

Morning Prayer (BAS) March 15, 2020

Morning Prayer for the Third Sunday in Lent

For this service, I will say all the words, and I invite you to join me on the portions in bold.

### **The Gathering of the Community**

#### *Introductory Responses*

We cast our burdens upon you, O Lord,  
**and you will sustain us.**

Create in us clean hearts, O God,  
**and renew a right spirit within us.**

Cast us not away from your presence  
**and take not your Holy Spirit from us.**

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

Blessed are you, O Lord, day by day,  
**the God of our salvation who bears our burdens.**

*Morning Prayer continues with the Psalm.*

## **The Proclamation of the Word of God**

### **The Psalm 46 (said in unison)**

God is our refuge and strength

A very present help in trouble.

Therefore we will not fear, though the earth be moved,

And though the mountains be toppled into the depths of the  
sea;

Though the waters rage and foam,

And though the mountains tremble at its tumult.

The Lord of hosts is with us;

The God of Jacob is our stronghold.

There is a river whose streams make glad the city of God

The holy habitation of the Most High.

God is in the midst of her;

She shall not be overthrown;

God shall help her at the break of day.

The nations make much ado, and the kingdoms are shaken;  
God has spoken, and the earth shall melt away.

The Lord of Hosts is with us;

The God of Jacob is our stronghold.

Come now and look upon the works of the Lord,

What awesome things he has done on earth.

It is he who makes war to cease in all the world;

He breaks the bow, and shatters the spear,

And burns the shields with fire.

Be still, then, and know that I am God;

I will be exalted among the nations;

I will be exalted in the earth.

The Lord of hosts is with us;

The God of Jacob is our stronghold.

*Let us pray.*

God is our strength, your power is for peace, and the pride of  
your mighty acts secures the city of the humble. Teach us to

put our trust in your salvation, through Jesus Christ our Lord.

**Amen.**

### **The First Reading**

*A reading from Paul's letter to the Philippians (4:4-9)*

Rejoice in the Lord always; again I will say, Rejoice.[d] 5 Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about[f] these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

*Hear what the Spirit is saying to the church.*

**Thanks be to God.**

### **The Responsory**

Incline your ear to me;  
make haste to answer when I call.

**Incline your ear to me;  
make haste to answer when I call.**

Lord, hear my prayer,  
and let my cry come before you.

**Make haste to answer when I call.**

Hide not your face from me  
in the day of my trouble.

**Make haste to answer when I call.**

You, O Lord, endure for ever,  
and your name from age to age.

**Make haste to answer when I call.**

You will arise and have compassion on Zion,  
for it is time to have pity upon her.

**Make haste to answer when I call.**

Glory to God, Source of all being, eternal Word and Holy Spirit.

**Incline your ear to me;**

**make haste to answer when I call.**

*Morning Prayer continues with the second reading.*

### **The Second Reading**

*The Holy Gospel of our Lord Jesus Christ according to Mark*

*(4:35-41)*

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

On that day, when evening had come, he said to them, "Let us go across to the other side." And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, "Teacher, do you not care

that we are perishing?” He woke up and rebuked the wind, and said to the sea, “Peace! Be still!” Then the wind ceased, and there was a dead calm. He said to them, “Why are you afraid? Have you still no faith?” And they were filled with great awe and said to one another, “Who then is this, that even the wind and the sea obey him?”

*The Gospel of Christ.*

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

*Homily The Rev. Susan Spicer*

*Morning Prayer continues with an Affirmation of Faith.*

### **Affirmation of Faith**

*Hear, O Israel*

**Hear, O Israel,**

**the Lord our God, the Lord is one.**

**Love the Lord your God**

**with all your heart,  
with all your soul,  
with all your mind,  
and with all your strength.**

**This is the first and the great commandment.**

**The second is like it:**

**Love your neighbour as yourself.**

**There is no commandment greater than these.**

*Morning Prayer continues with the Litany.*

### **The Prayers of the Community**

With confidence and trust let us pray to God saying, “God of mercy, **hear our prayer.**”

For the one holy catholic and apostolic Church throughout the world. For our bishops, clergy and lay people. God of mercy, **hear our prayer.**



For the mission of the Church, that in faithful witness we may witness to the hope that is in us, the faith that sustains us, God of mercy, **hear our prayer.**

For peace in the world, for all who lead us and take counsel on our behalf. God of mercy, **hear our prayer.**

For the poor, the homeless, the sick and all who suffer, for the self-isolated and the quarantined, for health care workers and medical researchers. God of mercy, **hear our prayer.**

For all whom we have injured or offended, God of mercy, **hear our prayer.**

For grace to come together in solidarity and mutual aid. For the grace to be diligent in taking precautions, patience in isolation and hope, abiding in faith. God of mercy, **hear our prayer.**

*Additional intercessions, petitions and thanksgivings may be offered in silence or aloud.*

Almighty God, your Son Jesus Christ is the way, the truth and the life. Give us grace to love one another and walk in the way

of his commandments, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

*Morning Prayer continues with the Lord's Prayer.*

### **The Lord's Prayer**

*Gathering our prayers and praises into one,  
let us pray as our Saviour taught us,*

**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.**

**Give us today our daily bread.**

**Forgive us our sins  
as we forgive those who sin against us.**

**Save us from the time of trial,  
and deliver us from evil.**

**For the kingdom, the power,**

**and the glory are yours,  
now and for ever. Amen.**

*Morning Prayer continues with the Dismissal.*

### **The Sending Forth of the Community**

*The Dismissal*

Let us bless the Lord.

**Thanks be to God.**

May the God of peace enable us to do his will in every kind of goodness, working in us what pleases him, through Jesus Christ, to who be the glory for ever and ever. **Amen.**