

Lent Day 10

Morning Office (observed between 6-9am)

The Call to Prayer

O God, do not keep silence;
do not hold your peace or be still, O God Ps.83:1

The Request for Presence

Do not cast me off in the time of old age;
do not forsake me when my strength is spent. Ps.71:9

The Greeting

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

The Refrain for Morning Lesson

¹ May God be gracious to us and bless us
and make his face to shine upon us, Ps.67:1

The Reading

⁵Let the same mind be in you that was in Christ Jesus,
⁶ who, though he was in the form of God,
did not regard equality with God
as something to be exploited,
⁷ but emptied himself,
taking the form of a slave,
being born in human likeness.
And being found in human form,
⁸ he humbled himself
and became obedient to the point of death—
even death on a cross.
⁹ Therefore God also highly exalted him
and gave him the name
that is above every name,
¹⁰ so that at the name of Jesus
every knee should bend,
in heaven and on earth and under the earth,
¹¹ and every tongue should confess
that Jesus Christ is Lord,
to the glory of God the Father. Phil2:5-11

The Refrain for Morning Lesson

¹ May God be gracious to us and bless us
and make his face to shine upon us, Ps.67:1

Morning Psalm

⁴ Let the nations be glad and sing for joy,
for you judge the peoples with equity
and guide the nations upon earth.

⁵ Let the peoples praise you, O God;
let all the peoples praise you.

⁶ The earth has yielded its increase;
God, our God, has blessed us.

⁷ May God continue to bless us;
let all the ends of the earth revere him. Ps.67:4-7

The Refrain for Morning Lesson

¹ May God be gracious to us and bless us
and make his face to shine upon us, Ps.67:1

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 God, Sender of the Savior, Creator of all Life, may your peace be present among us. May your peace restore the wounds of the world. May your peace turn hate into love. Help us to be people of your peace. Amen.

Midday Office (observed 11am to 2 PM)

The Call to Prayer

O LORD God of hosts, hear my prayer;
give ear, O God of Jacob! Ps.84:8

The request for Presence

My flesh and my heart may fail,
but God is the strength* of my heart and my portion for ever. Ps.73:26

Greeting

³ But let the righteous be joyful;
let them exult before God;
let them be jubilant with joy Ps68:3

Refrain for Midday Lesson

¹ Let God rise up, let his enemies be scattered;
let those who hate him flee before him. Ps.68:1

Reading

12 Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. ¹³Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, ¹⁴I press on towards the goal for the prize of the heavenly call of God in Christ Jesus. ¹⁵Let those of us then who are mature be of the same mind; and if you think differently about anything, this too God will reveal to you. ¹⁶Only let us hold fast to what we have attained. Phil3:12-16

Refrain for Midday Lesson

¹ Let God rise up, let his enemies be scattered;
let those who hate him flee before him. Ps.68:1

Midday Psalm

³² Sing to God, O kingdoms of the earth;
sing praises to the Lord,
Selah

³³ O rider in the heavens, the ancient heavens;
listen, he sends out his voice, his mighty voice.

³⁴ Ascribe power to God,
whose majesty is over Israel;
and whose power is in the skies.

³⁵ Awesome is God in his sanctuary,
the God of Israel;
he gives power and strength to his people. Ps.68:32-35

Refrain for Midday Lesson

¹ Let God rise up, let his enemies be scattered;
let those who hate him flee before him. Ps.68:1

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 we pray for all those who are far from you. Use us dear God as a pathway to you. Provide us people to proclaim your name and the courage to speak words of wisdom. Holy Spirit, you are in control. You will bless the world with an abundant harvest. Give us confidence that you will bless our day. Amen.

Vespers Office (to be observed 7-10 pm)

Call to Prayer

Incline your ear, O LORD, and answer me,
for I am poor and needy Ps.86:1

Request for Presence

Sing aloud to God our strength;
shout for joy to the God of Jacob. Ps.81:1

Greeting

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

Hymn A Mighty Fortress

Verse 4

That word above all earthly pow'rs
No thanks to them abideth
The Spirit and the gifts are ours
Thru Him who with us sideth
Let goods and kindred go
This mortal life also
The body they may kill
God's truth abideth still
His kingdom is forever

Verse 5

A mighty fortress is our God
A sword and shield victorious
He breaks the cruel oppressor's rod
And wins salvation glorious
The old satanic foe
Has sworn to work us woe
With craft and dreadful might
He arms himself to fight
On earth he has no equal

Verse 6

No strength of ours can match his might
We would be lost rejected
But now a champion comes to fight
Whom God Himself elected
You ask who this may be
The Lord of hosts is He
Christ Jesus mighty Lord
God's only Son adored
He holds the field victorious

Refrain for Vesper Lesson

⁵ O God, you know my folly;
the wrongs I have done are not hidden from you. Ps69:5

Vesper Psalm

³⁰ I will praise the name of God with a song;
I will magnify him with thanksgiving.
³¹ This will please the LORD more than an ox
or a bull with horns and hoofs.
³² Let the oppressed see it and be glad;
you who seek God, let your hearts revive.
³³ For the LORD hears the needy,
and does not despise his own that are in bonds.

³⁴ Let heaven and earth praise him,
the seas and everything that moves in them. Ps.69:30-34

Refrain for Vesper Lesson

⁵ O God, you know my folly;
the wrongs I have done are not hidden from you. Ps69:5

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, help me to count blessings upon blessings you have given. Fill me with thankfulness and joy. Use me to bring those blessings to others. May you protect me throughout the night and may you grant me refreshing sleep and pleasant dreams. Amen.