

THE ORDER FOR
MORNING PRAYER (abbreviated)
On the
Fourth Sunday in Lent,
called Refreshment or Midlent Sunday
March 22nd, 2020 at 11 a.m.

Where this is said privately, a layman or laywoman may take the parts marked "Minister", but the Absolution is said by a priest alone, and must be omitted in his absence. If you wish to abbreviate this for the sake of young children who are taking part, you may read just one of the psalms and lessons, omit the canticles, and read just one or two of the collects provided.

PREPARING IN PENITENCE.

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. *Joel ii. 13.*

A General Confession (*said by all*).

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; And there is no health in us. But thou, O Lord, have mercy upon us, miserable offenders. Spare thou those, O God, 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 Declaration of Absolution, or Remission of Sins

Said by the Priest alone, standing, the People still kneeling.

ALMIGHTY God, the Father of our Lord Jesus Christ, who desireth not the death of a sinner, but rather that he may turn from his wickedness and live, hath given power, and commandment, to his Ministers, to declare and pronounce to his people, being penitent, the Absolution and Remission of their sins. He pardoneth and absolveth all those who truly

repent, and unfeignedly believe his holy Gospel.

Wherefore let us beseech him to grant us true repentance, and his Holy Spirit, that those things may please him which we do at this present; and that the rest of our life hereafter may be pure and holy; so that at the last we may come to his eternal joy; through Jesus Christ our Lord. *Amen.*

Opening Versicles & Responses (*alternating*)

O Lord, open thou our lips.

Answer. And our mouth shall show forth thy praise.

O God, make speed to save us.

Answer. O Lord, make haste to help us.

Glory be to the Father, and to the Son, and to the Holy Ghost;

Answer. As it was in the beginning, is now, and ever shall be, world without end. *Amen.*

Praise ye the Lord.

Answer. The Lord's Name be praised.

PRAISE OF GOD'S GLORY.

Venite, exultemus Domino (*said alternately*)

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 show 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.

O worship the LORD in the beauty of holiness; *
let the whole earth stand in awe of him.

For he cometh, for he cometh to judge the earth; *
and with righteousness to judge the world, and the people with his truth.

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 122. *Lætatus sum.* (said alternately)

I was glad when they said unto me, *
We will go into the house of the LORD.

2 Our feet shall stand in thy gates, *
O Jerusalem.

3 Jerusalem is built as a city *
that is at unity in itself.

4 For thither the tribes go up, even the tribes of the LORD, *
to testify unto Israel,
to give thanks unto the Name of the LORD.

5 For there is the seat of judgment, *
even the seat of the house of David.

6 O pray for the peace of Jerusalem; *
they shall prosper that love thee.

7 Peace be within thy walls, *
and plenteousness within thy palaces.

8 For my brethren and companions' sakes, *
I will wish thee prosperity.

9 Yea, because of the house of the LORD our God, *
I will seek to do thee good.

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 124. *Nisi quia Dominus. (said alternately)*

IF the LORD himself had not been on our side,
now may Israel say; *

if the LORD himself had not been on our side,
when men rose up against us;

2 They had swallowed us up alive; *
when they were so wrathfully displeased at us.

3 Yea, the waters had drowned us, *
and the stream had gone over our soul.

4 The deep waters of the proud *
had gone even over our soul.

5 But praised be the LORD, *
who hath not given us over for a prey unto their teeth.

6 Our soul is escaped even as a bird out of the snare of the fowler; *
the snare is broken, and we are delivered.

7 Our help standeth in the Name of the LORD, *
who hath made heaven and earth.

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 First Lesson: Exodus 3:1-15 *The Call of Moses*

In those days: Now Moses kept the flock of Jethro his father in law, the priest of Midian: and he led the flock to the backside of the desert, and came to the mountain of God, even to Horeb. ² And the angel of the LORD appeared unto him in a flame of fire out of the midst of a bush: and he looked, and, behold, the bush burned with

fire, and the bush was not consumed. ³ And Moses said, I will now turn aside, and see this great sight, why the bush is not burnt. ⁴ And when the LORD saw that he turned aside to see, God called unto him out of the midst of the bush, and said, Moses, Moses. And he said, Here am I. ⁵ And he said, Draw not nigh hither: put off thy shoes from off thy feet, for the place whereon thou standest is holy ground.

⁶ Moreover he said, I am the God of thy father, the God of Abraham, the God of Isaac, and the God of Jacob. And Moses hid his face; for he was afraid to look upon God. ⁷ And the LORD said, I have surely seen the affliction of my people which are in Egypt, and have heard their cry by reason of their taskmasters; for I know their sorrows; ⁸ And I am come down to deliver them out of the hand of the Egyptians, and to bring them up out of that land unto a good land and a large, unto a land flowing with milk and honey; unto the place of the Canaanites, and the Hittites, and the Amorites, and the Perizzites, and the Hivites, and the Jebusites. ⁹ Now therefore, behold, the cry of the children of Israel is come unto me: and I have also seen the oppression wherewith the Egyptians oppress them. ¹⁰ Come now therefore, and I will send thee unto Pharaoh, that thou mayest bring forth my people the children of Israel out of Egypt.

¹¹ And Moses said unto God, Who am I, that I should go unto Pharaoh, and that I should bring forth the children of Israel out of Egypt? ¹² And he said, Certainly I will be with thee; and this shall be a token unto thee, that I have sent thee: When thou hast brought forth the people out of Egypt, ye shall serve God upon this mountain. ¹³ And Moses said unto God, Behold, when I come unto the children of Israel, and shall say unto them, The God of your fathers hath sent me unto you; and they shall say to me, What is his name? what shall I say unto them? ¹⁴ And God said unto Moses, I AM THAT I AM: and he said, Thus shalt thou say unto the children of Israel, I AM hath sent me unto you. ¹⁵ And God said moreover unto Moses, Thus shalt thou say unto the children of Israel, the LORD God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, hath sent me unto you: this is my name for ever, and this is my memorial unto all generations.

