

THE ORDER FOR  
MORNING PRAYER

*abbreviated for worship with families*

ON THE

Fourth Sunday in Lent

commonly called Mothering Sunday

or Refreshment Sunday

March 14<sup>th</sup>, 2021 at 11 a.m.

Help us, O God our salvation, for the glory of thy name: of deliver us, and  
be merciful unto our sins, for thy name's sake.



## PREPARING IN PENITENCE.

He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy. *Proverbs 28:13*

¶ *Then the Minister shall say,*

Let us therefore humbly confess our sins unto Almighty God.

### **A General Confession (*said by all*).**

**A**LMIGHTY 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.**

*To be made by the Priest alone, standing; the People still kneeling.*

**A**LMIGHTY 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

O Lord, open thou our lips.

*Answer.* And our mouth shall show forth thy praise.

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.

**Psalm 95.** *Venite, exultemus.*

**O** COME, let us sing unto the LORD;

\* let us heartily rejoice in the strength of our salvation.

2 Let us come before his presence with thanksgiving;

\* and show ourselves glad in him with psalms.

3 For the LORD is a great God;

\* and a great King above all gods.

4 In his hand are all the corners of the earth;

\* and the strength of the hills is his also.

5 The sea is his, and he made it;

\* and his hands prepared the dry land.

6 O come, let us worship and fall down,

\* and kneel before the LORD our Maker.

7 For he is the Lord our God;

\* and we are the people of his pasture,  
and the sheep of his hand.

8 To-day if ye will hear his voice,

harden not your hearts

\* as in the provocation,  
and as in the day of temptation in the wilderness;

9 When your fathers tempted me,  
\* proved me, and saw my works.

10 Forty years long was I grieved with this generation, and said,  
\* It is a people that do err in their hearts,  
for they have not known my ways:

11 Unto whom I swear in my wrath,  
\* that they should not enter into my rest.

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)**

*A song of Ascent, made in pilgrimage up to Jerusalem.*

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.

**G**LORY 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)**

*A song of Ascent, made in pilgrimage up to Jerusalem.*

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.

**G**LORY 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 Old Testament Lesson:** Exodus 3:1-15  
*The call of Moses, to bring Israel out of bondage in Egypt.*

In those days: 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. <sup>2</sup> 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. <sup>3</sup> And Moses said, I will now turn aside, and see this great sight, why the bush is not burnt. <sup>4</sup> 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. <sup>5</sup> And he said, Draw not nigh hither: put off thy shoes from off thy feet, for the place whereon thou standest is holy ground.

<sup>6</sup> 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. <sup>7</sup> 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; <sup>8</sup> 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. <sup>9</sup> 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. <sup>10</sup> Come now therefore, and I will send thee unto Pharaoh, that thou mayest bring forth my people the children of Israel out of Egypt.

<sup>11</sup> 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? <sup>12</sup> 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. <sup>13</sup> 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? <sup>14</sup> 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. <sup>15</sup> 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. (Part 2)*

**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.

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

**The New Testament Lesson:** *one of the following lessons is read.*

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

**B**RETHREN: 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 writ-

ten, 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.

St. John 6:1- 14 *The multiplications of the loaves.*

**A**T that time: Jesus went over the sea of Galilee, which is the sea of Tiberias. <sup>2</sup> And a great multitude followed him, because they saw his miracles which he did on them that were diseased. <sup>3</sup> And Jesus went up into a mountain, and there he sat with his disciples. <sup>4</sup> And the pass-over, a feast of the Jews, was nigh. <sup>5</sup> When Jesus then lifted up his eyes, and saw a great company come unto him, he saith unto Philip, Whence shall we buy bread, that these may eat? <sup>6</sup> And this he said to prove him: for he himself knew what he would do. <sup>7</sup> Philip answered him, Two hundred pennyworth of bread is not sufficient for them, that every one of them may take a little. <sup>8</sup> One of his disciples, Andrew, Simon Peter's brother, saith unto him, <sup>9</sup> There is a lad here, which hath five barley loaves, and two small fishes: but what are they among so many? <sup>10</sup> And Jesus said, Make the men sit down. Now there was much grass in the place. So the men sat down, in number about five thousand. <sup>11</sup> And Jesus took the loaves; and when he had given thanks, he distributed to the disciples, and the disciples to them that were set down; and likewise of the fishes as much as they would. <sup>12</sup> When they were filled, he said unto his disciples, Gather up the fragments that remain, that nothing be lost. <sup>13</sup> Therefore they gathered them together, and filled twelve baskets with the fragments of the five barley loaves, which remained over and above unto them that had eaten. <sup>14</sup> Then those men, when they had seen the miracle that Jesus did, said, This is of a truth that prophet that should come into the world.

### **Children's Talk and the Address**

**Benedictus. *St. Luke i. 68.***

*Thanksgiving for our redemption in Christ*

**B**LESSED 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 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.

**G**LORY 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.

*United in the confession of one Faith, one Lord, one God and Father of all,  
let us commend ourselves, one another,  
and the whole Church and people of God, to his watchful care.*

*I bid your prayers for the Church,  
and its unity in the truth;*

*for our Country,  
and its peace, order, and good government;*

*for the Clergy and People,  
and their faithfulness in worship and witness;*

*for those who suffer, [PAUSE]  
that they may have patience under their sufferings,  
and a happy issue from all afflictions;*

*for those who have departed this life in Christ, and are at rest, [PAUSE]  
that we with them may rise to glory.*

*for the observance of a holy Lent,  
that giving ourselves to fasting and prayer, we may be delivered from our  
spiritual enemies.*

*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*)**

**O**UR 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 of the Day.**

**G**RANT, we beseech thee, Almighty God, that we, who for our evil deeds do worthily 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 of Lent.**

**A**LMIGHTY 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, who liveth and, reigneth with thee and the Holy Ghost ever, one God, world without end. *Amen.*

### **The 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.*

### **The 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.*

### **The Offering**

Remember the words of the Lord Jesus, how he said, It is more blessed to give than to receive. *Acts xx. 35.*

*A symbolic offering is presented at the altar.*

*Minister:* All things come of thee, O Lord,

*All:* and of thine own have we given thee.

*Minister.* The Lord be with you.

*Answer.* And with thy spirit.

Let us pray.

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

**A**LMIGHTY 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.**

Unto God's gracious mercy and protection we commit you. The Lord bless ☩ you, and keep you. The Lord make his face to shine upon you, and be gracious unto you. The Lord lift up his countenance upon you, and give you peace, both now and evermore. *Amen.*

