

Lenten Morning Prayer

March 8, 2023

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.**

**Have mercy on me, O Lord, for I am in trouble;
my eye is consumed with sorrow,
and also my throat and my belly.**

**For my life is wasted with grief, and my years with sighing;
my strength fails me because of affliction,
and my bones are consumed.**

**I have become a reproach to all my enemies and even to my neighbors,
a dismay to those of my acquaintance;
when they see me in the street they avoid me.**

**I am forgotten like a dead man, out of mind;
I am as useless as a broken pot.**

**For I have heard the whispering of the crowd; fear is all around;
they put their heads together against me;
they plot to take my life.**

**But as for me, I have trusted in you, O Lord.
I have said, "You are my God.**

**My times are in your hand;
rescue me from the hand of my enemies,
and from those who persecute me.**

**Make your face to shine upon your servant,
and in your loving-kindness save me."**

**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 the Prophet Jeremiah

Jeremiah 18: 1-11, 18-20

The word that came to Jeremiah from the Lord: "Come, go down to the potter's house, and there I will let you hear my words." So I went down to the potter's house, and there he was working at his wheel. The vessel he was making of clay was spoiled in the potter's hand, and he reworked it into another vessel, as seemed good to him.

Then the word of the Lord came to me: Can I not do with you, O house of Israel, just as this potter has done? says the Lord. Just like the clay in the potter's hand, so are you in my hand, O house of Israel. At one moment I may declare concerning a nation or a kingdom, that I will pluck up and break down and destroy it, but if that nation, concerning which I have spoken, turns from its evil, I will change my mind about the disaster that I intended to bring on it. And at another moment I may declare concerning a nation or a kingdom that I will build and plant it, but if it does evil in my sight, not listening to my voice, then I will change my mind about the

good that I had intended to do to it. Now, therefore, say to the people of Judah and the inhabitants of Jerusalem: Thus says the Lord: Look, I am a potter shaping evil against you and devising a plan against you. Turn now, all of you from your evil way, and amend your ways and your doings. Then they said, “Come, let us make plots against Jeremiah—for instruction shall not perish from the priest, nor counsel from the wise, nor the word from the prophet. Come, let us bring charges against him, and let us not heed any of his words.”

Give heed to me, O Lord,
and listen to what my adversaries say!
Is evil a recompense for good?
Yet they have dug a pit for my life.
Remember how I stood before you
to speak good for them,
to turn away your wrath from them.

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

<i>Gospeller</i>	The Holy Gospel of our Lord Jesus Christ according to Matthew.	<i>Matthew 20: 17-28</i>
<i>People</i>	<i>Glory to you, Lord Christ.</i>	

While Jesus was going up to Jerusalem, he took the twelve disciples aside by themselves, and said to them on the way, "See, we are going up to Jerusalem, and the Son of Man will be handed over to the chief priests and scribes, and they will condemn him to death; then they will hand him over to the Gentiles to be mocked and flogged and crucified; and on the third day he will be raised."

Then the mother of the sons of Zebedee came to him with her sons, and kneeling before him, she asked a favor of him. And he said to her, "What do you want?" She said to him, "Declare that these two sons of mine will sit, one at your right hand and one at your left, in your kingdom." But Jesus answered, "You do not know what you are asking. Are you able to drink the cup that I am about to drink?" They said to him, "We are able." He said to them, "You will indeed drink my cup, but to sit at my right hand and at my left, this is not mine to grant, but it is for those for whom it has been prepared by my Father."

When the ten heard it, they were angry with the two brothers. But Jesus called them to him and said, "You know that the rulers of the Gentiles lord it over them, and their great ones are tyrants over them. It will not be so among you; but whoever wishes to be great among you must be your servant, and whoever wishes to be first among you must be your slave; just as the Son of Man came not to be served but to serve, and to give his life a ransom for many."

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 O God, you so loved the world that you gave your only- begotten Son to reconcile earth with heaven: Grant that we, loving you above all things, may love our friends in you, and our enemies for your sake; through Jesus Christ our Lord, 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: John 4: 5-42

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water." Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth." The woman said to him, "I know that Messiah is coming" (who is called Christ). "When he comes, he will proclaim all things to us." Jesus said to her, "I am he, the one who is speaking to you."

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, "What do you want?" or, "Why are you speaking with her?" Then the woman left her water jar and went back to the city. She said to the people, "Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?" They left the city and were on their way to him.

Meanwhile the disciples were urging him, “Rabbi, eat something.” But he said to them, “I have food to eat that you do not know about.” So the disciples said to one another, “Surely no one has brought him something to eat?” Jesus said to them, “My food is to do the will of him who sent me and to complete his work. Do you not say, ‘Four months more, then comes the harvest’? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, ‘One sows and another reaps.’ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.”

Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world.”

Reflection on John 4: 5-42

The Disciples’ Reaction

The disciples marveled at the fact that Jesus had been talking to a Samaritan – and a woman, no less. When Jesus walked the earth, Jews and Samaritans hated each other; in fact, many Jews would even cross the Jordan twice rather than pass through Samaria as Jesus did. Jews also did not eat or drink with Samaritans, who they viewed as lax in their standards of cleanliness.

The Woman’s Reaction

Over the course of the passage, we see how the Samaritan woman’s perception of Jesus changes; first she sees Jesus as a Jew, then a prophet, then the Messiah. She is stunned that He is willing to associate with her, and later, that He knows about her relationship history. Eventually, she realizes that He is no ordinary man.

The Samaritan woman is deeply impacted by her conversation with Jesus and is eager to share what she has learned. The testimony of the Samaritan woman is powerful among her people — having a greater impact than that of the disciples. John tells us that many Samaritans believed because of her testimony, and they came to Jesus and asked Him to stay in the town, resulting in even more conversions.

What This Passage Means for Us

This passage is important for us because it demonstrates how through the work of Jesus, salvation is extended not only to the Jews, but to everyone. Jesus, as our perfect Great High Priest, makes intercession for us, establishing a new covenantal relationship between God and man. Through His sacrifice, our sins are atoned for, and we are given new life, living in the fullness of His grace.

The story of the woman at the well demonstrates that Jesus comes to the least of these. He cares for the outcasts of society. The Samaritan woman was considered inferior because of her

sex, ethnicity, and relationship history, but none of that mattered to Jesus because he saw her need for salvation. It is a reminder to us that God can save us no matter our circumstances, and that we do not need to overcome our sins in our own power before coming to Him. Additionally, as we spread the Gospel to our neighbors, we must remember to share it openly to all, even those whom society deems the lowest and unworthy. Finally, this account shows that Jesus satisfies not only our physical needs, but our spiritual needs: *whoever drinks the water I shall give will never thirst*. If we follow Him, we can rest in the promise that the troubles of this world are temporary; we can endure them through the power of the Holy Spirit and have eternal hope in Christ.