



## **The Church of the Incarnation**

An Episcopal Parish In The Diocese of Southeast Florida

### **THE DAILY OFFICE FOR THE FOURTH WEEK IN LENT**

**Monday, March 23rd – 28th, 2020 – Year: 2 – Page 955 BCP**

#### **MORNING PRAYER – RITE TWO**

**Beginning on page 76 BCP - Monday, March 23, 2020**

*The Officiant begins the service with this sentence – The officiant will be a member of your family.*

*Lent*

Officiant: To the Lord our God belong mercy and forgiveness, because we have rebelled against him and have not obeyed the voice of the Lord our God by following his laws which he set before us.

*Daniel 9:9, 10.*

*The following Confession of Sin may then be said;*

### **Confession of Sin – Page 79 BCP**

*The Officiant says to the people*

Officiant: Let us confess our sins against God and our neighbor.

*Silence may be kept.*

*Officiant and People say together – Page 79 BCP*

**Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry**

**and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.**

*A lay person says the following – Page 80 BCP*

Almighty God have mercy on *us*, forgive *us* all *our* sins through *our* Lord Jesus Christ, strengthen *us* in all goodness, and by the power of the Holy Spirit keep *us* in eternal life. **People: Amen.**

## **The Invitatory and Psalter – Page 80 BCP**

*All stand*

Officiant: Lord, open our lips.

**People: And our mouth shall proclaim your praise.**

*Officiant and People*

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

*In Lent – Page 81 BCP*

Officiant: The Lord is full of compassion and mercy:

**People: Come let us adore him.**

## **Venite** *Psalm 95:1-7 – Page 82 BCP*

Officiant: Let us say the Venite together

**Come, let us sing to the Lord; \* let us shout for joy to the Rock of our salvation. Let us come before his presence with thanksgiving \* and raise a loud shout to him with psalms. For the Lord is a great God, \* and a great King above all gods. In his hand are the caverns of the earth, \* and the heights of the hills are his also. The sea is his, for he made it, \* and his hands have molded the dry land. Come, let us bow down, and bend the knee, \* and kneel before the Lord our Maker. For he is our God, and we are the people of his pasture and the sheep of his hand. \***

*Then follows*

**The Psalm Appointed** – (4th Lent – Monday, March 23, 2020 – Pg. 955 BCP)

## **Psalm 89:1-18**

*Officiant: Let us read Psalm 89 together*

### **God's Covenant with David**

**I will sing of your steadfast love, O Lord, for ever; with my mouth I will proclaim your faithfulness to all generations. I declare that your steadfast love is established for ever; your faithfulness is as firm as the heavens. You said, 'I have made a covenant with my chosen one, I have sworn to my servant David: "I will establish your descendants for ever, and build your throne for all generations." '**

**Let the heavens praise your wonders, O Lord, your faithfulness in the assembly of the holy ones. For who in the skies can be compared to the Lord? Who among the heavenly beings is like the Lord, a God feared in the council of the holy ones, great and awesome above all that are around him? O Lord God of hosts, who is as mighty as you, O Lord?**

**Your faithfulness surrounds you. You rule the raging of the sea; when its waves rise, you still them. You crushed Rahab like a carcass; you scattered your enemies with your mighty arm. The heavens are yours, the earth also is yours; the world and all that is in it—you have founded them. The north and the south—you created them; Tabor and Hermon joyously praise your name. You have a mighty arm; strong is your hand, high your right hand. Righteousness and justice are the foundation of your throne; steadfast love and faithfulness go before you.**

**Happy are the people who know the festal shout, who walk, O Lord, in the light of your countenance; they exult in your name all day**

**long, and extol your righteousness. For you are the glory of their strength; by your favour our horn is exalted. For our shield belongs to the Lord, our king to the Holy One of Israel.**

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

**The Lessons** - (4th Lent – Monday, March 23, 2020 – Pg. 955 BCP)

### **Old Testament Lesson – Genesis 49:1-28**

Reader: A reading from the Book of Genesis

#### **Jacob’s Last Words to His Sons**

Then Jacob called his sons, and said: ‘Gather around, that I may tell you what will happen to you in days to come. Assemble and hear, O sons of Jacob; listen to Israel your father.

‘Reuben, you are my firstborn, my might and the first fruits of my vigour, excelling in rank and excelling in power. Unstable as water, you shall no longer excel because you went up on to your father’s bed; then you defiled it—you went up on to my couch!

‘Simeon and Levi are brothers; weapons of violence are their swords. May I never come into their council; may I not be joined to their company—for in their anger they killed men, and at their whim they hamstrung oxen. Cursed be their anger, for it is fierce, and their wrath, for it is cruel! I will divide them in Jacob, and scatter them in Israel.

