



Morning Prayer – Rite I – Lent

St. Peter & St. Paul Anglican Church
Arlington, TX

Opening Versicle: *(standing)*

Jesus said, "Whosoever will come after me, let him deny himself, and take up his cross, and follow me." *Mk 8:34*

Confession of Sin: *(kneeling)*

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 you (us) absolution and remission of all your (our) sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. ***Amen.***

The Invitatory and Psalter: *(standing)*

O Lord, open thou our lips.

And our mouth shall show forth thy praise.

Gloria Patre:

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.

Antiphon: The Lord is full of compassion and mercy:

O come, let us adore him.

Jubilate *Psalm 100 (Mondays – Thursdays)*

O be joyful in the Lord all ye lands;

serve the Lord with gladness

and come before his presence with a song.

Be ye sure that the Lord he is God;

it is he that hath made us and not we ourselves;

we are his people and the sheep of his pasture.

O go your way into his gates with thanksgiving

and into his courts with praise;

be thankful unto him and speak good of his Name.

For the Lord is gracious; his mercy is everlasting;

and his truth endureth from generation to generation.

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.

Venite *Psalm 95 (Fridays – Saturdays)*

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.*

Oh, that today you would hearken to his voice!

Harden not your hearts.

*As your forebears did in the wilderness,
at Meribah, and on that day at Massah,
when they tempted me.*

They put me to the test, though they had seen my works.

*Forty years long I detested that generation and said,
“this people are wayward in their hearts;
they do not know my ways.”*

So I swore in my wrath, “They shall not enter into my rest.”

*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.*

Antiphon: The Lord is full of compassion and mercy:

O come, let us adore him.

The Psalm or Psalms Appointed

*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 First Lesson

The First Canticle:

Sundays: (11) The Third Song of Isaiah *Surge, illuminare*

Arise, shine, for your light has come, *

and the glory of the Lord has dawned upon you.

For behold, darkness covers the land; *

deep gloom enshrouds the peoples.

But over you the Lord will rise, *

and his glory will appear upon you.

Nations will stream to your light, *

and kings to the brightness of your dawning.

Your gates will always be open; *

by day or night they will never be shut.

They will call you, The City of the Lord, *

The Zion of the Holy One of Israel.

Violence will no more be heard in your land, *

ruin or destruction within your borders.

You will call your walls, Salvation, *

and all your portals, Praise.

The sun will no more be your light by day; *

by night you will not need the brightness of the moon.

The Lord will be your everlasting light, *

and your God will be your glory.

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.

Mondays: (9) The First Song of Isaiah *Ecce, Deus*

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.

Tuesdays: (2) A Song of Praise *Benedictus es, Domine*

Blessed art thou, O Lord God of our fathers; *

praised and exalted above all for ever.

Blessed art thou for the Name of thy Majesty; *

praised and exalted above all for ever.

Blessed art thou in the temple of thy holiness; *

praised and exalted above all for ever.

Blessed art thou that beholdest the depths,

and dwellest between the Cherubim; *

praised and exalted above all for ever.

Blessed art thou on the glorious throne of thy kingdom; *
praised and exalted above all for ever.

Blessed art thou in the firmament of heaven; *
praised and exalted above all for ever.

Blessed art thou, O Father, Son, and Holy Spirit; *
praised and exalted above all for ever.

Wednesdays: (14) A Song of Penitence *Kyrie Pantokrator*

O Lord and Ruler of the hosts of heaven, *
God of Abraham, Isaac, and Jacob,
and of all their righteous offspring:
You made the heavens and the earth, *
with all their vast array.

All things quake with fear at your presence; *
they tremble because of your power.

But your merciful promise is beyond all measure; *
it surpasses all that our minds can fathom.

O Lord, you are full of compassion, *
long-suffering, and abounding in mercy.

You hold back your hand; *
you do not punish as we deserve.

In your great goodness, Lord,
you have promised forgiveness to sinners, *
that they may repent of their sin and be saved.

And now, O Lord, I bend the knee of my heart, *
and make my appeal, sure of your gracious goodness.

I have sinned, O Lord, I have sinned, *
and I know my wickedness only too well.

