

## **Lent Day 8**

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

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

But truly God has listened;

he has given heed to the words of my prayer. Ps.66:19

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

God is our refuge and strength,

a very present\* help in trouble. Ps. 46:1

#### **The Greeting**

<sup>5</sup> Be exalted, O God, above the heavens.

Let your glory be over all the earth

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

<sup>7</sup> My heart is steadfast, O God,

my heart is steadfast Ps. 57:7

#### **The Reading**

<sup>7</sup> Beloved, I am writing you no new commandment, but an old commandment that you have had from the beginning; the old commandment is the word that you have heard. <sup>8</sup>Yet I am writing you a new commandment that is true in him and in you, because the darkness is passing away and the true light is already shining. <sup>9</sup>Whoever says, 'I am in the light', while hating a brother or sister, is still in the darkness. <sup>10</sup>Whoever loves a brother or sister lives in the light, and in such a person there is no cause for stumbling 1 John 2:7-10

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

<sup>7</sup> My heart is steadfast, O God,

my heart is steadfast Ps. 57:7

## **Morning Psalm**

<sup>8</sup> Awake, my soul!

Awake, O harp and lyre!

I will awake the dawn.

<sup>9</sup> I will give thanks to you, O Lord, among the peoples;

I will sing praises to you among the nations.

<sup>10</sup> For your steadfast love is as high as the heavens;

your faithfulness extends to the clouds.

<sup>11</sup> Be exalted, O God, above the heavens.

Let your glory be over all the earth. Ps 57:8-11

## **The Refrain for Morning Lesson**

<sup>7</sup> My heart is steadfast, O God,

my heart is steadfast Ps. 57:7

## **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**

Dear Holy and Precious Father, we ask your grace and mercy be upon this day. May your Holy Spirit guide us and keep us centered where we need to be. Pick us up when we fall and rejoice with us when we stand for You in this world. Amen.

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

### **The Call to Prayer**

Blessed be God,  
because he has not rejected my prayer  
or removed his steadfast love from me Ps.66:20

### **The request for Presence**

O my strength, I will watch for you;  
for you, O God, are my fortress. Ps. 59:9

### **Greeting**

<sup>16</sup> But I will sing of your might;  
I will sing aloud of your steadfast love in the morning. Ps 59:16

### **Refrain for Midday Lesson**

<sup>8</sup> So I will always sing praises to your name,  
as I pay my vows day after day. Ps.61:8

### **Reading**

1 John 4:18-23

<sup>18</sup>There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love. <sup>19</sup>We love because he first loved us. <sup>20</sup>Those who say, 'I love God', and hate their brothers or sisters, are liars; for those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen. <sup>21</sup>The commandment we have from him is this: those who love God must love their brothers and sisters also.

### **Refrain for Midday Lesson**

<sup>8</sup> So I will always sing praises to your name,  
as I pay my vows day after day. Ps 61:8

### **Midday Psalm Ps. 61:1-5**

<sup>1</sup> Hear my cry, O God;  
listen to my prayer.

<sup>2</sup> From the end of the earth I call to you,  
when my heart is faint.

Lead me to the rock  
that is higher than I;

<sup>3</sup> for you are my refuge,  
a strong tower against the enemy.

<sup>4</sup> Let me abide in your tent for ever,  
find refuge under the shelter of your wings.

<sup>5</sup> For you, O God, have heard my vows;  
you have given me the heritage of those who fear your name.

### **Refrain for Midday Lesson**

<sup>8</sup> So I will always sing praises to your name,  
as I pay my vows day after day. Ps 61:8

### **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**

Lord let me pause this noon to count the many ways that you love. You love through your creation of your world. You love by creating humans in your image. You love because of your grace and forgiveness. You love all the way to the cross and beyond because of the great sacrifice of Your Son. Thank you God for your Love. Amen.

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

#### **Call to Prayer**

Save me, O God,  
for the waters have come up to my neck. Ps. 69:1

#### **Request for Presence**

O my **strength**, I will sing praises to you,  
for you, O God, are my fortress,  
the God who shows me steadfast love. Ps 59:17

#### **Greeting**

For God alone my soul waits in silence;  
from him comes my salvation. Ps. 62:1

## **Hymn Rock of Ages**

### **Verse 1**

Rock of Ages cleft for me  
Let me hide myself in Thee  
Let the water and the blood  
From Thy wounded side which flowed  
Be of sin the double cure  
Save from wrath and make me pure

### **Verse 2**

Not the labor of my hands  
Can fulfill Thy law's demands  
Could my zeal no respite know  
Could my tears forever flow  
All for sin could not atone  
Thou must save and Thou alone

### **Verse 3**

Nothing in my hand I bring  
Simply to the cross I cling  
Naked come to Thee for dress  
Helpless look to Thee for grace  
Foul I to the fountain fly  
Wash me Savior or I die

### **Verse 4**

While I draw this fleeting breath  
When mine eyes shall close in death  
(When my eye-strings break in death)  
When I soar to worlds unknown  
See Thee on Thy judgment throne  
Rock of Ages cleft for me  
Let me hide myself in Thee

### **Refrain for Vesper Lesson**

<sup>2</sup> He alone is my rock and my salvation,  
my fortress; I shall never be shaken. Ps. 62:2

### **Vesper Psalm Ps. 62:5-8**

<sup>5</sup> For God alone my soul waits in silence,  
for my hope is from him.  
<sup>6</sup> He alone is my rock and my salvation,  
my fortress; I shall not be shaken.  
<sup>7</sup> On God rests my deliverance and my honour;  
my mighty rock, my refuge is in God.  
<sup>8</sup> Trust in him at all times, O people;  
pour out your heart before him;  
God is a refuge for us

### **Refrain for Vesper Lesson**

<sup>2</sup> He alone is my rock and my salvation,  
my fortress; I shall never be shaken. Ps. 62:2

### **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, it is a delight and a joy to know that you protect and preserve us throughout the day. It is a great comfort to know that whatever this day has brought to us, good or bad, you are with us. The forever presence of your Holy Spirit fills our hearts and souls with peace and joy. Amen.