‘Judah, your brothers shall praise you; your hand shall be on the neck of your enemies; your father’s sons shall bow down before you. Judah is a lion’s whelp; from the prey, my son, you have gone up. He crouches down, he stretches out like a lion, like a lioness—who dares rouse him up? The sceptre shall not depart from Judah, nor the ruler’s staff from between his feet, until tribute comes to him; and the obedience of the peoples is his. Binding his foal to the vine and his donkey’s colt to the choice vine, he

washes his garments in wine and his robe in the blood of grapes; his eyes are darker than wine, and his teeth whiter than milk.

'Zebulun shall settle at the shore of the sea; he shall be a haven for ships, and his border shall be at Sidon.

'Issachar is a strong donkey, lying down between the sheepfolds; he saw that a resting-place was good, and that the land was pleasant; so he bowed his shoulder to the burden, and became a slave at forced labour.

'Dan shall judge his people as one of the tribes of Israel. Dan shall be a snake by the roadside, a viper along the path, that bites the horse's heels so that its rider falls backwards. 'I wait for your salvation, O Lord.

'Gad shall be raided by raiders, but he shall raid at their heels.

'Asher's food shall be rich, and he shall provide royal delicacies.

'Naphtali is a doe let loose that bears lovely fawns.

'Joseph is a fruitful bough, a fruitful bough by a spring; his branches run over the wall. The archers fiercely attacked him; they shot at him and pressed him hard. Yet his bow remained taut, and his arms were made agile by the hands of the Mighty One of Jacob, by the name of the Shepherd, the Rock of Israel, by the God of your father, who will help you, by the Almighty who will bless you with blessings of heaven above, blessings of the deep that lies beneath, blessings of the breasts and of the womb. The blessings of your father are stronger than the blessings of the eternal mountains, the bounties of the everlasting hills; may they be on the head of Joseph, on the brow of him who was set apart from his brothers.

'Benjamin is a ravenous wolf, in the morning devouring the prey, and at evening dividing the spoil.'

All these are the twelve tribes of Israel, and this is what their father said to them when he blessed them, blessing each one of them with a suitable blessing. (*Silence*)

Reader: The Word of the Lord.

**People: Thanks be to God.**

**Canticle 9 – Page 90 BCP – The First Song of Isaiah - Isaiah 12:2-6**

Officiant: Let us read Canticle 9 together

**Surely, it is God who saves me; \* I will trust in him and not be afraid. For the Lord is my stronghold and my sure defense, \* and he will be my Savior. Therefore you shall draw water with rejoicing \* from the springs of salvation. And on that day you shall say, \* Give thanks to the Lord and call upon his Name; Make his deeds known among the peoples; \* see that they remember that his Name is exalted. Sing the praises of the Lord, for he has done great things, \* and this is known in all the world. Cry aloud, inhabitants of Zion, ring out your joy, \* for the great one in the midst of you is the Holy One of Israel.**

**Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.**

**The Epistle – 1 Corinthians 10:14 – 11:1**

Reader: A reading from Paul's First Letter to the Corinthians

14 Therefore, my dear friends, flee from the worship of idols. 15 I speak as to sensible people; judge for yourselves what I say. 16 The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? 17 Because there is one bread, we who are many are one body, for we all partake of the one bread. 18 Consider the people of Israel; are not those who eat the sacrifices partners in the altar? 19 What do I imply then? That food sacrificed to idols is anything, or that an idol is anything? 20 No, I imply that what pagans sacrifice, they sacrifice to demons and not to God. I do not want you to be partners with demons. 21 You cannot drink the cup of the Lord and the cup of demons. You cannot partake of the table of the Lord and the table of

demons. 22 Or are we provoking the Lord to jealousy? Are we stronger than he?

### **Do All to the Glory of God**

23 "All things are lawful," but not all things are beneficial. "All things are lawful," but not all things build up. 24 Do not seek your own advantage, but that of the other. 25 Eat whatever is sold in the meat market without raising any question on the ground of conscience, 26 for "the earth and its fullness are the Lord's." 27 If an unbeliever invites you to a meal and you are disposed to go, eat whatever is set before you without raising any question on the ground of conscience. 28 But if someone says to you, "This has been offered in sacrifice," then do not eat it, out of consideration for the one who informed you, and for the sake of conscience— 29 I mean the other's conscience, not your own. For why should my liberty be subject to the judgment of someone else's conscience? 30 If I partake with thankfulness, why should I be denounced because of that for which I give thanks?