Therefore I make this prayer to you: *
forgive me, Lord, forgive me.
Do not let me perish in my sin, *
nor condemn me to the depths of the earth.
For you, O Lord, are the God of those who repent, *
and in me you will show forth your goodness.
Unworthy as I am, you will save me,
in accordance with your great mercy, *
and I will praise you without ceasing all the days of my life.
For all the powers of heaven sing your praises, *
and yours is the glory to ages of ages. Amen.

Thursdays: (8) The Song of Moses *Cantemus Domino*

I will sing to the Lord, for he is lofty and uplifted; *
the horse and its rider has he hurled into the sea.
The Lord is my strength and my refuge; *
the Lord has become my Savior.
This is my God and I will praise him, *
the God of my people and I will exalt him.
The Lord is a mighty warrior; *
Yahweh is his Name.
The chariots of Pharaoh and his army has he hurled into the sea; *
the finest of those who bear armor have been
drowned in the Red Sea.
The fathomless deep has overwhelmed them; *
they sank into the depths like a stone.
Your right hand, O Lord, is glorious in might; *
your right hand, O Lord, has overthrown the enemy.

Who can be compared with you, O Lord, among the gods? *
who is like you, glorious in holiness,
awesome in renown, and worker of wonders?
You stretched forth your right hand; *
the earth swallowed them up.
With your constant love you led the people you redeemed; *
with your might you brought them in safety to your holy dwelling.
You will bring them in and plant them *
on the mount of your possession,
The resting-place you have made for yourself, O Lord, *
the sanctuary, O Lord, that your hand has established.
The Lord shall reign * for ever and for ever.

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.

Fridays: (14) A Song of Penitence *Kyrie Pantokrator*

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God of Abraham, Isaac, and Jacob,
and of all their righteous offspring:
You made the heavens and the earth, *
with all their vast array.
All things quake with fear at your presence; *
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But your merciful promise is beyond all measure; *
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 nor condemn me to the depths of the earth.
For you, O Lord, are the God of those who repent, *
 and in me you will show forth your goodness.
Unworthy as I am, you will save me,
in accordance with your great mercy, *
 and I will praise you without ceasing all the days of my life.
For all the powers of heaven sing your praises, *
 and yours is the glory to ages of ages. Amen.

Saturdays: (1) A Song of Creation *Benedicite omnia opera Domini*

O all ye works of the Lord, bless ye the Lord; *
 praise him and magnify him for ever.
O ye angels of the Lord, bless ye the Lord; *
 praise him and magnify him for ever.

O let the earth bless the Lord; *
 O ye mountains and hills, bless ye the Lord;
O all ye green things upon the earth, bless ye the Lord; *
 praise him and magnify him for ever.

O ye wells, bless ye the Lord; *
O ye seas and floods, bless ye the Lord;
O ye whales and all that move in the waters, bless ye the
Lord; * praise him and magnify him for ever.

O all ye fowls of the air, bless ye the Lord; *
O all ye beasts and cattle, bless ye the Lord;
O ye children of men, bless ye the Lord; *
praise him and magnify him for ever.

O ye people of God, bless ye the Lord; *
O ye priests of the Lord, bless ye the Lord;
O ye servants of the Lord, bless ye the Lord; *
praise him and magnify him for ever.

O ye spirits and souls of the righteous, bless ye the Lord; *
O ye holy and humble men of heart, bless ye the Lord.
Let us bless the Father, the Son, and the Holy Spirit; *
praise him and magnify him for ever.

The Second Lesson

(a reading from "Celebrating the Seasons"¹ may follow.

¹ 'Celebrating the Seasons: Daily Spiritual Readings for the Christian Year.' (compiled by Robert Atwell: Canterbury Press, 2006).

The Second Canticle:

Sundays: (7) We Praise Thee *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 Sabaoth;
 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 adorable, 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 humble thyself to be born of a Virgin.
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.

Mondays: (19) The Song of the Redeemed

Magna et mirabilia

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.

Tuesdays: (18) A Song to the Lamb

Dignus es

Splendor and honor and kingly power *
are yours by right, O Lord our God,
For you created everything that is, *
and by your will they were created and have their being;
And yours by right, O Lamb that was slain, *
for with your blood you have redeemed for God,
From every family, language, people, and nation, *
a kingdom of priests to serve our God.
And so, to him who sits upon the throne, *
and to Christ the Lamb,
Be worship and praise, dominion and splendor, *
for ever and for evermore.