Canticle: *Benedicite, omnia opera Domini*

[some verses omitted]

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 ye Heavens, bless ye the Lord: *
praise him, and magnify him for ever.

O Let the Earth bless the Lord: *
yea, let it praise him, and magnify him for ever.

O ye Mountains and Hills, bless ye the Lord: *
praise him, and magnify him for ever.

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: *
praise him, and magnify him for ever.

O ye Seas and Floods, bless ye the Lord: *
praise him, and magnify him for ever.

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: *
praise him, and magnify him for ever.

O all ye Beasts and Cattle, bless ye the Lord: *
praise him, and magnify him for ever.

O ye Children of Men, bless ye the Lord: *
praise him, and magnify him for ever.

O Let Israel bless the Lord: *
praise him, and magnify him for ever.

O ye Priests of the Lord, bless ye the Lord: *
praise him, and magnify him for ever.

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: *
praise him, and magnify him for ever.

O ye holy and humble Men of heart, bless ye the Lord: *
praise him, and magnify him for ever.

LET us bless the Father, and the Son, and the Holy Ghost: *
praise him, and magnify him for ever. Amen.

The Second lesson: The Epistle to the Galatians 4:21-5:1 *Bondage to the law, and freedom in the gospel.*

Brethren: Tell me, ye that desire to be under the law, do ye not hear the law? For it is written, that Abraham had two sons, the one by a bond-maid, the other by a freewoman. But he who was of the bond woman was born after the flesh; but he of the freewoman was by promise. Which things are an allegory: for these are the two covenants; the one from the mount Sinai, which gendereth to bondage, which is Agar. For this Agar is mount Sinai in Arabia, and answereth to Jerusalem which now is, and is in bondage with her children. But Jerusalem which is above is free, which is the mother of us all. For it is written, Rejoice, thou barren that bearest not; break forth and cry, thou that travailest not: for the desolate hath many more children than she which hath an husband. Now we, brethren, as Isaac was, are the children of promise. But as then he that was born after the flesh persecuted him that was born after the Spirit, even so it is now. Nevertheless what saith the scripture? Cast out the bond woman and her son: for the son of the bondwoman shall not be heir with the son of the freewoman. So then, brethren, we are not children of the bondwoman, but of the free. Stand fast, therefore, in the liberty, wherewith Christ hath made you free, and be not entangled again in the yoke of bondage.

THE SERMON – The Rector

Benedictus. *St. Luke i. 68. (read by all, or alternating by verse)*

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 swore 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 day-spring 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.

PRAYERS FOR GOD'S GRACE.

The Apostles' Creed (said be all)

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.

Minister. The Lord be with you.

Answer. And with thy spirit.

Let us pray.

Minister. Lord, have mercy upon us.

Answer. Christ, have mercy upon us.

Minister. Lord, have mercy upon us.

The Lord's Prayer (said by 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. Amen.

Minister. O Lord, show thy mercy upon us.
Answer. And grant us thy salvation.
Minister. O Lord, save the State.
Answer. And mercifully hear us when we call upon thee.
Minister. Endue thy Ministers with righteousness.
Answer. And make thy chosen people joyful.
Minister. O Lord, save thy people.
Answer. And bless thine inheritance.
Minister. Give peace in our time, O Lord.
Answer. For it is thou, Lord, only, that makest us dwell in safety.
Minister. O God, make clean our hearts within us.
Answer. And take not thy Holy Spirit from us.

The Collect for the Fourth Sunday in Lent.

GRANT, we beseech thee, Almighty God, that we, who for our evil deeds do unworthily deserve to be punished, by the comfort of thy grace may mercifully be relieved; through our Lord and Saviour Jesus Christ, who liveth and reigneth with thee and the Holy Ghost, one God, world without end. *Amen.*

The Collect for Lent.

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all those 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 thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. *Amen.*

A Collect for Peace.

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

A Collect for Grace.

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 all our doings, being ordered by thy governance, may be righteous in thy sight; through Jesus Christ our Lord. *Amen.*

In Time of Great Sickness and Mortality.

O Most mighty and merciful God, in this time of grievous sickness, we flee unto thee for succour. Deliver us, we beseech thee, from our peril; give strength and skill to all those who minister to the sick; prosper the means made use of for their cure; and grant that, perceiving how frail and uncertain our life is, we may apply our hearts unto that heavenly wisdom which leadeth to eternal life; through Jesus Christ our Lord. *Amen.*

For Trustfulness in a time of anxiety.

O Most loving Father, who willest us to give thanks for all things, to dread nothing but the loss of thee, and to cast all our care on thee, who carest for us; Preserve us from faithless fears and worldly anxieties, and grant that no clouds of this mortal life may hide from us the light of that love which is immortal, and which thou hast manifested unto us in thy Son, Jesus Christ our Lord. *Amen.*

For the Faithful Departed

I bid your prayers for the repose of the souls of the faithful departed:

Rest eternal grant unto them, O Lord;
Answer. and let light perpetual shine upon them.
May they rest in peace. *Amen.*

A General Thanksgiving (*may be said by all*).

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 honour and glory, world without end. *Amen.*

The Blessing (*said by the priest*)

Or (*when said privately*): A Prayer of St. Chrysostom.

Almighty God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise that when two or three are gathered together in thy Name thou wilt grant their requests; Fulfil now, O Lord, the desires and petitions of thy servants, as may be most expedient for them; granting us in this world knowledge of thy truth, and in the world to come life everlasting. *Amen.*

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.* (2 Cor. xiii. 14.)