



*Frank Wesley, The Loving Father*

**LENT 2019**

**Daily Prayer**

The story of the prodigal son is central to the message and ministry of Jesus. It's appointed to be read on the Fourth Sunday in Lent this year, but sermons on Lenten Sundays will focus on facets of this story. We've chosen the painting, *The Forgiving Father*, as our Lenten image this year. The Indian artist Frank Wesley (1923-2002) captures the moment the father embraces his wandering son finally returning home. The book marks available on our welcome table provide the image and a poem, *Father of the Younger Son*, by Killian McDonnell. We invite you to use the image and book mark in your daily prayer in Lent

Once again this year, we invite the whole community of St. John's to pray together the daily prayer of the Church, called the Daily Office. While on most days we do not gather communally for these daily times of prayer, we ask you to set aside time and space to come apart with our Lord, to meditate on the Scriptures and use this ancient practice to guide your prayer.

On Tuesdays, the staff gathers at 10:00am for Morning Prayer. You are welcome to join us. Also on Tuesdays, we especially invite everyone to come to St. John's as we celebrate Evening Prayer in common at 6:30pm. If you are unable to come every week, set aside this time on Tuesday evenings in particular, wherever you are, knowing you are praying with your brothers and sisters in this community of faith as we are gathered in the Cathedral to pray.

Of course we also pray the Stations of the Cross and celebrate mass on Wednesday evenings. This year, the meditations at the stations will be based on the daughters of Jerusalem who lament for Jesus on the way to the cross – and will include a selection of spiritual reflections from Anglican women writers.

To make praying the Daily Office easier, we have included Daily Morning Prayer and Evening Prayer for Lent in this pamphlet along with all the readings for Lent. Daily Evening Prayer uses the traditional language of Rite One of the Book of Common Prayer. Morning Prayer uses the Contemporary form. Both of these forms are taken directly from the Prayer Book and are intended for use by a group of people. If you are praying these Offices on your own, then adapt them to your own situation.

The readings appear as they are found in the Prayer Book. On each day you will see numbers separated by an asterisk; these refer to the Psalms appointed for that day. The Psalms to the left of the asterisk are used for Morning Prayer. The Psalms to the right are used for Evening Prayer. Below the Psalms appointed for the day are three readings, one from the Old Testament, one from the Gospels, and one from the other portions of the New Testament. You may select from these readings each day. Forward Movement, the publishing house that brings us *Forward Day By Day*, also has a version of the daily Office available electronically for each day if you find that easier.

# Daily Morning Prayer for Lent: Rite Two

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 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.

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

**Venite** *Psalms 95:1-7*

Come, let us sing to the Lord; \*

let us shout for joy to the Rock of our salvation.

Let us come before his presence with thanksgiving \*

and raise a loud shout to him with psalms.

For the Lord is a great God, \*

and a great King above all gods.

In his hand are the caverns of the earth, \*

and the heights of the hills are his also.

The sea is his, for he made it, \*

and his hands have molded the dry land.

Come, let us bow down, and bend the knee, \*

and kneel before the Lord our Maker.

For he is our God,

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

Oh, that today you would hearken to his voice!

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

## The Psalm or Psalms Appointed

*At the end of the Psalms is sung or said*

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

*One or two lessons, as appointed, are read, the Reader first saying*

A Reading (Lesson) from \_\_\_\_\_.

*A citation giving chapter and verse may be added.*

*Silence may be kept after each Reading. One of the following Canticles is said after each reading*

**A Song of Penitence**    *Kyrie Pantokrator*  
*Prayer of Manasseh 1-2, 4, 6-7, 11-15*

*Especially suitable in Lent, and on other penitential occasions*

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.

