

Lent Day 4

Morning Office (observed between 6-9am)

The Call to Prayer

Therefore let all who are faithful
offer prayer to you;
at a time of distress,* the rush of mighty waters
shall not reach them Ps. 32:6

The Request for Presence

Worship the LORD with gladness;
come into his presence with singing. Ps 100:2

The Greeting

I wash my hands in innocence,
and go around your altar, O LORD,
⁷ singing aloud a song of thanksgiving,
and telling all your wondrous deeds. Ps 26:6-7

The Refrain for Morning Lesson

⁶ Blessed be the LORD,
for he has heard the sound of my pleadings. Ps.28:6

The Reading

Matthew 9:35-38

³⁵ Then Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness. ³⁶When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. ³⁷Then he said to his disciples, 'The harvest is plentiful, but the labourers are few; ³⁸therefore ask the Lord of the harvest to send out labourers into his harvest.'

The Refrain for Morning Lesson

⁶ Blessed be the LORD,
for he has heard the sound of my pleadings. Ps.28:6

Morning Psalm

A Psalm of David.

- ¹ Ascribe to the LORD, O heavenly beings,
ascribe to the LORD glory and strength.
- ² Ascribe to the LORD the glory of his name;
worship the LORD in holy splendour.
- ³ The voice of the LORD is over the waters;
the God of glory thunders,
the LORD, over mighty waters.
- ⁴ The voice of the LORD is powerful;
the voice of the LORD is full of majesty.
- ⁵ The voice of the LORD breaks the cedars;
the LORD breaks the cedars of Lebanon.
- ⁶ He makes Lebanon skip like a calf,
and Sirion like a young wild ox.
- ⁷ The voice of the LORD flashes forth flames of fire.
- ⁸ The voice of the LORD shakes the wilderness;
the LORD shakes the wilderness of Kadesh.
- ⁹ The voice of the LORD causes the oaks to whirl,
and strips the forest bare;
and in his temple all say, 'Glory!'
- ¹⁰ The LORD sits enthroned over the flood;
the LORD sits enthroned as king for ever.
- ¹¹ May the LORD give strength to his people!
May the LORD bless his people with peace

Ps. 29

The Refrain for Morning Lesson

- ⁶ Blessed be the LORD,
for he has heard the sound of my pleadings. Ps.28:6

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

Loving Lord, the new day awaits. May your Holy Spirit guide my ways today. May I be a reflection of your love to the world? Walk with me, protect me and equip me to make a difference today.

Midday Office (observed 11am to 2 PM)

The Call to Prayer

Contend, O LORD, with those who contend with me;
fight against those who fight against me! Ps.35:1

The request for Presence

The children of your servants shall live secure;
their offspring shall be established in your presence. Ps 102:28

Greeting

¹ The LORD is my light and my salvation;
whom shall I fear? Ps. 27:1

Refrain for Midday Lesson

⁴ Sing praises to the LORD, O you his faithful ones,
and give thanks to his holy name. Ps. 30:4

Reading

Matthew 10:40-42

⁴⁰ 'Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. ⁴¹Whoever welcomes a prophet in the name of a prophet will receive a prophet's reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; ⁴²and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.'

Refrain for Midday Lesson

⁴ Sing praises to the LORD, O you his faithful ones,
and give thanks to his holy name. Ps. 30:4

Midday Psalm

⁸ To you, O LORD, I cried,
and to the LORD I made supplication:

⁹ 'What profit is there in my death,
if I go down to the Pit?

Will the dust praise you?

Will it tell of your faithfulness?

¹⁰ Hear, O LORD, and be gracious to me!
O LORD, be my helper!
¹¹ You have turned my mourning into dancing;
you have taken off my sackcloth
and clothed me with joy,
¹² so that my soul may praise you and not be silent.
O LORD my God, I will give thanks to you for ever.

Ps. 31:8-12

Refrain for Midday Lesson

⁴ Sing praises to the LORD, O you his faithful ones,
and give thanks to his holy name. Ps. 30:4

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

Dearest God of my life. What a blessing it is to know that you love me, created me and sustain me in my life. Help me to appreciate the many blessings you have given me. God you are amazing!

Vespers Office (to be observed 7-10 pm)

Call to Prayer

Contend, O LORD, with those who contend with me;
fight against those who fight against me! Ps.35:13

Request for Presence

at the presence of the LORD, for he is coming
to judge the earth.
He will judge the world with righteousness,
and the peoples with equity. Ps.98:9

Greeting

¹⁴ Wait for the LORD;
be strong, and let your heart take courage;
wait for the LORD! Ps. 27:14

Hymn

O God our Help in ages past
Our Hope for years to come
Our shelter from the stormy blast
And our eternal Home

Verse 2

Under the shadow of Thy throne
Thy saints have dwelt secure
Sufficient is Thine arm alone
And our defense is sure

Verse 3

Before the hills in order stood
Or earth received her frame
From everlasting Thou art God
To endless years the same

Verse 4

Thy Word commands our flesh to dust
Return ye sons of men
All nations rose from earth at first
And turn to earth again

Refrain for Vesper Lesson

⁷ Hear, O LORD, when I cry aloud,
be gracious to me and answer me Ps. 27:7

Vesper Psalm

Of David. A Maskil.

¹ Happy are those whose transgression is forgiven,
whose sin is covered.

² Happy are those to whom the LORD imputes no iniquity,
and in whose spirit there is no deceit.

³ While I kept silence, my body wasted away
through my groaning all day long.

⁴ For day and night your hand was heavy upon me;
my strength was dried up as by the heat of summer.

Selah

⁵ Then I acknowledged my sin to you,
and I did not hide my iniquity;

I said, 'I will confess my transgressions to the LORD',
and you forgave the guilt of my sin.

Ps. 32:1-5

Refrain for Vesper Lesson

⁷ Hear, O LORD, when I cry aloud,
be gracious to me and answer me Ps 27:7

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

Dear Lord God, as I prepare to sleep after this day may you bless my dreams. May the night refresh me so I may have the energy to serve you tomorrow. I am truly blessed to have the God of the world notice me. Keep watch tonight and protect me from all harm and danger. Amen.