

Lent Day 14

Morning Office (observed between 6-9am)

The Call to Prayer

But I trust in you, O LORD;
I say, 'You are my God. Ps31:14

The Request for Presence

Surely* goodness and mercy* shall follow me
all the days of my life,
and I shall dwell in the house of the LORD
my whole life long. Ps.23:6

The Greeting

Be mindful of your mercy, O LORD, and of your steadfast love,
for they have been from of old Ps 25:6

The Refrain for Morning Lesson

For the needy shall not always be forgotten,
nor the hope of the poor perish for ever Ps 9:18

The Reading

¹¹In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, ¹²so that we, who were the first to set our hope on Christ, might live for the praise of his glory. ¹³In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; ¹⁴this is the pledge of our inheritance towards redemption as God's own people, to the praise of his glory. Ephesians 1:11-14

The Refrain for Morning Lesson

For the needy shall not always be forgotten,
nor the hope of the poor perish for ever Ps 9:18

Morning Psalm

- ⁷ Sing to the LORD with thanksgiving;
make melody to our God on the lyre.
- ⁸ He covers the heavens with clouds,
prepares rain for the earth,
makes grass grow on the hills.
- ⁹ He gives to the animals their food,
and to the young ravens when they cry.
- ¹⁰ His delight is not in the strength of the horse,
nor his pleasure in the speed of a runner;
- ¹¹ but the LORD takes pleasure in those who fear him,
in those who hope in his steadfast love Ps.147:7-11

The Refrain for Morning Lesson

For the needy shall not always be forgotten,
nor the hope of the poor perish for ever Ps 9:18

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

Glory and Praise and Honor are all to the One who Reigns over Heaven and Earth. You made the sea and the sky, the earth and the stars. God of Wonders, you are all that I need. Amen.

Midday Office (observed 11am to 2 PM)

The Call to Prayer

Our heart is glad in him,
because we trust in his holy name Ps.33:21

The request for Presence

Do not, O LORD, withhold
your mercy from me;
let your steadfast love and your faithfulness
keep me safe for ever. Ps 40:11

Greeting

Truly the eye of the LORD is on those who fear him,
on those who hope in his steadfast love, Ps.33:18

Refrain for Midday Lesson

Let your steadfast love, O LORD, be upon us,
even as we hope in you. Ps 33:22

Reading

⁴But God, who is rich in mercy, out of the great love with which he loved us ⁵even when we were dead through our trespasses, made us alive together with Christ—by grace you have been saved— ⁶and raised us up with him and seated us with him in the heavenly places in Christ Jesus, ⁷so that in the ages to come he might show the immeasurable riches of his grace in kindness towards us in Christ Jesus. ⁸For by grace you have been saved through faith, and this is not your own doing; it is the gift of God— ⁹not the result of works, so that no one may boast. ¹⁰For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life. Ephesians 2:4-10

Refrain for Midday Lesson

Let your steadfast love, O LORD, be upon us,
even as we hope in you. Ps 33:22

Midday Psalm

Praise the LORD!

Praise the LORD, O my soul!

I will praise the LORD as long as I live;

I will sing praises to my God all my life long.

Do not put your trust in princes,

in mortals, in whom there is no help.

When their breath departs, they return to the earth;

on that very day their plans perish.

Happy are those whose help is the God of Jacob,

whose hope is in the LORD their God,

who made heaven and earth,

the sea, and all that is in them; Ps 146:1-6

Refrain for Midday Lesson

Let your steadfast love, O LORD, be upon us,

even as we hope in you. Ps 33:22

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

I thank you Lord for the blessings of life. For the daily bread of food, clothing and shelter. Help me to use these blessings for the sake of the world that needs what we have to give. Amen.

Vespers Office (to be observed 7-10 pm)

Call to Prayer

Commit your way to the LORD;
trust in him, and he will act. Ps.37:5

Request for Presence

Answer me, O LORD, for your steadfast love is good;
according to your abundant mercy, turn to me Ps 69:13

Greeting

'And now, O Lord, what do I wait for?
My hope is in you. Ps.39:7

Hymn O Sacred Head Now Wounded

Verse 4

**Now from Thy cheeks has vanished
Their color once so fair
From Thy red lips is banished
The splendor that was there
Grim death with cruel rigor
Hath robbed Thee of Thy life
Thus Thou hast lost Thy vigor
Thy strength in this sad strife**

Verse 5

**My burden in Thy Passion
Lord Thou hast borne for me
For it was my transgression
Which brought this woe on Thee
I cast me down before Thee
Wrath were my rightful lot
Have mercy I implore Thee
Redeemer spurn me not**

Verse 6

**What language shall I borrow
To thank Thee dearest friend
For this Thy dying sorrow
Thy pity without end
O make me Thine forever
And should I fainting be
Lord let me never never
Outlive my love to Thee**

Refrain for Vesper Lesson

For God alone my soul waits in silence,
for my hope is from him. Ps 62:5

Vesper Psalm

The LORD sets the prisoners free;
⁸ the LORD opens the eyes of the blind.
The LORD lifts up those who are bowed down;
the LORD loves the righteous.
⁹ The LORD watches over the strangers;
he upholds the orphan and the widow,
but the way of the wicked he brings to ruin. Ps 146:8-9

Refrain for Vesper Lesson

For God alone my soul waits in silence,
for my hope is from him. Ps 62:5

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

Lord God, as I await the darkness of sleep, may your light and your love brighten my evening and night until I wake to serve you with the dawn of the sun. Amen.