**The Second Song of Isaiah**      *Quaerite Dominum*  
*Isaiah 55:6-11*

Seek the Lord while he wills to be found; \*  
call upon him when he draws near.  
Let the wicked forsake their ways \*  
and the evil ones their thoughts;  
And let them turn to the Lord, and he will have compassion, \*  
and to our God, for he will richly pardon.  
For my thoughts are not your thoughts, \*  
nor your ways my ways, says the Lord.  
For as the heavens are higher than the earth, \*  
so are my ways higher than your ways,  
and my thoughts than your thoughts.  
For as rain and snow fall from the heavens \*  
and return not again, but water the earth,  
Bringing forth life and giving growth, \*  
seed for sowing and bread for eating,  
So is my word that goes forth from my mouth; \*  
it will not return to me empty;  
But it will accomplish that which I have purposed, \*  
and prosper in that for which I sent it.

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 Apostles' Creed**

*Officiant and People together, all standing*

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.

*Officiant and People*

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 Collects*

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. *Amen.*

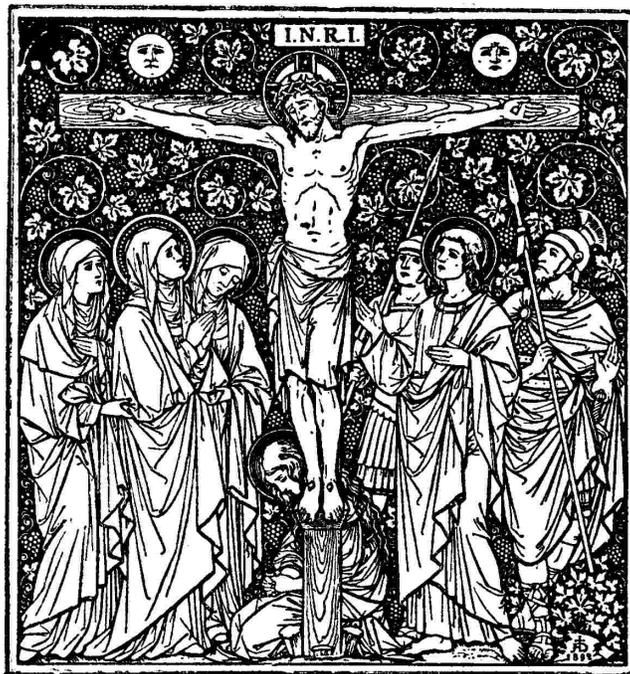
Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. *Amen.*

*Here offer your own intercessions and thanksgivings. Then conclude saying*

Let us bless the Lord.

*Thanks be to God.*

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. *Amen. Ephesians 3:20,21*



# Evening Prayer in Lent

## Rite One

*Officiant:* 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 2:13*

### Confession of Sin

*The Officiant says to the people*

Dear friends in Christ, here in the presence of Almighty God, let us kneel in silence, and with penitent and obedient hearts confess our sins, so that we may obtain forgiveness by his infinite goodness and mercy.

*Silence may be kept.*

*Officiant and People together, all kneeling*

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.

But thou, O Lord, have mercy upon us,  
spare thou those 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 Officiant says*

The Almighty and merciful Lord grant us absolution and remission of all our sins, true repentance, amendment of life, and the grace and consolation of his Holy Spirit. *Amen.*

## **The Invitatory and Psalter**

*All stand*

*Officiant*    O God, make speed to save us.

*People*        O Lord, make haste to help us.

*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.*

**O Gracious Light**    *Phos hilaron*

**O gracious Light,  
pure brightness of the everliving Father in heaven,  
O Jesus Christ, holy and blessed!**

**Now as we come to the setting of the sun,  
and our eyes behold the vesper light,  
we sing thy praises, O God: Father, Son, and Holy Spirit.**

**Thou art worthy at all times to be praised by happy voices,  
O Son of God, O Giver of life,  
and to be glorified though all the worlds.**

*Then follows*

**The Psalm or Psalms Appointed**

*At the end of the Psalms is sung or said*

**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

*The Reader reads the first lesson, first saying*

A Reading (Lesson) from \_\_\_\_\_.

*A citation giving chapter and verse may be added.*

*After each Lesson the Reader says*

Here endeth the Lesson.

