



Morning Prayer
Wednesday February 24, 2021
Wednesday in the First Week of Lent
10 am on Zoom

*Create in me a clean heart, O God,
and renew a right spirit within me. Psalm 51:11]*

Opening Sentence

Examine me, O God, and know my heart, test me and discover my thoughts, and lead me in the way everlasting. [Psalm 139:23-24]

Opening Prayer

Come, Lord, come to us. Enter our darkness with your light, Fill our emptiness with your presence, Come refresh, restore, renew us. In our sadness, come as joy, In our troubles, come as peace, In our fearfulness, come as hope, In our darkness, come as light, In our frailty, come as strength, In our loneliness come as love, Come, refresh, restore, renew us. (David Adam)

The Confession

God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore, and strengthen us through our Savior Jesus Christ, that we may abide in your love and serve only your will. **Amen**

The Invitatory and Psalter

Today, if you would hear God's voice: harden not your hearts.

Invitatory Psalm 67:1-5

O God, be merciful to us and bless us, * show us the light of your countenance and come to us.
Let your ways be known upon earth, * your saving health among all nations.
Let the peoples praise you, O God; * let all the peoples praise you.
Let the nations be glad and sing for joy, *
for you judge the peoples with equity and guide all the nations upon earth.
Let the peoples praise you, O God; * let all the peoples praise you.

Psalm 51:11-18

- ¹ Do not cast me away from your presence, and do not take your holy spirit from me.
¹² Restore to me the joy of your salvation, and sustain in me a willing spirit.
¹³ Then I will teach transgressors your ways, and sinners will return to you.
¹⁴ Deliver me from bloodshed, O God, O God of my salvation,
and my tongue will sing aloud of your deliverance.
¹⁵ O Lord, open my lips, and my mouth will declare your praise.
¹⁶ For you have no delight in sacrifice;
if I were to give a burnt-offering, you would not be pleased.
¹⁷ The sacrifice acceptable to God is a broken spirit;
a broken and contrite heart, O God, you will not despise.

The First Lesson: A Reading from the Book of 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.

Canticle: Lamentations 1:12,16; 3:19,22-24,26

Is it nothing to you, all you who pass by? *

Look and see if there is any sorrow like my sorrow,
Which was brought upon me, * inflicted by God's fierce anger.
For these things I weep; my eyes flow with tears, *
for a comforter is far from me, one to revive my courage.
Remember my affliction and my bitterness, * wormwood and gall!
The steadfast love of God never ceases, * God's mercies never end.

They are new every morning; * great is your faithfulness.

“God is my portion,” says my soul, * “therefore will I hope in God.”

It is good that we should wait quietly * for the coming of God’s salvation.

The Second Lesson: The Gospel of Luke [11:29-32]

When the crowds were increasing, he 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 judgement 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 judgement with this generation and condemn it, because they repented at the proclamation of Jonah, and see, something greater than Jonah is here!

The Song of Mary *Magnificat* Luke 1:46-55

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior; *

for he has looked with favor on his lowly servant.

From this day all generations will call me blessed: *

the Almighty has done great things for me, and holy is his Name.

He has mercy on those who fear him * in every generation.

He has shown the strength of his arm, * he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, * and has lifted up the lowly.

He has filled the hungry with good things, * and the rich he has sent away empty.

He has come to the help of his servant Israel, *for he has remembered his promise of mercy,

The promise he made to our fathers, * to Abraham and his children forever.

Glory to the Father, and to the Son, and to the Holy Spirit: *

as it was in the beginning, is now, and will be forever. **Amen.**

The Apostles’ Creed

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

God be with you. **And also with you.**

Hear our cry, O God. **And listen to our prayer.**

V. Help us, O God our Savior; **R. Deliver us and forgive us our sins.**

V. Look upon your congregation; **R. Give to your people the blessing of peace.**

V. Declare your glory among the nations; **R. And your wonders among all peoples.**

V. Do not let the oppressed be shamed and turned away;

R. Never forget the lives of your poor.

V. Continue your loving-kindness to those who know you;

R. And your favor to those who are true of heart.

V. Satisfy us by your loving-kindness in the morning;

R. So shall we rejoice and be glad all the days of our life.

The Lord's Prayer

Collect of the Day

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.**

A Prayer for our Nation

Spirit of justice, creator Spirit; help us to make and keep this country a home for all its different peoples, and grant to our leaders imagination, courage and wisdom, that there may grow amongst us wellbeing and peace. **Amen.**

A Prayer for Black History Month

- from Kierra Stuvland & Unknown Author

Spirit of Abundance, God of Grace and Hope, we pause now to remember those stories that are all around us, but so often passed over. We remember the legacy of those who came before us – who not only paved the way but carried the bricks on broken backs that then built that road. We remember the songs, stories, and fiery hope of old men and little girls, granny midwives and marvelous musicians, great orators and leaders, entrepreneurs and innovators – those who are earth-tone brown, black as night, fair like the sands of Egypt. Help us to realize that Black history is all our histories. Lord, when it's too hard living, we remember you are the great "I am" and our source of strength and purpose for each new day. Help us to value diversity beyond variety. Grant us a vision for a future that acknowledges our strength together as well as the power, creativity, and ideas that we share. May our hearts not be hardened to the pain around us. Widen our vision so that the history that is shared this month may come to be known as our history too. **Amen.**

Lord, Lord, Open Unto Me

Howard Thurman, Meditations of the Heart

Open unto me, light for my darkness
Open unto me, courage for my fear
Open unto me, hope for my despair
Open unto me, peace for my turmoil
Open unto me, joy for my sorrow
Open unto me, strength for my weakness
Open unto me, wisdom for my confusion
Open unto me, forgiveness for my sins
Open unto me, tenderness for my toughness
Open unto me, love for my hates
Open unto me, Thy Self for myself
Lord, Lord, open unto me!

A Prayer in Time of Transition

Almighty God, giver of every good gift: Look graciously on your Church, and so guide the minds of those who shall choose a rector for this parish, that we may receive a faithful pastor who will care for your people and for our ministries; through Jesus Christ our Lord. Open our hearts to possibilities we have not yet imagined, through Jesus Christ, our Light, our Center, our Hope. **Amen.**

A Prayer for Facing the Coronavirus

Merciful God, hear our fervent prayer for all who suffer from the coronavirus. May those who are infected receive the proper treatment and the comfort of your healing presence. May their caregivers, families and neighbors be shielded from the onslaught of the virus. Give solace to those who grieve the loss of over 500, 000 loved ones. Protect and guide those who strive to find a cure, that their work may conquer the disease and restore communities to wholeness and health. Help us to rise above fear. We ask all this in the name of your Son Jesus Christ, and the Holy Spirit, now and forever. **Amen.**

A Prayer for an End to Racism

Lord, Jesus Christ who reached across the ethnic boundaries between Samaritan, Roman and Jew, who offered fresh sight to the blind and freedom to captives, help us to break down the barriers in our community and to see the reality of racism and bigotry, and free us to challenge and uproot it from ourselves, our society and our world. **Amen.**

A Prayer of St. Chrysostom

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. **Amen.**

Concluding Sentence

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

Dismissal

Go now to follow the way of Jesus: see others as he did; dare to give freely as he did; to resist temptation as he did; and to love unconditionally as he did. **Thanks be to God.**