

# Lenten Morning Prayer

April 6, 2022

## Opening Sentence

*Officiant* Rend your hearts and not your garments.  
Return to the Lord your God, for he is gracious and merciful, slow to anger  
and abounding in steadfast love, and repents of evil. *Joel 2:13*

## The Confession

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

***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.***

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

## The Invitatory and Psalter

*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.***

*Officiant* The Lord is full of compassion and mercy: Come let us adore him.

**Jubilate** *Psalms 100*

**Be joyful in the Lord, all you lands;  
serve the Lord with gladness  
and come before his presence with a song.**

**Know this: The Lord himself is God;  
he himself has made us, and we are his;  
we are his people and the sheep of his pasture.**

**Enter his gates with thanksgiving; go into his courts with praise;  
give thanks to him and call upon his Name.**

**For the Lord is good; his mercy is everlasting;  
and his faithfulness endures from age to age.**

**I will call to mind the deeds of the LORD;  
I will remember your wonders of old.**

**I will meditate on all your work,  
and muse on your mighty deeds.**

**Your way, O God, is holy.  
What god is so great as our God?**

**You are the God who works wonders;  
you have displayed your might among the peoples.**

**With your strong arm you redeemed your people,  
the descendants of Jacob and Joseph.**

**When the waters saw you, O God,  
when the waters saw you, they were afraid;  
the very deep trembled.**

**The clouds poured out water;  
the skies thundered;  
your arrows flashed on every side.**

**The crash of your thunder was in the whirlwind;  
your lightnings lit up the world;  
the earth trembled and shook.**

**Your way was through the sea,  
your path, through the mighty waters;  
yet your footprints were unseen.**

**You led your people like a flock  
by the hand of Moses and Aaron.**

**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**

#### **A Reading from the Book of Exodus**

*Exodus 3: 7-12*

Then the LORD said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt." But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you;

and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain.”

The Word of the Lord.

***Thanks be to God.***

**Canticle 14 A Song of Penitence**

*Kyrie Pantokrator*

*Prayer of Manasseh, 1-2, 4, 6-7, 11-15*

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.***

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 Gospel

*Gospeller*

The Holy Gospel of our Lord Jesus Christ according to Luke.

*Luke 6: 27-36*

*People*

***Glory to you, Lord Christ.***

“But I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. Do to others as you would have them do to you.

“If you love those who love you, what credit is that to you? For even sinners love those who love them. If you do good to those who do good to you, what credit is that to you? For even sinners do the same. If you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High; for he is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful.

The Gospel of the Lord.

***Praise to you, Lord Christ.***

## Reflection

**Martin Luther King, Jr.**

Martin Luther King, Jr. was born on January 15, 1929, in Atlanta. As the son and grandson of Baptist preachers, he was steeped in the Black Church tradition. To this heritage he added a thorough academic preparation, earning the degrees of B.A., B.D., and Ph.D. in Systematic Theology from Boston University.

In 1954, King became pastor of a church in Montgomery, Alabama. There, Black indignation at inhumane treatment on segregated buses culminated in December, 1955, in the arrest of Rosa Parks for refusing to give up her seat to a white man. King was catapulted into national prominence as the leader of the Montgomery bus boycott. He became increasingly the articulate prophet, who could not only rally the Black masses, but could also move the consciences of Whites.

King founded the Southern Christian Leadership Conference to spearhead non-violent mass demonstrations against racism. Many confrontations followed, most notably in Birmingham and Selma, Alabama, and in Chicago. King's campaigns were instrumental to the passage of the Civil Rights Acts of 1964, 1965 and 1968. King then turned his attention to economic empowerment of the poor and opposition to the Vietnam War, contending that racism, poverty and militarism were interrelated.

King lived in constant danger: his home was dynamited, he was almost fatally stabbed, and he was harassed by death threats. He was even jailed 30 times; but through it all he was sustained by his deep faith. In 1957, he received, late at night, a vicious telephone threat. Alone in his kitchen he wept and prayed. He relates that he heard the Lord speaking to him and saying, “Martin Luther, stand up for righteousness, stand up for

justice,” and promising never to leave him alone—“No, never alone.” King refers to his vision as his “Mountain- top Experience.”

After preaching at Washington Cathedral on March 31, 1968, King went to Memphis in support of sanitation workers in their struggle for better wages. There, he proclaimed that he had been “to the mountain-top” and had seen “the Promised Land,” and that he knew that one day he and his people would be “free at last.” On the following day, April 4, he was cut down by an assassin’s bullet.

