

Lent Day 11

Morning Office (observed between 6-9am)

The Call to Prayer

Give ear, O LORD, to my prayer;
listen to my cry of supplication Ps.86:6

The Request for Presence

Happy are those whose strength is in you,
in whose heart are the highways to Zion. Ps.84:5

The Greeting

You are my help and my deliverer;
O LORD, do not delay! Ps.70:6

The Refrain for Morning Lesson

¹ In you, O LORD, I take refuge;
let me never be put to shame. Ps.71:1

The Reading

⁴ Rejoice in the Lord always; again I will say, Rejoice. ⁵Let your gentleness be known to everyone. The Lord is near. ⁶Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus Phil 4:4-7

The Refrain for Morning Lesson

¹ In you, O LORD, I take refuge;
let me never be put to shame. Ps.71:1

Morning Psalm

- ¹² O God, do not be far from me;
O my God, make haste to help me!
- ¹³ Let my accusers be put to shame and consumed;
let those who seek to hurt me
be covered with scorn and disgrace.
- ¹⁴ But I will hope continually,
and will praise you yet more and more.
- ¹⁵ My mouth will tell of your righteous acts,
of your deeds of salvation all day long,
though their number is past my knowledge.
- ¹⁶ I will come praising the mighty deeds of the Lord GOD,
I will praise your righteousness, yours alone. Ps.71:12-16

The Refrain for Morning Lesson

- ¹ In you, O LORD, I take refuge;
let me never be put to shame. Ps.71:1

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

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen

Midday Office (observed 11am to 2 PM)

The Call to Prayer

- O LORD, God of my salvation,
when, at night, I cry out in your presence, Ps.88:1

The request for Presence

Turn to me and be gracious to me;
give your strength to your servant; Ps.86:16

Greeting

¹ Be pleased, O God, to deliver me.
O LORD, make haste to help me! Ps.70:1

Refrain for Midday Lesson

⁴ Let all who seek you
rejoice and be glad in you. Ps 70:4

Reading

⁸ Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. ⁹Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you. Phil 4:8-9

Refrain for Midday Lesson

⁴ Let all who seek you
rejoice and be glad in you. Ps 70:4

Midday Psalm

Your power ¹⁹and your righteousness, O God,
reach the high heavens.

You who have done great things,
O God, who is like you?

²⁰ You who have made me see many troubles and calamities
will revive me again;

from the depths of the earth
you will bring me up again.

²¹ You will increase my honour,
and comfort me once again.

²² I will also praise you with the harp
for your faithfulness, O my God;

I will sing praises to you with the lyre,
O Holy One of Israel.

²³ My lips will shout for joy
when I sing praises to you;
my soul also, which you have rescued. Ps.71:19-23

Refrain for Midday Lesson

⁴ Let all who seek you
rejoice and be glad in you. Ps 70:4

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

Creator God, thank you for this morning and walking with me today. Fill me with your presence and open my eyes to the needs of your people. Amen.

Vespers Office (to be observed 7-10 pm)

Call to Prayer

let my prayer come before you;
incline your ear to my cry. Ps.88:2

Request for Presence

Honour and majesty are before him;
strength and beauty are in his sanctuary. Ps 96:6

Greeting

¹⁸ Blessed be the LORD, the God of Israel,
who alone does wondrous things. Ps.72:18

Hymn A Mighty Fortress

Verse 7

Though hordes of devils fill the land
All threat'ning to devour us
We tremble not unmoved we stand
They cannot overpower us
Let this world's tyrant rage
In battle we'll engage
His might is doomed to fail
God's judgment must prevail
One little word subdues him

Verse 8

God's Word forever shall abide
No thanks to foes who fear it
For God Himself fights by our side
With weapons of the Spirit
Were they to take our house
Goods honor child or spouse
Though life be wrenched away
They cannot win the day
The Kingdom's ours forever

Verse 9

A mighty fortress is our God
A trusty shield and weapon
He helps us free from ev'ry need
That hath us now o'ertaken
The old evil foe
Now means deadly woe
Deep guile and great might
Are his dread arms in fight
On earth is not his equal

Refrain for Vesper Lesson

¹⁹ Blessed be his glorious name for ever;
may his glory fill the whole earth. Amen and Amen. Ps 72:19

Vesper Psalm

²¹ When my soul was embittered,
when I was pricked in heart,
²² I was stupid and ignorant;
I was like a brute beast towards you.
²³ Nevertheless I am continually with you;
you hold my right hand.
²⁴ You guide me with your counsel,

and afterwards you will receive me with honour.

²⁵ Whom have I in heaven but you?

And there is nothing on earth that I desire other than you.

²⁶ My flesh and my heart may fail,

but God is the strength of my heart and my portion for ever.

Ps73:21-26

Refrain for Vesper Lesson

¹⁹ Blessed be his glorious name for ever;

may his glory fill the whole earth. Amen and Amen. Ps 72:19

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

Almighty God, thank you for your love and presence throughout this day. May the night be filled with good refreshing sleep and may our night prepare us for the next day of serving you. Amen.