

## Morning Prayer

*This is a simple, spoken version of Morning Prayer (Matins) adapted for private or small group use.*

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

### **PSALMODY**

*The psalmody begins with a morning psalm of praise: Psalm 95:1-7a (the Venite).*

Come, let us sing to the Lord:  
let us shout for joy to the rock of our salvation.  
Let us come before God's presence with thanksgiving  
and raise a loud shout to the Lord with psalms.  
For you, Lord, are a great God,  
and a great ruler above all gods.  
In your hand are the caverns of the earth;  
the heights of the hills are also yours.  
The sea is yours, for you made it;  
and your hands have molded the dry land.  
Come, let us worship and bow down;  
let us kneel before the Lord our maker.  
For the Lord is our God,  
and we are the people of God's pasture  
and the sheep of God's hand.

*The psalmody may continue with the appointed psalm for the day.*

### **Lent 4, March 22**

Psalm 23

*You anoint my head with oil. (Ps. 23:5)*

<sup>1</sup>The LORD is my shepherd;

I shall not be in want.

<sup>2</sup>The LORD makes me lie down in green pastures

and leads me beside still waters.

<sup>3</sup>You restore my soul, O LORD,

and guide me along right pathways for your name's sake.

<sup>4</sup>Though I walk through the valley of the shadow of death, I shall fear no evil;

for you are with me; your rod and your staff, they comfort me. R

<sup>5</sup>You prepare a table before me in the presence of my enemies;

you anoint my head with oil, and my cup is running over.

<sup>6</sup>Surely goodness and mercy shall follow me all the days of my life,

and I will dwell in the house of the LORD forever. R

## **Lent 5, March 29**

Psalm 130

*I wait for you, O LORD; in your word is my hope. (Ps. 130:5)*

<sup>1</sup>Out | of the depths

I cry to | you, O LORD;

<sup>2</sup>O LORD, | hear my voice!

Let your ears be attentive to the voice of my | supplication.

<sup>3</sup>If you were to keep watch | over sins,

O LORD, | who could stand?

<sup>4</sup>Yet with you | is forgiveness,

in order that you | may be feared. R

<sup>5</sup>I wait for you, O LORD; | my soul waits;

in your word | is my hope.

<sup>6</sup>My soul waits for the Lord more than those who keep watch | for the morning,  
more than those who keep watch | for the morning.

<sup>7</sup>O Israel, wait for the LORD, for with the LORD there is | steadfast love;

with the LORD there is plen- | teous redemption.

<sup>8</sup>For the LORD shall | redeem Israel

from | all their sins. R

## **READINGS**

*The scriptures appointed for the day are read. If only one is read it should be the Gospel.*

### **Lent 4, March 22**

1 Samuel 16:1-13 *David is chosen and anointed*

Ephesians 5:8-14 *Awake from sleep, live as children of light*

John 9:1-41 *Baptismal image: the man born blind*

### **Lent 5, March 29**

Ezekiel 37:1-14 *The dry bones of Israel brought to life*

Romans 8:6-11 *Life in the Spirit*

John 11:1-45 *Baptismal image: the raising of Lazarus*

*A reflection on the readings may follow, or a time of silence may be observed.*

## **GOSPEL CANTICLE *The "Benedictus" from Luke 1:68-79***

Blessed are you, Lord, the God of Israel,  
you have come to your people and set them free.

You have raised up for us a mighty Savior,  
born of the house of your servant David.

In the tender compassion of our God  
the dawn from on high shall break upon us.

Through your holy prophets,  
you promised of old to save us from our enemies,  
from the hands of all who hate us,  
to show mercy to our forebears,

and to remember your holy covenant.  
This was the oath you swore to our father Abraham:  
to set us free from the hands of our enemies,  
free to worship you without fear,  
holy and righteous before you, all the days of our life.  
In the tender compassion of our God  
the dawn from on high shall break upon us.  
And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare the way,  
to give God's people knowledge of salvation  
by the forgiveness of their sins.  
In the tender compassion of our God  
the dawn from on high shall break upon us,  
to shine on those who dwell in darkness and the shadow of death,  
and to guide our feet into the way of peace.  
In the tender compassion of our God  
the dawn from on high shall break upon us.

## **PRAYERS**

Mighty God of mercy, we thank you for the resurrection dawn, bringing the glory of our risen Lord who makes every day new.

Especially we thank you—

- for the sustaining goodness of your creation . . .
- for the new creation in Christ and all gifts of healing and forgiveness . . .
- for the gifts of relationship with others . . .
- for the communion of faith in your church . . .

*Other thanksgivings may be added.*

Merciful God of might, renew this weary world, heal the hurts of all your children, and bring about your peace for all in Christ Jesus, the living Lord.

Especially we pray—

- for those who govern nations of the world . . .
- for the people in countries ravaged by strife or warfare or disease . . .
- for all who work for peace and international harmony . . .
- for all who strive to save the earth from carelessness and destruction . . .
- for the church of Jesus Christ in every land . . .

*Other intercessions may be added.*

*One or more of the following prayers and other appropriate prayers may be used.*

Almighty and everlasting God, 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 in adversity. In all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord.

**Amen.**

**OR**

O God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ our Lord.

**Amen.**

**OR**

We give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have protected us through the night from all harm and danger. We ask that you would also protect us today from sin and all evil, so that our life and actions may please you. Into your hands we commend ourselves: our bodies, our souls, and all that is ours. Let your holy angels be with us, so that the wicked foe may have no power over us.

**Amen.**

### **LORD'S PRAYER**

**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 forever. Amen.**

*Especially on Sundays, morning prayer may include a thanksgiving for baptism.*

### **THANKSGIVING FOR BAPTISM**

Ever-living God, author of creation, we give you thanks for your gift of water that brings life and refreshes the earth. We bless and praise you, for by water and the Word we are cleansed from sin and receive everlasting life. Join us again this day to the saving death of Christ; renew in us the living fountain of your grace; and raise us with Christ Jesus to live in newness of life; for you are merciful, and you love your whole creation, and with all your creatures we give you glory, through your Son Jesus Christ, in the unity of the Holy Spirit, now and forever.

**Amen.**

Almighty God, who gives us a new birth by water and the Holy Spirit and forgives us all our sins, strengthen us in all goodness and by the power of the Holy Spirit keep us in eternal life through Jesus Christ our Lord.

**Amen.**

Almighty God bless us, and direct our days and our deeds in peace.

**Amen.**

From sundaysandseasons.com. Copyright ©2020 Augsburg Fortress. All rights reserved. Reprinted by permission under Augsburg Fortress Liturgies Annual License #26925.