## **The Apostles’ Creed**

*Officiant and People*

***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.

***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.***

V. Show us your mercy, O Lord;

R. ***And grant us your salvation.***

V. Clothe your ministers with righteousness;

R. ***Let your people sing with joy.***

V. Give peace, O Lord, in all the world;

R. ***For only in you can we live in safety.***

V. Lord, keep this nation under your care;

R. ***And guide us in the way of justice and truth.***

V. Let your way be known upon earth;

R. ***Your saving health among all nations.***

V. Let not the needy, O Lord, be forgotten;

R. ***Nor the hope of the poor be taken away.***

V. Create in us clean hearts, O God;

R. ***And sustain us with your Holy Spirit.***

### **The Collect of the Day**

*Officiant* Almighty God, by the hand of Moses your servant you led your people out of slavery, and made them free at last: Grant that your Church, following the example of your prophet Martin Luther King, may resist oppression in the name of your love, and may secure for all your children the blessed liberty of the Gospel of Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, now and for ever. ***Amen.***

### **Prayers of Intercession and Thanksgiving**

*Officiant* 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.***

### **Spiritual Communion**

Let us pray together a prayer for Spiritual Communion:

**Lord Jesus, we believe that you are truly present in the Blessed Sacrament. We are grateful to know there are many ways to experience your presence, but in whatever way we do, we know you come into our hearts, minds and souls. Unite my heart with those of my family of faith and make us all one with you. May this spiritual communion strengthen my faith and grant me confidence in your loving care now and forever. Amen.**

## The General Thanksgiving

*Officiant* 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 ourselves 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.**

*Officiant* Let us bless the Lord.

*People* **Thanks be to God.**

*Officiant* The grace of our Lord Jesus Christ, and the love of God,  
and the fellowship of the Holy Spirit, be with us all evermore. **Amen.**

## Bible Study

### Gospel: Luke 19: 28-40

After telling a parable to the crowd at Jericho, Jesus went on ahead, going up to Jerusalem. When he had come near Bethphage and Bethany, at the place called the Mount of Olives, he sent two of the disciples, saying, "Go into the village ahead of you, and as you enter it you will find tied there a colt that has never been ridden. Untie it and bring it here. If anyone asks you, 'Why are you untying it?' just say this, 'The Lord needs it.'" So those who were sent departed and found it as he had told them. As they were untying the colt, its owners asked them, "Why are you untying the colt?" They said, "The Lord needs it." Then they brought it to Jesus; and after throwing their cloaks on the colt, they set Jesus on it. As he rode along, people kept spreading their cloaks on the road. As he was now approaching the path down from the Mount of Olives, the whole multitude of the disciples began to praise God joyfully with a loud voice for all the deeds of power that they had seen, saying,

"Blessed is the king who comes in the name of the Lord!

Peace in heaven, and glory in the highest heaven!"

Some of the Pharisees in the crowd said to him, "Teacher, order your disciples to stop." He answered, "I tell you, if these were silent, the stones would shout out."

### **Reflection on Luke 19: 28-40**

There are two ways to read this passage. 1) Jesus, as the Son of God, can predict the future and that's what he's doing here, describing what he has foreseen for his disciples. 2) Jesus, as the Son of God, loves humanity enough to embrace his destiny and so has made plans ahead of time for his entrance into Jerusalem, even though he expects that this entrance will lead to his death.

Surprise, surprise, I favor the second option. Not, particularly, because I have concerns about what Jesus knows or doesn't know about the future. He's been predicting his death in Jerusalem throughout his long trek there with his disciples. Rather, I believe that Jesus' carefully made plans reflect his commitment to go to the city that will reject and crucify him because of his great love for that city and, indeed, all the world.

It was William Barclay, I believe, the Scottish New Testament scholar committed to making the Bible accessible to everyday readers, who once commented that there are two kinds of courage. There is the kind of courage that prompts someone to throw him or herself in the way of an oncoming car to push a child to safety. It is the kind of bravery that is instinctual, habitual, and is revealed in the moment of crisis. And there is also the kind of courage that sees danger coming a long way off, that has plenty of time to choose an alternative path, yet chooses to stay the course, to remain faithful, to endure the mounting fear in order to do one's duty.

It is this second kind of courage we see in Jesus. He knows what lies ahead of him. He has seen it coming for most of his life. He has plenty of opportunity to flee to the path of safety. Yet he does not. He stays the course, endures the fear, makes plans to embrace it in love and wrestle it to the death.

By his stripes, Isaiah said, we were healed. And by his courage, I would add, we are set free from fear.

*Prayer: Dear God, we give you thanks for the love and courage of your Son, and we ask that, seeing his example, we also might find the courage to endure the fears and challenges of our day for the sake of all your children you love so much. In Jesus' name. Amen.*

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