*After the first lesson, all stand to say*

**The Song of Mary** Magnificat

*Luke 1:46-55*

My soul doth magnify the Lord, \*  
and my spirit hath rejoiced in God my Savior.  
For he hath regarded \*  
the lowliness of his handmaiden.  
For behold from henceforth \*  
all generations shall call me blessed.  
For he that is mighty hath magnified me, \*  
and holy is his Name.  
And his mercy is on them that fear him \*  
throughout all generations.  
He hath showed strength with his arm; \*  
he hath scattered the proud in the imagination of their hearts.  
He hath put down the mighty from their seat, \*  
and hath exalted the humble and meek.  
He hath filled the hungry with good things, \*  
and the rich he hath sent empty away.  
He remembering his mercy hath holpen his servant Israel, \*  
as he promised to our forefathers,  
Abraham and his seed for ever.

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 Reader reads the second lesson, first saying*

A Reading (Lesson) from \_\_\_\_\_.

*A citation giving chapter and verse may be added.*

*After each Lesson the Reader says*

Here endeth the Lesson.

*After the first lesson, all stand to say*

**The Song of Simeon**    *Nunc dimittis*

*Luke 2:29-32*

Lord, now lettest thou thy servant depart in peace, \*  
according to thy word;  
For mine eyes have seen thy salvation, \*  
which thou hast prepared before the face of all people,  
To be a light to lighten the Gentiles, \*  
and to be the glory of thy people Israel.

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 Apostles' Creed**

*Officiant and People together, all standing*

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.

**The Prayers**

*The People kneel*

*Officiant* The Lord be with you.

*People* And with thy spirit.

*Officiant* Let us pray.

*Officiant and People*

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.

*Then follows the Suffrages*

That this evening may be holy, good, and peaceful,  
***We entreat thee, O Lord.***

That thy holy angels may lead us in paths of peace and goodwill,  
***We entreat thee, O Lord.***

That we may be pardoned and forgiven for our sins and offenses,  
***We entreat thee, O Lord.***

That there may be peace to thy Church and to the whole world,  
***We entreat thee, O Lord.***

That we may depart this life in thy faith and fear, and not be condemned before the great judgment seat of Christ,  
***We entreat thee, O Lord.***

That we may be bound together by thy Holy Spirit in the communion of [\_\_\_\_\_ and] all thy saints, entrusting one another and all our life to Christ,  
***We entreat thee, O Lord.***

*The Officiant then says the following Collects*

O Almighty God, who alone canst order the unruly wills and affections of sinful men: Grant unto thy people that they may love the thing which thou commandest, and desire that which thou dost promise; that so, among the sundry and manifold changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. *Amen.*

O God, who art the life of all who live, the light of the faithful, the strength of those who labor, and the repose of the dead: We thank thee for the timely blessings of the day, and humbly beseech thy merciful protection all the night. Bring us, we pray thee, in safety to the morning hours; through him who died for us and rose again, thy Son our Savior Jesus Christ. *Amen.*

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give thine angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for thy love's sake. *Amen.*

*The General Thanksgiving*

*ALL STAND*

*Officiant and People*

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 Spirit,  
be all honor and glory, world without end.    *Amen.*