31 So, whether you eat or drink, or whatever you do, do everything for the glory of God. 32 Give no offense to Jews or to Greeks or to the church of God, 33 just as I try to please everyone in everything I do, not seeking my own advantage, but that of many, so that they may be saved. (*Silence*)

Reader: The Word of the Lord.

**People: Thanks be to God.**

### **Canticle 19 - The Song of The Redeemed – Page 94**

Revelation 15:3-4

Officiant: Let us read Canticle 19 together

**O ruler of the universe, Lord God, great deeds are they that you have done,\*surpassing human understanding. Your ways are ways of righteousness and truth,\*O King of all the ages. Who can fail to do you homage, Lord, and sing the praises of your Name? \* for you only are the Holy One. All nations will draw near and fall down before you,\*because your just and holy works have been revealed.**

**Glory to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and will be for ever. Amen.**

## **Apostles' Creed**

Officiant: Let us say the Apostles' Creed together

**I believe in God, the Father almighty, creator of heaven and earth; I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, 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 also with you.**

Officiant : Let us pray.

*Officiant and People*

## **The Suffrage: B – Page 98 BCP**

Officiant: Save your people, Lord, and bless your inheritance;

**People: Govern and uphold them, now and always.**

Officiant: Day by day we bless you;

**People: We praise your name for ever.**

Officiant: Lord, keep us from all sin today;

**People: Have mercy upon us, Lord, have mercy.**

Officiant: Lord, show us your love and mercy;

**People: For we put our trust in you.**

Officiant: In you, Lord, is our hope;

**People: And we shall never hope in vain.**



*The Officiant then says the following Collects, beginning with the Collect of the Day.  
Family members may also take turns praying these prayers.*

### **Fourth Sunday in Lent – Page 219 BCP**

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

### **Ash Wednesday – Page 217 BCP**

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

### **Prayers to begin each day during this time**

Most loving Father, whose will it is for us to give thanks for all things, to fear nothing but the loss of you, and to cast all our care on you who care for us: Preserve us from faithless fears and worldly anxieties, that no clouds of this mortal life may hide from us the light of that love which is immortal, and which you have manifested to us in your Son Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

### **A Prayer for a Pandemic**

May we who are merely inconvenienced remember those whose lives are at stake. May we who have no risk factors remember those most vulnerable. May we who have the luxury of working from home remember those who must choose between preserving their health or making their rent. May we who have the flexibility to care for our children when their schools close remember those children who will go hungry with no school meals. May we who have to cancel our trips remember those with no place to go. May we who are losing our margin money in the tumult of the economic market

remember those who have no margin at all. May we who settle in for quarantine at home remember those who have no home. As fear grips our country let us choose love. During this time when we cannot physically wrap our arms around each other let us yet find ways to be the loving embrace of God to our neighbour. Through Jesus Christ our Saviour, whose arms of love embrace us all. **Amen.** *Cameron Wiggins Bellm (alt.)*

### **A prayer about the Coronavirus Outbreak**

Keep us, good Lord, under the shadow of your mercy in this time of uncertainty and distress. Sustain and support the anxious and fearful, and lift up all who are brought low; that we may rejoice in your comfort knowing that nothing can separate us from your love in Christ Jesus our Lord. **Amen.**

### **A Prayer in Confusion**

O God, who brought us to birth, and in whose arms we die: in our grief and shock contain and comfort us; embrace us with your love, give us hope in our confusion, and grace to let go into new life; through Jesus Christ. **Amen.** *By Janet Morley*

### **A Prayer For Those in Isolation**

God of compassion be close to those who are ill, afraid, or in isolation, especially members of the Church of the Incarnation. In their loneliness, be their consolation; in their anxiety, be their hope; in their darkness, be their light; through him who suffered alone on the cross, but reigns with you in glory, Jesus Christ our Lord. **Amen.**

### **A Collect for Grace – Page 100 BCP**

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. **Amen.**

### **A Collect for Guidance - Page 100 BCP**

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. **Amen.**

### **A Prayer for Mission – Page 100 BCP**

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

**Please offer your prayers of intercessions and thanksgiving.**

*At the close of the office these prayers are said*

### **The General Thanksgiving – Page 101 BCP**

*Officiant and People*

**Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable 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 pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up our selves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen.**

### **A Prayer of St. Chrysostom – Page 102 BCP**

**Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of**

**them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. Amen.**

*Then is said*

Officiant: Let us bless the Lord.

**People: Thanks be to God.**

*The Officiant then concludes with the following*

Officiant: Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. *Ephesians 3:20,21*

**People: Amen.**

**THE END OF MONDAY'S MORNING PRAYER**