

# Lenten Morning Prayer

March 12, 2025

## 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** *Psalm 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.**

**Create in me a clean heart, O God,  
and renew a right spirit within me.**

**Cast me not away from your presence  
and take not your holy Spirit from me.**

**Give me the joy of your saving help again  
and sustain me with your bountiful Spirit.**

**I shall teach your ways to the wicked,  
and sinners shall return to you.**

**Deliver me from death, O God,  
and my tongue shall sing of your righteousness,  
O God of my salvation.**

**Open my lips, O Lord,  
and my mouth shall proclaim your praise.**

**Had you desired it, I would have offered sacrifice,  
but you take no delight in burnt-offerings.**

**The sacrifice of God is a troubled spirit;  
a broken and contrite heart, O God, you will not despise.**

**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 Prophet Jonah**

*Jonah 3: 1-10*

The word of the Lord came to Jonah a second time, saying, "Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you." So Jonah set out and went to Nineveh, according to the word of the Lord. Now Nineveh was an exceedingly large city, a three days' walk across. Jonah began to go into the city, going a day's walk. And he cried out, "Forty days more, and Nineveh shall be overthrown!" And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth.

When the news reached the king of Nineveh, he rose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes. Then he had a proclamation made in Nineveh: "By the decree of the king and his nobles: No human being or animal, no herd or flock, shall taste anything. They shall not feed, nor shall they drink water. Human beings and animals shall be covered with sackcloth, and they shall cry mightily to God. All shall turn from their evil ways and from the violence that is in their hands. Who knows? God may relent and change his mind; he may turn from his fierce anger, so that we do not perish."

When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

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 11: 29-32*  
*People*      ***Glory to you, Lord Christ.***

When the crowds were increasing, Jesus began to say, “This generation is an evil generation; it asks for a sign, but no sign will be given to it except the sign of Jonah. For just as Jonah became a sign to the people of Nineveh, so the Son of Man will be to this generation. The queen of the South will rise at the judgment with the people of this generation and condemn them, because she came from the ends of the earth to listen to the wisdom of Solomon, and see, something greater than Solomon is here! The people of Nineveh will rise up at the judgment with this generation and condemn it, because they repented at the proclamation of Jonah, and see, something greater than Jonah is here!”

The Gospel of the Lord.  
***Praise to you, Lord Christ.***

## 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* Bless us, O God, in this holy season, in which our hearts seek your help and healing; and so purify us by your discipline that we may grow in grace and in the knowledge of our Lord and Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and 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 13: 31-35

Some Pharisees came and said to Jesus, "Get away from here, for Herod wants to kill you." He said to them, "Go and tell that fox for me, 'Listen, I am casting out demons and performing cures today and tomorrow, and on the third day I finish my work. Yet today, tomorrow, and the next day I must be on my way, because it is impossible for a prophet to be killed outside of Jerusalem.' Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing! See, your house is left to you. And I tell you, you will not see me until the time comes when you say, 'Blessed is the one who comes in the name of the Lord.'"

### Reflection on Luke 13: 31-35

In this part of Luke's gospel, we hear Jesus accept that his prophetic ministry will lead to his own death. In this exchange with the Pharisees, his words are both prophetic and poetic. The hen attempts to gather her chicks beneath her wings, while the fox seeks to devour both the

chicks and the hen. Herod may be plotting to execute Jesus, but Herod is also killing the people of Israel through political and economic oppression. Jesus knows that he is headed toward Jerusalem, and like many prophets before him, he will die at the hands of those in power. He will be killed by those who refuse to hear the message from God to turn back from following their own ways, wielding power unjustly, oppressing the people, and neglecting the poor, the widows, and the orphans. There are those in power and those made complicit by going along with them rather than turning to follow the prophet.

Jesus quotes from Psalm 118:26, saying “And I tell you, you will not see me until the time comes when you say, ‘Blessed is the one who comes in the name of the Lord.’” Psalm 118 is a song of victory and salvation for those who put their trust in God rather than mortals. It is the song of one asking God to open the gates of righteousness, one who finds their salvation in God. He quotes verse 22 elsewhere: “The stone that the builders rejected has become the cornerstone.” He knows that he will be rejected by Herod, the chief priests, and the scribes, and sent to the cross, but he also knows that “on the third day [he will finish his] work.” Through the cross and the resurrection, he will bring salvation for all who seek God’s righteousness.

- Are there times when Jesus was trying to gather you under his wings, but you were unwilling to turn and follow him?
- In preparation for Easter, how are you asking God to open the gates of righteousness and salvation in your life?