*Then may be said*  
Let us bless the Lord.  
*Thanks be to God.*

*The Officiant concludes with the following*

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 Corinthians 13:14*

**Week of 1 Lent**

Sunday 63:1-8(9-11), 98 † 103  
Deut. 8:1-10 1 Cor. 1:17-31 Mark 2:18-22

Monday 41, 52 † 44  
Deut. 8:11-20 Heb. 2:11-18 John 2:1-12

Tuesday 45 † 47, 48  
Deut. 9:4-12 Heb. 3:1-11 John 2:13-22

Wednesday 119:49-72 † 49, [53]  
Deut. 9:13-21 Heb. 3:12-19 John 2:23--3:15

Thursday 50 † [59, 60] or 19, 46  
Deut. 9:23--10:5 Heb. 4:1-10 John 3:16-21

Friday 95\* \* 40, 54 † 51  
Deut. 10:12-22 Heb. 4:11-16 John 3:22-36

Saturday 55 † 138, 139:1-17(18-23)  
Deut. 11:18-28 Heb. 5:1-10 John 4:1-26

**Week of 3 Lent**

Sunday 93, 96 † 34  
Jer. 6:9-15 1 Cor. 6:12-20 Mark 5:1-20

Monday 80 † 77, [79]  
Jer. 7:1-15 Rom. 4:1-12 John 7:14-36

Tuesday 78:1-39 † 78:40-72  
Jer. 7:21-34 Rom. 4:13-25 John 7:37-52

Wednesday 119:97-120 † 81, 82  
Jer. 8:18--9:6 Rom. 5:1-11 John 8:12-20

Thursday [83] or 42, 43 † 85, 86  
Jer. 10:11-24 Rom. 5:12-21 John 8:21-32

Friday 95\* & 88 † 91, 92  
Jer. 11:1-8, 14-20 Rom. 6:1-11 John 8:33-47

Saturday 87, 90 † 136  
Jer. 13:1-11 Rom. 6:12-23 John 8:47-59

**Week of 2 Lent**

Sunday 24, 29 † 8, 84  
Jer. 1:1-10 1 Cor. 3:11-23 Mark 3:31--4:9

Monday 56, 57, [58] † 64, 65  
Jer. 1:11-19 Rom. 1:1-15 John 4:27-42

Tuesday 61, 62 † 68:1-20(21-23)24-36  
Jer. 2:1-13 Rom. 1:16-25 John 4:43-54

Wednesday 72 † 119:73-96  
Jer. 3:6-18 Rom. 1:28--2:11 John 5:1-18

Thursday [70], 71 † 74  
Jer. 4:9-10, 19-28 Rom. 2:12-24 John 5:19-29

Friday 95\* & 69:1-23(24-30)31-38 † 73  
Jer. 5:1-9 Rom. 2:25--3:18 John 5:30-47

Saturday 75, 76 † 23, 27  
Jer. 5:20-31 Rom. 3:19-31 John 7:1-13

**Week of 4 Lent**

Sunday 66, 67 † 19, 46  
Jer. 14:1-9, 17-22 Gal. 4:21--5:1 Mark 8:11-21

Monday 89:1-18 † 89:19-52  
Jer. 16:10-21 Rom. 7:1-12 John 6:1-15

Tuesday 97, 99, [100] † 94, [95]  
Jer. 17:19-27 Rom. 7:13-25 John 6:16-27

Wednesday 101, 109:1-4(5-19)20-30 † 119:121-144  
Jer. 18:1-11 Rom. 8:1-11 John 6:27-40

Thursday 69:1-23(24-30)31-38 † 73  
Jer. 22:13-23 Rom. 8:12-27 John 6:41-51

Friday 95\* & 102 † 107:1-32  
Jer. 23:1-8 Rom. 8:28-39 John 6:52-59

Saturday 107:33-43, 108:1-6(7-13) † 33  
Jer. 23:9-15 Rom. 9:1-18 John 6:60-71

## Week of 5 Lent

Sunday	118	✠	145	
	Jer. 23:16-32		1 Cor. 9:19-27	Mark 8:31--9:1
Monday	31	✠	35	
	Jer. 24:1-10		Rom. 9:19-33	John 9:1-17
Tuesday	[120], 121, 122, 123	✠	124, 125, 126, [127]	
	Jer. 25:8-17		Rom. 10:1-13	John 9:18-41
Wednesday	119:145-176	✠	128, 129, 130	
	Jer. 25:30-38		Rom. 10:14-21	John 10:1-18
Thursday	131, 132, [133]	✠	140, 142	
	Jer. 26:1-16		Rom. 11:1-12	John 10:19-42
Friday	95* & 22	✠	141, 143:1-11(12)	
	Jer. 29:1, 4-13		Rom. 11:13-24	John 11:1-27, or 12:1-10
Saturday	137:1-6(7-9), 144	✠	42, 43	
	Jer. 31:27-34		Rom. 11:25-36	John 11:28-44, or 12:37

\*For the Invitatory

✠ The psalms preceding the cross are those read with morning prayer; those following the cross are read with evening prayer.