

Lent Day 9

Morning Office (observed between 6-9am)

The Call to Prayer

Praise the LORD!

Praise God in his sanctuary;

praise him in his mighty firmament Ps. 150:1

The Request for Presence

Praise him for his mighty deeds;

praise him according to his surpassing greatness! Ps. 150:2

The Greeting

Let Israel be glad in its Maker;

let the children of Zion rejoice in their King Ps. 149:2

The Refrain for Morning Lesson

Let everything that breathes praise the LORD!

Praise the LORD! Ps. 150:6

The Reading

¹⁰ Hear the word of the LORD, O nations,
and declare it in the coastlands far away;
say, 'He who scattered Israel will gather him,
and will keep him as a shepherd a flock.'

¹¹ For the LORD has ransomed Jacob,
and has redeemed him from hands too strong for him.

¹² They shall come and sing aloud on the height of Zion,
and they shall be radiant over the goodness of the LORD,
over the grain, the wine, and the oil,
and over the young of the flock and the herd;
their life shall become like a watered garden,
and they shall never languish again.

¹³ Then shall the young women rejoice in the dance,
and the young men and the old shall be merry.

I will turn their mourning into joy,

I will comfort them, and give them gladness for sorrow.

Jer 31:10-14

The Refrain for Morning Lesson

Let everything that breathes praise the LORD!

Praise the LORD! Ps. 150:6

Morning Psalm

Praise the LORD!

Praise the LORD from the heavens;

praise him in the heights!

Praise him, all his angels;

praise him, all his host!

Praise him, sun and moon;

praise him, all you shining stars!

Praise him, you highest heavens,

and you waters above the heavens! Ps. 148:1-4

The Refrain for Morning Lesson

Let everything that breathes praise the LORD!

Praise the LORD! Ps. 150:6

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

Lord Have Mercy on Me. Christ have Mercy on Me. Lord Have Mercy on Me. Amen and Amen.

Midday Office (observed 11am to 2 PM)

The Call to Prayer

Offer right sacrifices,
and put your trust in the LORD. Ps. 4:5

The request for Presence

Give ear to my words, O LORD;
give heed to my sighing. Ps. 5:1

Greeting

Praise the LORD!
How good it is to sing praises to our God;
for he is gracious, and a song of praise is fitting.

Refrain for Midday Lesson

The LORD builds up Jerusalem;
he gathers the outcasts of Israel.
³ He heals the broken-hearted,
and binds up their wounds Ps.148:2-3

Reading

³ Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places,⁴ just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. ⁵He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will,⁶ to the praise of his glorious grace that he freely bestowed on us in the Beloved. ⁷In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace ⁸that he lavished on us. With all wisdom and insight ⁹he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, ¹⁰as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth Ephesians 1:3-10

Refrain for Midday Lesson

The LORD builds up Jerusalem;
he gathers the outcasts of Israel.
³ He heals the broken-hearted,
and binds up their wounds Ps.148:2-3

Midday Psalm

- ⁵ Let them praise the name of the LORD,
for he commanded and they were created.
- ⁶ He established them for ever and ever;
he fixed their bounds, which cannot be passed.
- ⁷ Praise the LORD from the earth,
you sea monsters and all deeps,
- ⁸ fire and hail, snow and frost,
stormy wind fulfilling his command! Ps.148:5-8

Refrain for Midday Lesson

- The LORD builds up Jerusalem;
he gathers the outcasts of Israel.
- ³ He heals the broken-hearted,
and binds up their wounds Ps.148:2-3

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

May God's Peace wrap me in love. May I be filled with joy knowing who holds me. Savior, Shepherd, carry me throughout this day. Amen.

Vespers Office (to be observed 7-10 pm)

Call to Prayer

Protect me, O God, for in you I take refuge Ps.16:1

Request for Presence

And those who know your name put their trust in you,
for you, O LORD, have not forsaken those who seek you. Ps.9:10

Greeting

O my God, in you I trust;
do not let me be put to shame;
do not let my enemies exult over me. Ps.25:2

Hymn A Mighty Fortress

Verse 1

**A mighty fortress is our God
A bulwark never failing
Our helper He amid the flood
Of mortal ills prevailing
For still our ancient foe
Doth seek to work us woe
His craft and pow'r are great
And armed with cruel hate
On earth is not his equal**

Verse 2

**Did we in our own strength confide
Our striving would be losing
Were not the right Man on our side
The Man of God's own choosing
Dost ask who that may be
Christ Jesus it is He
Lord Sabaoth His name
From age to age the same
And He must win the battle**

Verse 3

**And tho' this world with devils filled
Should threaten to undo us
We will not fear for God hath willed
His truth to triumph thru us
The prince of darkness grim
We tremble not for him
His rage we can endure
For lo his doom is sure
One little word shall fell him**

Refrain for Vesper Lesson

The LORD is my strength and my shield;
in him my heart trusts;
so I am helped, and my heart exults,
and with my song I give thanks to him. Ps.28:7

Vesper Psalm

⁹ Mountains and all hills,
fruit trees and all cedars!
¹⁰ Wild animals and all cattle,
creeping things and flying birds!
¹¹ Kings of the earth and all peoples,
princes and all rulers of the earth!
¹² Young men and women alike,
old and young together!
¹³ Let them praise the name of the LORD,
for his name alone is exalted;
his glory is above earth and heaven. Ps 148:9-13

Refrain for Vesper Lesson

The LORD is my strength and my shield;
in him my heart trusts;
so I am helped, and my heart exults,
and with my song I give thanks to him. Ps.28:7

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

As the end of the day comes, may the peace of God which passes all understanding find me tonight. Amen.