Wednesdays: (4) The Song of Zechariah

Benedictus Dominus Deus

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 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.

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O King of all the ages.
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and sing the praises of your Name? *
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All nations will draw near and fall down before you, *
because your just and holy works have been revealed.
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are yours by right, O Lord our God,
For you created everything that is, *
and by your will they were created and have their being;
And yours by right, O Lamb that was slain, *
for with your blood you have redeemed for God,
From every family, language, people, and nation, *
a kingdom of priests to serve our God.
And so, to him who sits upon the throne, *
and to Christ the Lamb,
Be worship and praise, dominion and splendor, *
for ever and for evermore.

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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

*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

The Lord be with you. ***And with thy spirit.*** Let us pray.

(kneeling)

***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 Suffrages: (one of A or B)

A (Su-Tu-Th-Sa):

O Lord, show thy mercy upon us; ***And grant us thy salvation.***

Endue thy ministers with righteousness;

And make thy chosen people joyful.

Give peace, O Lord, in all the world;

For only in thee can we live in safety.

Lord, keep this nation under thy care;

And guide us in the way of justice and truth.

Let thy way be known upon earth;

Thy saving health among all nations.

Let not the needy, O Lord, be forgotten;

Nor the hope of the poor be taken away.

Create in us clean hearts, O God;

And sustain us with thy Holy Spirit.

B (M-W-F):

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 be upon us;

As our trust is in thee.

O Lord, in thee have I trusted;

Let me never be confounded.

The Collect of the Week (from pages 166-170 in the BCP1979)

The Collect of the Day of the Week

A Collect for Sundays

O God, who makest us glad with the weekly remembrance of the glorious resurrection of thy Son our Lord: Grant us this day such blessing through our worship of thee, that the days to come may be spent in thy favor; through the same Jesus Christ our Lord. *Amen.*

A Collect for the Renewal of Life (Mondays)

O God, the King eternal, who dividest the day from the night and turnest the shadow of death into the morning: Drive far from us all wrong desires, incline our hearts to keep thy law, and guide our feet into the way of peace; that, having done thy will with cheerfulness while it was day, we may, when the night cometh, rejoice to give thee thanks; through Jesus Christ our Lord. ***Amen.***

A Collect for Peace (Tuesdays)

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 defense, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. **Amen.**

A Collect for Grace (Wednesdays)

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 we, being ordered by thy governance, may do always what is righteous in thy sight; through Jesus Christ our Lord. **Amen.**

A Collect for Guidance (Thursdays)

O heavenly Father, in whom we live and move and have our being: We humbly pray thee so to guide and govern us by thy Holy Spirit, that in all the cares and occupations of our life we may not forget thee, but may remember that we are ever walking in thy sight; through Jesus Christ our Lord. **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 Collect for Saturdays

Almighty God, who after the creation of the world didst rest from all thy works and sanctify a day of rest for all thy creatures: Grant that we, putting away all earthly anxieties, may be duly prepared for the service of thy sanctuary, and that our rest here upon earth may be a preparation for the eternal rest promised to thy people in heaven; through Jesus Christ our Lord. **Amen.**

Prayers For Mission: (one of) (said together)

(Sundays & Wednesdays)

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.**

(Mondays, Thursdays & Saturdays)

O God, who hast made of one blood all the peoples of the earth, and didst send thy blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after thee and find thee; bring the nations into thy fold; pour out thy Spirit upon all flesh; and hasten the coming of thy kingdom; through the same thy Son Jesus Christ our Lord. **Amen.**

(Tuesdays & Fridays)

Lord Jesus Christ, who didst stretch out thine arms of love on the hard wood of the cross that everyone might come within the reach of thy saving embrace: So clothe us in thy Spirit that we, reaching forth our hands in love, may bring those who do not know thee to the knowledge and love of thee; for the honor of thy Name. **Amen.**

Intercessions (sick, guidance, parish, cycle, departed, blessings)

The General Thanksgiving (Su-Tu-Th-Sa)

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. *Amen.*

A Prayer of St. Chrysostom (M-W-F)

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, our 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.*

Closing: *(standing)*

Let us bless the Lord.

Thanks be to God.

(Su-M-Th)

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.***

(Tu-F)

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

(W-Sa)

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. ***Amen.***