

## **Lent Day 7**

### ***Morning Office (observed between 6-9am)***

#### ***The Call to Prayer***

Deliver me from my enemies, O my God;  
protect me from those who rise up against me Ps. 59:1

#### **The Request for Presence**

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

#### **The Greeting**

<sup>1</sup> Great is the LORD and greatly to be praised  
in the city of our God. Ps. 48:1

#### **The Refrain for Morning Lesson**

<sup>10</sup> Your name, O God, like your praise,  
reaches to the ends of the earth. Ps. 48:10

#### **The Reading**

1 John 1:5-10

5 This is the message we have heard from him and proclaim to you, that God is light and in him there is no darkness at all. <sup>6</sup>If we say that we have fellowship with him while we are walking in darkness, we lie and do not do what is true; <sup>7</sup>but if we walk in the light as he himself is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. <sup>8</sup>If we say that we have no sin, we deceive ourselves, and the truth is not in us. <sup>9</sup>If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness. <sup>10</sup>If we say that we have not sinned, we make him a liar, and his word is not in us.

#### **The Refrain for Morning Lesson**

<sup>10</sup> Your name, O God, like your praise,  
reaches to the ends of the earth. Ps. 48:10

## **Morning Psalm**

- <sup>1</sup> The mighty one, God the LORD,  
speaks and summons the earth  
from the rising of the sun to its setting.
- <sup>2</sup> Out of Zion, the perfection of beauty,  
God shines forth.
- <sup>3</sup> Our God comes and does not keep silence,  
before him is a devouring fire,  
and a mighty tempest all around him.
- <sup>4</sup> He calls to the heavens above  
and to the earth, that he may judge his people:
- <sup>5</sup> 'Gather to me my faithful ones,  
who made a covenant with me by sacrifice!'
- <sup>6</sup> The heavens declare his righteousness,  
for God himself is judge. Ps. 50:1-6

## **The Refrain for Morning Lesson**

- <sup>10</sup> Your name, O God, like your praise,  
reaches to the ends of the earth. Ps. 48:10

## **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**

Loving Lord, as the new day dawn fill my heart with compassion for the lost and the lonely. Protect people who are faced with everyday evil. As a troubled world is present, walk with me and give me comfort today in the name of Jesus your most precious Son. Amen.

## **Midday Office (observed 11am to 2 PM)**

### **The Call to Prayer**

Hear my cry, O God;  
listen to my prayer. **Ps 61:1**

### **The request for Presence**

The LORD is my strength and my shield;  
in him my heart trusts; Ps. 28:7

### **Greeting**

I trust in the steadfast love of God  
for ever and ever Ps. 52:8b

### **Refrain for Midday Lesson**

<sup>9</sup> I will thank you for ever,  
because of what you have done. Ps 52:9a

### **Reading**<sup>1</sup> John 2:1-6

My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous; <sup>2</sup>and he is the atoning sacrifice for our sins, and not for ours only but also for the sins of the whole world.<sup>3</sup> Now by this we may be sure that we know him, if we obey his commandments. <sup>4</sup>Whoever says, 'I have come to know him', but does not obey his commandments, is a liar, and in such a person the truth does not exist; <sup>5</sup>but whoever obeys his word, truly in this person the love of God has reached perfection. By this we may be sure that we are in him:<sup>6</sup>whoever says, 'I abide in him', ought to walk just as he walked.

### **Refrain for Midday Lesson**

<sup>9</sup> I will thank you for ever,  
because of what you have done. Ps 52:9a

## **Midday Psalm**

Save me, O God, by your name,  
and vindicate me by your might.

<sup>2</sup> Hear my prayer, O God;  
give ear to the words of my mouth.

<sup>3</sup> For the insolent have risen against me,  
the ruthless seek my life;  
they do not set God before them.

<sup>4</sup> But surely, God is my helper;  
the Lord is the upholder of my life. Ps 54:1-4

## **Refrain for Midday Lesson**

<sup>9</sup> I will thank you for ever,  
because of what you have done. Ps 52:9a

## **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**

I am no longer my own, but yours. Put me to what you will, rank me with whom you will; put me to doing, put me to suffering; let me be employed for you, or laid aside for you, exalted for you, or brought low for you; let me be full, let me be empty, let me have all things, let me have nothing: I freely and wholeheartedly yield all things to your pleasure and disposal. And now, glorious and blessed God, Father, Son and Holy Spirit, you are mine and I am yours. So be it. And the covenant now made on earth, let it be ratified in heaven. Amen. John Wesley

## **Vespers Office (to be observed 7-10 pm)**

### **Call to Prayer**

O you who answer prayer!  
To you all flesh shall come. Ps. 65:2

### **Request for Presence**

May the LORD give strength to his people!  
May the LORD bless his people with peace! Ps. 29:11

### **Greeting**

In the presence of the faithful  
I will proclaim your name, for it is good Ps.52:9b

### **Hymn**

#### **Verse 1**

**Take my life and let it be  
Consecrated Lord to Thee  
Take my moments and my days  
Let them flow in ceaseless praise  
Let them flow in ceaseless praise**

#### **Verse 2**

**Take my hands and let them move  
At the impulse of Thy love  
Take my feet and let them be  
Swift and beautiful for Thee  
Swift and beautiful for Thee**

#### **Verse 3**

**Take my voice and let me sing  
Always only for my King  
Take my lips and let them be  
Filled with messages from Thee  
Filled with messages from Thee**

#### **Verse 4**

**Take my silver and my gold  
Not a mite would I withhold  
Take my intellect and use  
Ev'ry pow'r as Thou shalt choose  
Ev'ry pow'r as Thou shalt choos**

#### **Refrain for Vesper Lesson**

But I call upon God,  
and the LORD will save me. Ps 55:16

#### **Vesper Psalm**

<sup>1</sup> Be merciful to me, O God, be merciful to me,  
for in you my soul takes refuge;  
in the shadow of your wings I will take refuge,  
until the destroying storms pass by.

<sup>2</sup> I cry to God Most High,  
to God who fulfils his purpose for me.

<sup>3</sup> He will send from heaven and save me,  
he will put to shame those who trample on me.

God will send forth his steadfast love and his faithfulness. Ps.57:1-3

#### **Refrain for Vesper Lesson**

But I call upon God,  
and the LORD will save me. Ps 55:16

#### **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**

O God, grant me serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference;  
living one day at a time, enjoying one moment at a time;  
accepting hardship as a pathway to peace; Serenity Prayer