at your presence, ♦  
before your great and mighty power.**
- 3 Immeasurable and unsearchable is your promised mercy, ♦  
for you are God, Most High.
- 4 **You are full of compassion, long-suffering and very merciful, ♦  
and you relent at human suffering.**
- 5 O God, according to your great goodness, ♦  
you have promised forgiveness for repentance  
**to those who have sinned against you.**
- 6 **The sins I have committed against you ♦  
are more in number than the sands of the sea.**
- 7 I am not worthy to look up to the height of heaven, ♦  
because of the multitude of my iniquities.
- 8 **And now I bend the knee of my heart before you, ♦  
imploring your kindness upon me.**
- 9 I have sinned, O God, I have sinned, ♦  
and I acknowledge my transgressions.
- 10 **Unworthy as I am, you will save me, ♦  
according to your great mercy.**
- 11 For all the host of heaven sings your praise, ♦  
and your glory is for ever and ever.

Manasseh 1a, 2, 4, 6, 7a, b, 9a, c, 11, 12, 14b, 15b

**All: Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

**All: Full of compassion and mercy and love is God, the Most High, the Almighty. Alleluia.**

## Scripture Reading

One or more readings appointed for the day are read.

The reading(s) may be followed by a time of silence.

### Hebrews 11.1-16

Now faith is the assurance of things hoped for, the conviction of things not seen.

Indeed, by faith our ancestors received approval.

By faith we understand that the worlds were prepared by the word of God, so that what is seen was made from things that are not visible.

By faith Abel offered to God a more acceptable sacrifice than Cain's. Through this he received approval as righteous, God himself giving approval to his gifts; he died, but through his faith he still speaks.

By faith Enoch was taken so that he did not experience death; and 'he was not found, because God had taken him.' For it was attested before he was taken away that 'he had pleased God.'

And without faith it is impossible to please God, for whoever would approach him must believe that he exists and that he rewards those who seek him.

By faith Noah, warned by God about events as yet unseen, respected the warning and built an ark to save his household; by this he condemned the world and became an heir to the righteousness that is in accordance with faith.

By faith Abraham obeyed when he was called to set out for a place that he was to receive as an inheritance; and he set out, not knowing where he was going.

By faith he stayed for a time in the land he had been promised, as in a foreign land, living in tents, as did Isaac and Jacob, who were heirs with him of the same promise.

For he looked forward to the city that has foundations, whose architect and builder is God.

By faith he received power of procreation, even though he was too old—and Sarah herself was barren—because he considered him faithful who had promised.

Therefore from one person, and this one as good as dead, descendants were born, 'as many as the stars of heaven and as the innumerable grains of sand by the seashore.'

All of these died in faith without having received the promises, but from a distance they saw and greeted them. They confessed that they were strangers and foreigners on the earth,

for people who speak in this way make it clear that they are seeking a homeland.

If they had been thinking of the land that they had left behind, they would have had opportunity to return.

But as it is, they desire a better country, that is, a heavenly one. Therefore God is not ashamed to be called their God; indeed, he has prepared a city for them.

A suitable song or chant, or a responsory in this or another form, may follow

To you, O Lord, I lift up my soul;  
**All: O my God, in you I trust.**  
You are the God of my salvation,  
**All: To you, O Lord, I lift up my soul.**  
In you I hope all the day long.  
**All: O my God, in you I trust.**  
Remember, Lord, your compassion and love,  
for they are from everlasting.  
**All: To you, O Lord, I lift up my soul;**  
O my God, in you I trust.

from Psalm 25

Gospel Cantic

The Benedictus (The Song of Zechariah) is normally said, or Saviour of the World (page 644) may be said

Refrain:

**All: Blessed are those who hunger and thirst for righteousness,  
for they shall be satisfied.**

- 1 Blessed be the Lord the God of Israel, ♦  
who has come to his people and set them free.**
- 2 He has raised up for us a mighty Saviour, ♦  
born of the house of his servant David.**
- 3 Through his holy prophets God promised of old ♦  
to save us from our enemies, from the hands of all that hate us,**
- 4 To show mercy to our ancestors, ♦  
and to remember his holy covenant.**
- 5 This was the oath God swore to our father Abraham: ♦  
to set us free from the hands of our enemies,**
- 6 Free to worship him without fear, ♦  
holy and righteous in his sight all the days of our life.**
- 7 And you, child, shall be called the prophet of the Most High, ♦  
for you will go before the Lord to prepare his way,**
- 8 To give his people knowledge of salvation ♦  
by the forgiveness of all their sins.**
- 9 In the tender compassion of our God ♦  
the dawn from on high shall break upon us,**
- 10 To shine on those who dwell in darkness and the shadow of death, ♦  
and to guide our feet into the way of peace.**

Luke 1.68-79

**All: Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

Refrain:

**All: Blessed are those who hunger and thirst for righteousness,  
for they shall be satisfied.**

Prayers

Intercessions are offered

- *for the day and its tasks*
- *for the world and its needs*
- *for the Church and her life*

Prayers may include the following concerns from the cycle on pages 364–365

- *Those preparing for baptism and confirmation*
- *Those serving through leadership*
- *Those looking for forgiveness*
- *All those affected by the Corona Virus*

- *All who are hungry*

A form of prayer found on page 380 may be used.

The Litany on pages 400-403 may be said instead of the Prayers.

These responses may be used

Lord, in your mercy

**hear our prayer**

(or)

Lord, hear us.

**Lord, graciously hear us.**

*Silence may be kept.*

The Collect of the day is said

Merciful Lord,  
absolve your people from their offences,  
that through your bountiful goodness  
we may all be delivered from the chains of those sins  
which by our frailty we have committed;  
grant this, heavenly Father,  
for Jesus Christ's sake, our blessed Lord and Saviour,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

**All: Amen.**

The Lord's Prayer is said

Trusting in the compassion of God, let us pray with confidence as our Saviour has taught us

**All: 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,  
the power and the glory,  
for ever and ever.  
Amen.**

The Conclusion

May God our Redeemer show us compassion and love.  
**All: Amen.**

Let us bless the Lord.  
**All: Thanks be to God.**

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