

Lent Day 3

Morning Office (observed between 6-9am)

The Call to Prayer

The LORD answer you in the day of trouble!

The name of the God of Jacob protect you! Ps. 20:1

The Request for Presence

O God, you are my God, I seek you,

my soul thirsts for you;

my flesh faints for you,

as in a dry and weary land where there is no water Ps. 63:1

The Greeting

² The LORD is my rock, my fortress, and my deliverer,

my God, my rock in whom I take refuge,

my shield, and the horn of my salvation, my stronghold.

The Refrain for Morning Lesson

³¹ For who is God except the LORD?

And who is a rock besides our God?— Ps 18:31

The Reading

Romans 3:21-26

But now, irrespective of law, the righteousness of God has been disclosed, and is attested by the law and the prophets, ²²the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction, ²³since all have sinned and fall short of the glory of God; ²⁴they are now justified by his grace as a gift, through the redemption that is in Christ Jesus, ²⁵whom God put forward as a sacrifice of atonement by his blood, effective through faith. He did this to show his righteousness, because in his divine forbearance he had passed over the sins previously committed; ²⁶it was to prove at the present time that he himself is righteous and that he justifies the one who has faith in Jesus

The Refrain for Morning Lesson

³¹ For who is God except the LORD?

And who is a rock besides our God?— Ps 18:31

Morning Psalm

¹ The heavens are telling the glory of God;
and the firmament proclaims his handiwork.
² Day to day pours forth speech,
and night to night declares knowledge.
³ There is no speech, nor are there words;
their voice is not heard;
⁴ yet their voice goes out through all the earth,
and their words to the end of the world.
In the heavens he has set a tent for the sun,
⁵ which comes out like a bridegroom from his wedding canopy,
and like a strong man runs its course with joy.
⁶ Its rising is from the end of the heavens,
and its circuit to the end of them;
and nothing is hidden from its heat. Ps. 19:1-6

The Refrain for Morning Lesson

³¹ For who is God except the LORD?
And who is a rock besides our God?— Ps 18:31

Lord's Prayer

Prayer for the Week

As we mark ourselves with ashes and the sign of the cross, we admit our wrongdoings and our human weaknesses. Remember the forgiveness and new life we have in Jesus Christ. Amen

Concluding Prayer

I thank you creator of the universe, for your love, for your grace, for your mercy, for your presence. Walk with me today in the name of Jesus your Son our Lord, Amen.

Midday Office (observed 11am to 2 PM)

The Call to Prayer

To you, O LORD, I call;
my rock, do not refuse to hear me,
for if you are silent to me,
I shall be like those who go down to the Pit Ps. 28:1

The request for Presence

O LORD, God of my salvation,
when, at night, I cry out in your presence Ps. 88:1

Greeting

¹⁴ Let the words of my mouth and the meditation of my heart
be acceptable to you,
O LORD, my rock and my redeemer. Ps. 20:14

Refrain for Midday Lesson

¹³ Be exalted, O LORD, in your strength!
We will sing and praise your power Ps. 21:13

Reading

Matthew 10:24-32

²⁴ 'A disciple is not above the teacher, nor a slave above the master; ²⁵it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household!²⁶ 'So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. ²⁷What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. ²⁸Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. ²⁹Are not two sparrows sold for a penny? Yet not one of them will fall to the ground unperceived by your Father. ³⁰And even the hairs of your head are all counted. ³¹So do not be afraid; you are of more value than many sparrows.³² 'Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven;

Refrain for Midday Lesson

¹³ Be exalted, O LORD, in your strength!
We will sing and praise your power Ps. 21:13

Midday Psalm

- ¹ The LORD is my shepherd, I shall not want.
² He makes me lie down in green pastures;
he leads me beside still waters;
³ he restores my soul.
He leads me in right paths
for his name's sake.
⁴ Even though I walk through the darkest valley,
I fear no evil;
for you are with me;
your rod and your staff—
they comfort me.
⁵ You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.
⁶ Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the LORD
my whole life long Ps. 23

Refrain for Midday Lesson

- ¹³ Be exalted, O LORD, in your strength!
We will sing and praise your power Ps. 21:13

Lord's Prayer

Prayer for the Week

As we mark ourselves with ashes and the sign of the cross, we admit our wrongdoings and our human weaknesses. Remember the forgiveness and new life we have in Jesus Christ. Amen

Concluding Prayer of the Church

Loving Lord, help me to see the joy in the simple things in life. Open my eyes, ears, and heart to the needs of those around me. Whatever happens today, remind me of your love and care. Amen.

Vespers Office (to be observed 7-10 pm)

Call to Prayer

In you, O LORD, I seek refuge;
do not let me ever be put to shame;
in your righteousness deliver me. Ps. 31:1

Request for Presence

Let us come into his presence with thanksgiving;
let us make a joyful noise to him with songs of praise Ps. 95:2

Greeting

¹ The earth is the LORD's and all that is in it,
the world, and those who live in it Ps. 24:1

Hymn

Verse 1

**Immortal invisible God only wise
In light inaccessible
Hid from our eyes
Most blessed most glorious
The Ancient of Days
Almighty victorious
Thy great name we praise**

Verse 2

**Unresting unhasting
And silent as light
Nor wanting nor wasting
Thou rulest in might
Thy justice like mountains
High soaring above
Thy clouds which are fountains
Of goodness and love**

Verse 3

**To all life Thou givest
To both great and small
In all life Thou livest**

**The true life of all
We blossom and flourish
As leaves on the tree
And wither and perish
But naught changeth Thee**

Verse 4

**Great Father of glory
Pure Father of light
Thine angels adore Thee
All veiling their sight
All praise we would render
O help us to see
'Tis only the splendor
Of light hideth Thee
Amen**

Refrain for Vesper Lesson

¹⁰ Who is this King of glory?
The LORD of hosts,
he is the King of glory. Ps. 24:10

Vesper Psalm

¹ To you, O LORD, I lift up my soul.
² O my God, in you I trust;
do not let me be put to shame;
do not let my enemies exult over me.
³ Do not let those who wait for you be put to shame;
let them be ashamed who are wantonly treacherous.
⁴ Make me to know your ways, O LORD;
teach me your paths.
⁵ Lead me in your truth, and teach me,
for you are the God of my salvation;
for you I wait all day long Ps. 25:1-5

Refrain for Vesper Lesson

¹⁰ Who is this King of glory?

The LORD of hosts,
he is the King of glory. Ps. 24:10

Lord's Prayer

Prayer of the week

As we mark ourselves with ashes and the sign of the cross, we admit our wrongdoings and our human weaknesses. Remember the forgiveness and new life we have in Jesus Christ. Amen

Concluding Prayer of the Church

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen