

Lent Day 13

Morning Office (observed between 6-9am)

The Call to Prayer

My heart is steadfast, O God, my heart is steadfast;*
I will sing and make melody.
Awake, my soul! Ps. 108:1

The Request for Presence

My soul melts away for sorrow;
strengthen me according to your word. Ps.119:28

The Greeting

⁴ Restore us again, O God of our salvation,
and put away your indignation towards us. Ps 85:4

The Refrain for Morning Lesson

² You forgave the iniquity of your people;
you pardoned all their sin Ps.85:2

The Reading

He left that place and came to his home town, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, 'Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?' And they took offence at him. Then Jesus said to them, 'Prophets are not without honour, except in their home town, and among their own kin, and in their own house.' And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief. Mark 6:1-6

The Refrain for Morning Lesson

² You forgave the iniquity of your people;
you pardoned all their sin Ps.85:2

Morning Psalm

- ⁴ Restore us again, O God of our salvation,
and put away your indignation towards us.
- ⁵ Will you be angry with us for ever?
Will you prolong your anger to all generations?
- ⁶ Will you not revive us again,
so that your people may rejoice in you?
- ⁷ Show us your steadfast love, O LORD,
and grant us your salvation.
- ⁸ Let me hear what God the LORD will speak,
for he will speak peace to his people,
to his faithful, to those who turn to him in their hearts.
- ⁹ Surely his salvation is at hand for those who fear him,
that his glory may dwell in our land. Ps 85:4-9

The Refrain for Morning Lesson

- ² You forgave the iniquity of your people;
you pardoned all their sin Ps.85:2

Lord's Prayer

Prayer for the Week

Lord God, as we enter our second week of Lent, give us the courage to examine our hearts. Help us to admit our sins of both doing and not doing. May we repent, turn again to you with great confidence that we will be forgiven and loved. Amen.

Concluding Prayer

I thank you creator of the universe, for your love, for your grace, for your mercy, for your presence. Walk with me today in the name of Jesus your Son our Lord, Amen.

Midday Office (observed 11am to 2 PM)

The Call to Prayer

Do not be silent, O God of my praise. Ps.109: 1

The request for Presence

On the day I called, you answered me,
you increased my **strength** of soul. Ps.138: 3

Greeting

¹⁰ Steadfast love and faithfulness will meet;
righteousness and peace will kiss each other. Ps.85: 10

Refrain for Midday Lesson

¹¹ Faithfulness will spring up from the ground,
and righteousness will look down from the sky. Ps.85: 11

Reading Mark 6:7-12

⁷He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. ⁸He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; ⁹but to wear sandals and not to put on two tunics. ¹⁰He said to them, 'Wherever you enter a house, stay there until you leave the place.¹¹If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them.' ¹²So they went out and proclaimed that all should repent. ¹³They cast out many demons, and anointed with oil many who were sick and cured them

Refrain for Midday Lesson

¹¹ Faithfulness will spring up from the ground,
and righteousness will look down from the sky. Ps.85: 11

Midday Psalm

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

² Preserve my life, for I am devoted to you;

save your servant who trusts in you.
You are my God; ³be gracious to me, O Lord,
for to you do I cry all day long.
⁴ Gladden the soul of your servant,
for to you, O Lord, I lift up my soul. Ps 86L1-4

Refrain for Midday Lesson

¹¹ Faithfulness will spring up from the ground,
and righteousness will look down from the sky. Ps.85: 11

Lord's Prayer

Prayer for the Week

Lord God, as we enter our second week of Lent, give us the courage to examine our hearts. Help us to admit our sins of both doing and not doing. May we repent, turn again to you with great confidence that we will be forgiven and loved. Amen.

Concluding Prayer of the Church

Loving Lord, help me to see the joy in the simple things in life. Open my eyes, ears, and heart to the needs of those around me. Whatever happens today, remind me of your love and care. Amen.

Vespers Office (to be observed 7-10 pm)

Call to Prayer

In my distress I cry to the LORD,
that he may answer me: Ps 120: 1

Request for Presence

You show me the path of life.
In your **presence** there is fullness of joy;
in your right hand are pleasures for evermore Ps. 16: 11

Greeting

¹² The LORD will give what is good,
and our land will yield its increase. Ps 85: 12

Hymn O Sacred Head, Now Wounded

Verse 1

O sacred Head now wounded
With grief and shame weighed down
Now scornfully surrounded
With thorns Thine only crown
O sacred Head what glory
What bliss till now was Thine
Yet tho' despised and gory
I joy to call Thee mine

Verse 2

What Thou my Lord hast suffered
Was all for sinners' gain
Mine mine was the transgression
But Thine the deadly pain
Lo here I fall my Savior
'Tis I deserve Thy place
Look on me with Thy favor
Vouchsafe to me Thy grace

Verse 3

Men mock and taunt and jeer Thee
Thou noble countenance
Though mighty worlds shall fear Thee
And flee before Thy glance
How art Thou pale with anguish
With sore abuse and scorn
How doth Thy visage languish
That once was bright as morn

Refrain for Vesper Lesson

¹³ Righteousness will go before him,
and will make a path for his steps. Ps 85:13

Vesper Psalm

- ⁵ For you, O Lord, are good and forgiving,
abounding in steadfast love to all who call on you.
- ⁶ Give ear, O LORD, to my prayer;
listen to my cry of supplication.
- ⁷ In the day of my trouble I call on you,
for you will answer me. Ps.86: 5-7

Refrain for Vesper Lesson

- ¹³ Righteousness will go before him,
and will make a path for his steps. Ps 85: 13

Lord's Prayer**Prayer of the week**

Lord God, as we enter our second week of Lent, give us the courage to examine our hearts. Help us to admit our sins of both doing and not doing. May we repent, turn again to you with great confidence that we will be forgiven and loved. Amen.

Concluding Prayer of the Church

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. 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