



THE DAILY OFFICE FOR THE FOURTH WEEK IN LENT

Thursday, March 26th, 2020 – Year: 2 – Page 955 BCP

MORNING PRAYER – RITE TWO

Beginning on page 76 BCP – Thursday, March 26, 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 – Thursday, March 26, 2020 – Pg. 955 BCP)

Psalm 69:1-36

Officiant: We will read Psalm 69 together.

Prayer for Deliverance from Persecution

¹ Save me, O God, for the waters have come up to my neck. ² I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me. ³ I am weary with my crying; my throat is parched. My eyes grow dim with waiting for my God. ⁴ More in number than the hairs of my head are those who hate me without cause; many are those who would destroy me, my enemies who accuse me falsely. What I did not steal must I now restore? ⁵ O God, you know my folly; the wrongs I have done are not hidden from you.

⁶ Do not let those who hope in you be put to shame because of me, O Lord God of hosts; do not let those who seek you be dishonored because of me, O God of Israel. ⁷ It is for your sake that I have borne reproach, that shame has covered my face. ⁸ I have become a stranger to my kindred, an alien to my mother's children. ⁹ It is zeal for your house that has consumed me; the insults of those who insult you have fallen on me. ¹⁰ When I humbled my soul with fasting, they insulted me for doing so. ¹¹ When I made sackcloth my clothing, I became a byword to them. ¹² I am the subject of gossip for those who sit in the gate, and the drunkards make songs about me.

¹³ But as for me, my prayer is to you, O LORD. At an acceptable time, O God, in the abundance of your steadfast love, answer me. With your faithful help ¹⁴ rescue me from sinking in the mire; let me

be delivered from my enemies and from the deep waters. ¹⁵ Do not let the flood sweep over me, or the deep swallow me up, or the Pit close its mouth over me. ¹⁶ Answer me, O LORD, for your steadfast love is good; according to your abundant mercy, turn to me. ¹⁷ Do not hide your face from your servant, for I am in distress—make haste to answer me. ¹⁸ Draw near to me, redeem me, set me free because of my enemies.

¹⁹ You know the insults I receive, and my shame and dishonor; my foes are all known to you. ²⁰ Insults have broken my heart, so that I am in despair. I looked for pity, but there was none; and for comforters, but I found none. ²¹ They gave me poison for food, and for my thirst they gave me vinegar to drink. ²² Let their table be a trap for them, a snare for their allies. ²³ Let their eyes be darkened so that they cannot see, and make their loins tremble continually. ²⁴ Pour out your indignation upon them, and let your burning anger overtake them.

²⁵ May their camp be a desolation; let no one live in their tents. ²⁶ For they persecute those whom you have struck down, and those whom you have wounded, they attack still more. ²⁷ Add guilt to their guilt; may they have no acquittal from you. ²⁸ Let them be blotted out of the book of the living; let them not be enrolled among the righteous. ²⁹ But I am lowly and in pain; let your salvation, O God, protect me. ³⁰ I will praise the name of God with a song; I will magnify him with thanksgiving.

³¹ This will please the LORD more than an ox or a bull with horns and hoofs. ³² Let the oppressed see it and be glad; you who seek God, let your hearts revive. ³³ For the LORD hears the needy, and does not despise his own that are in bonds. ³⁴ Let heaven and earth praise him, the seas and everything that moves in them. ³⁵ For God will save Zion and rebuild the cities of Judah; and his servants shall live^[c] there and possess it; ³⁶ the children of his servants shall inherit it, and those who love his name shall live in it.

**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 – Thursday, March 26, 2020 – Pg. 955 BCP)

Old Testament Lesson – Exodus 1:6-22

Reader: A reading from the Book of Exodus

1 These are the names of the sons of Israel who came to Egypt with Jacob, each with his household: ²Reuben, Simeon, Levi, and Judah, ³Issachar, Zebulun, and Benjamin, ⁴Dan and Naphtali, Gad and Asher. ⁵The total number of people born to Jacob was seventy. Joseph was already in Egypt. ⁶Then Joseph died, and all his brothers, and that whole generation. ⁷But the Israelites were fruitful and prolific; they multiplied and grew exceedingly strong, so that the land was filled with them.

The Israelites Are Oppressed

⁸Now a new king arose over Egypt, who did not know Joseph. ⁹He said to his people, "Look, the Israelite people are more numerous and more powerful than we. ¹⁰Come, let us deal shrewdly with them, or they will increase and, in the event of war, join our enemies and fight against us and escape from the land." ¹¹Therefore they set taskmasters over them to oppress them with forced labor. They built supply cities, Pithom and Rameses, for Pharaoh. ¹²But the more they were oppressed, the more they multiplied and spread, so that the Egyptians came to dread the Israelites. ¹³The Egyptians became ruthless in imposing tasks on the Israelites, ¹⁴and made their lives bitter with hard service in mortar and brick and in every kind of field labor. They were ruthless in all the tasks that they imposed on them.

¹⁵The king of Egypt said to the Hebrew midwives, one of whom was named Shiphrah and the other Puah, ¹⁶"When you act as midwives to the Hebrew women, and see them on the birthstool, if it is a boy, kill him; but if it is a girl, she shall live." ¹⁷But the midwives feared God; they did not do as the king of Egypt commanded them, but they let the boys live. ¹⁸So the king of Egypt summoned the midwives and said to them, "Why have you done this, and allowed the boys to live?" ¹⁹The midwives said to Pharaoh, "Because the Hebrew women are not like the Egyptian women; for they are vigorous and give birth before the midwife comes to them." ²⁰So God dealt well with the midwives; and the people multiplied and became very strong. ²¹And

because the midwives feared God, he gave them families. ²² Then Pharaoh commanded all his people, "Every boy that is born to the Hebrews^[a] you shall throw into the Nile, but you shall let every girl live." (*Silence*)

Reader: The Word of the Lord.

People: Thanks be to God.

Canticle 9: A Song of Moses – Page 86 BCP

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 12:12-26

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

One Body with Many Members

¹² For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. ¹³ For in the one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit.¹⁴ Indeed, the body does not consist of one member but of many. ¹⁵ If the foot would say, "Because I am not a hand, I do not belong to the body," that would not make it any less a part of the body. ¹⁶ And if the ear would say, "Because I am not an

eye, I do not belong to the body," that would not make it any less a part of the body. ¹⁷ If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? ¹⁸ But as it is, God arranged the members in the body, each one of them, as he chose. ¹⁹ If all were a single member, where would the body be?

²⁰ As it is, there are many members, yet one body. ²¹ The eye cannot say to the hand, "I have no need of you," nor again the head to the feet, "I have no need of you." ²² On the contrary, the members of the body that seem to be weaker are indispensable, ²³ and those members of the body that we think less honorable we clothe with greater honor, and our less respectable members are treated with greater respect; ²⁴ whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honor to the inferior member, ²⁵ that there may be no dissension within the body, but the members may have the same care for one another. ²⁶ If one member suffers, all suffer together with it; if one member is honored, all rejoice together with it. (*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.**

The 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

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. Amen.

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*

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.

HERE END THURSDAY'S MORNING PRAYER