

Lent Day 5

Morning Office (observed between 6-9am)

The Call to Prayer

'Hear my prayer, O LORD,
and give ear to my cry;
do not hold your peace at my tears. Ps.39:12

The Request for Presence

For your steadfast love is before my eyes,
and I walk in faithfulness to you. Ps 26:3

The Greeting

Rejoice in the LORD, O you righteous.
Praise befits the upright. Ps.33:1

The Refrain for Morning Lesson

Our soul waits for the LORD;
he is our help and shield. Ps.33:20

The Reading

Matthew 11:25-30

25 At that time Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; ²⁶yes, Father, for such was your gracious will. ²⁷All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.²⁸ 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls.³⁰For my yoke is easy, and my burden is light.'

The Refrain for Morning Lesson

Our soul waits for the LORD;
he is our help and shield. Ps.33:20

Morning Psalm

- ² My soul makes its boast in the LORD;
let the humble hear and be glad.
- ³ O magnify the LORD with me,
and let us exalt his name together.
- ⁴ I sought the LORD, and he answered me,
and delivered me from all my fears.
- ⁵ Look to him, and be radiant;
so your faces shall never be ashamed.
- ⁶ This poor soul cried, and was heard by the LORD,
and was saved from every trouble. Ps.34:2-6

The Refrain for Morning Lesson

Our soul waits for the LORD;
he is our help and shield. Ps.33:20

Lord's Prayer

Prayer for the Week

As we enter our first full week of Lent, Lord please help me to be mindful of you. May your spirit discern my heart, help me to be aware of my need for you. Teach me where you need me to go and help me to become the person you need me to be. In the name of your most precious Son, our Savior, Lord Jesus. Amen.

Concluding Prayer

Creator God, it is amazing that you love us the way that you do. It is amazing that you would send your Son to this earth for us. It is amazing that you love even when we don't love you. This day help us to reflect on your love and to love you in return through your Son Jesus our Lord.

Midday Office (observed 11am to 2 PM)

The Call to Prayer

I waited patiently for the LORD;
he inclined to me and heard my cry Ps. 40:1

The request for Presence

Seek the LORD and his strength;
seek his **presence** continually Ps.105:4

Greeting

⁴ Happy are those who make
the LORD their trust, Ps.40: 4

Refrain for Midday Lesson

²¹ Our heart is glad in him,
because we trust in his holy name. Ps.33:21

Reading

Luke 5:1-11

Once while Jesus was standing beside the lake of Gennesaret, and the crowd was pressing in on him to hear the word of God, ²he saw two boats there at the shore of the lake; the fishermen had gone out of them and were washing their nets. ³He got into one of the boats, the one belonging to Simon, and asked him to put out a little way from the shore. Then he sat down and taught the crowds from the boat. ⁴When he had finished speaking, he said to Simon, 'Put out into the deep water and let down your nets for a catch.' ⁵Simon answered, 'Master, we have worked all night long but have caught nothing. Yet if you say so, I will let down the nets.' ⁶When they had done this, they caught so many fish that their nets were beginning to break. ⁷So they signalled to their partners in the other boat to come and help them. And they came and filled both boats, so that they began to sink. ⁸But when Simon Peter saw it, he fell down at Jesus' knees, saying, 'Go away from me, Lord, for I am a sinful man!' ⁹For he and all who were with him were amazed at the catch of fish that they had taken; ¹⁰and so also were James and John, sons of Zebedee, who were partners with Simon. Then Jesus said to Simon, 'Do not be afraid; from now on you will be catching people.' ¹¹When they had brought their boats to shore, they left everything and followed him.

Refrain for Midday Lesson

²¹ Our heart is glad in him,
because we trust in his holy name. Ps.33:21

Midday Psalm

- ⁵ Your steadfast love, O LORD, extends to the heavens,
your faithfulness to the clouds.
- ⁶ Your righteousness is like the mighty mountains,
your judgements are like the great deep;
you save humans and animals alike, O LORD.
- ⁷ How precious is your steadfast love, O God!
All people may take refuge in the shadow of your wings.
- ⁸ They feast on the abundance of your house,

and you give them drink from the river of your delights.
⁹ For with you is the fountain of life;
in your light we see light.
¹⁰ O continue your steadfast love to those who know you,
and your salvation to the upright of heart! Ps 36 5-10

Refrain for Midday Lesson

²¹ Our heart is glad in him,
because we trust in his holy name. Ps.33:21

Lord's Prayer

Prayer for the Week

As we enter our first full week of Lent, Lord please help me to be mindful of you. May your spirit discern my heart, help me to be aware of my need for you. Teach me where you need me to go and help me to become the person you need me to be. In the name of your most precious Son, our Savior, Lord Jesus. Amen.

Concluding Prayer of the Church

Eternal God, open our eyes and souls to the many blessings you give us. Help us to appreciate the gift of creation, eyes to see, ears to hear, brains to think, and marvel at how you created us. Help us O God to see how blessed we are that you made us. Amen.

Vespers Office (to be observed 7-10 pm)

Call to Prayer

By day the LORD commands his steadfast love,
and at night his song is with me,
a **prayer** to the God of my life Ps.42:8

Request for Presence

Tremble, O earth, at the **presence** of the LORD,
at the **presence** of the God of Jacob, Ps.114:7

Greeting

⁹ O Lord, all my longing is known to you;
my sighing is not hidden from you. Ps.38:9

Hymn

Verse 1

**Love divine all loves excelling
Joy of heaven to earth come down**

**Fix in us Thy humble dwelling
All Thy faithful mercies crown
Jesus Thou art all compassion
Pure unbounded love Thou art
Visit us with Thy salvation
Enter every trembling heart**

Verse 2

**Breathe O breathe Thy loving Spirit
Into every troubled breast
Let us all in Thee inherit
Let us find the promised rest
Take away the love of sinning
Alpha and Omega be
End of faith as its beginning
Set our hearts at liberty**

Verse 3

**Come Almighty to deliver
Let us all Thy life receive
Suddenly return and never
Never more Thy temples leave
Thee we would be always blessing
Serve Thee as Thy hosts above
Pray and praise Thee without ceasing
Glory in Thy perfect love**

Verse 4

**Finish then Thy new creation
Pure and spotless let us be
Let us see Thy great salvation
Perfectly restored in Thee
Changed from glory into glory
Till in heaven we take our place**

**Till we cast our crowns before Thee
Lost in wonder love and praise**

Refrain for Vesper Lesson

I will bless the LORD at all times;
his praise shall continually be in my mouth. Ps.34:1

Vesper Psalm

¹ I waited patiently for the LORD;
he inclined to me and heard my cry.
² He drew me up from the desolate pit,
out of the miry bog,
and set my feet upon a rock,
making my steps secure.
³ He put a new song in my mouth,
a song of praise to our God.
Many will see and fear,
and put their trust in the LORD. Ps.40:103

Refrain for Vesper Lesson

I will bless the LORD at all times;
his praise shall continually be in my mouth. Ps.34:1

Lord's Prayer

Prayer of the week

As we enter our first full week of Lent, Lord please help me to be mindful of you. May your spirit discern my heart, help me to be aware of my need for you. Teach me where you need me to go and help me to become the person you need me to be. In the name of your most precious Son, our Savior, Lord Jesus. Amen.

Concluding Prayer of the Church

Lord God quiet my mind so that I can fall asleep in your presence. Help me to celebrate the blessings of this day. Give me a spirit of thankfulness and generosity to imagine how lucky I am to have you in my life. Amen.