

Lent Day 19

Morning Office (observed between 6-9am)

The Call to Prayer

'Hear my prayer, O LORD,
and give ear to my cry;
do not hold your peace at my tears Ps.39:12

The Request for Presence

The LORD is the strength of his people;
he is the saving refuge of his anointed. Ps.28:8

The Greeting

¹ Make a joyful noise to the LORD, all the earth. Ps.100:1

The Refrain for Morning Lesson

² Worship the LORD with gladness;
come into his presence with singing. Ps.100:2

The Reading

17 When Jesus arrived, he found that Lazarus had already been in the tomb for four days. ¹⁸Now Bethany was near Jerusalem, some two miles away, ¹⁹and many of the Jews had come to Martha and Mary to console them about their brother. ²⁰When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. ²¹Martha said to Jesus, 'Lord, if you had been here, my brother would not have died. ²²But even now I know that God will give you whatever you ask of him.' ²³Jesus said to her, 'Your brother will rise again.' ²⁴Martha said to him, 'I know that he will rise again in the resurrection on the last day.' ²⁵Jesus said to her, 'I am the resurrection and the life. Those who believe in me, even though they die, will live, ²⁶and everyone who lives and believes in me will never die. Do you believe this?' ²⁷She said to him, 'Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world.'
John 11:17-27

The Refrain for Morning Lesson

² Worship the LORD with gladness;
come into his presence with singing. Ps.100:2

Morning Psalm

- ¹² But you, O LORD, are enthroned for ever;
your name endures to all generations.
- ¹³ You will rise up and have compassion on Zion,
for it is time to favour it;
the appointed time has come.
- ¹⁴ For your servants hold its stones dear,
and have pity on its dust.
- ¹⁵ The nations will fear the name of the LORD,
and all the kings of the earth your glory.
- ¹⁶ For the LORD will build up Zion;
he will appear in his glory.
- ¹⁷ He will regard the prayer of the destitute,
and will not despise their prayer. Ps.102:12-17

The Refrain for Morning Lesson

- ² Worship the LORD with gladness;
come into his presence with singing. Ps.100:2

Lord's Prayer

Prayer for the Week

Lord God, as we enter our third week of Lent, may your Spirit examine our hearts. Help us to be honest with ourselves. Help us to admit our sin. Help us to Repent and turn to you. We know all have sinned and fall short of the Glory of God and that we need your grace and mercy. Amen.

Concluding Prayer

Lord, in the busyness of day to day activities, help us to slow down and invite you into our lives. Quiet our minds and souls this day, so we may see your activity, rest with you beside calm waters and know that whatever this day may bring, you are with us. Amen.

Midday Office (observed 11am to 2 PM)

The Call to Prayer

I waited patiently for the LORD;
he inclined to me and heard my cry Ps.40:1

The request for Presence

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.28:17

Greeting

³ Know that the LORD is God.
It is he that made us, and we are his;
we are his people, and the sheep of his pasture. Ps.100:3

Refrain for Midday Lesson

⁴ Enter his gates with thanksgiving,
and his courts with praise.
Give thanks to him, bless his name. Ps.100:4

Reading

38 Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. ³⁹Jesus said, 'Take away the stone.' Martha, the sister of the dead man, said to him, 'Lord, already there is a stench because he has been dead for four days.' ⁴⁰Jesus said to her, 'Did I not tell you that if you believed, you would see the glory of God?' ⁴¹So they took away the stone. And Jesus looked upwards and said, 'Father, I thank you for having heard me. ⁴²I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me.' ⁴³When he had said this, he cried with a loud voice, 'Lazarus, come out!' ⁴⁴The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth. Jesus said to them, 'Unbind him, and let him go.' John 11:38-44

Refrain for Midday Lesson

⁴ Enter his gates with thanksgiving,
and his courts with praise.
Give thanks to him, bless his name. Ps.100:4

Midday Psalm

¹⁸ Let this be recorded for a generation to come,
so that a people yet unborn may praise the LORD:
¹⁹ that he looked down from his holy height,
from heaven the LORD looked at the earth,
²⁰ to hear the groans of the prisoners,
to set free those who were doomed to die;
²¹ so that the name of the LORD may be declared in Zion,
and his praise in Jerusalem,
²² when peoples gather together,
and kingdoms, to worship the LORD. Ps.102:18-22

Refrain for Midday Lesson

⁴ Enter his gates with thanksgiving,
and his courts with praise.
Give thanks to him, bless his name. Ps.100:4

Lord's Prayer

Prayer for the Week

Lord God, as we enter our third week of Lent, may your Spirit examine our hearts. Help us to be honest with ourselves. Help us to admit our sin. Help us to Repent and turn to you. We know all have sinned and fall short of the Glory of God and that we need your grace and mercy. Amen.

Concluding Prayer of the Church

Lord there are times when I center my life on you. There are too often times when I center my life on myself. Forgive my sin. Keep my steps moving with you and toward you. Please remove the distractions that cause me to look elsewhere. Fill me with wonder and awe at your presence. Amen.

Vespers Office (to be observed 7-10 pm)

Call to Prayer

By day the LORD commands his steadfast love,
and at night his song is with me,
a prayer to the God of my life. Ps.42:8

Request for Presence

Be exalted, O LORD, in your strength!
We will sing and praise your power. Ps.21:13

Greeting

⁵ For the LORD is good;
his steadfast love endures for ever,
and his faithfulness to all generations. Ps.100:5

Hymn

Verse 1

**God whose almighty word
Chaos and darkness heard
And took thier flight
Hear us we humbly pray
And where the Gospel day
Sheds not its glorious ray
Let there be light
Let there be light**

Verse 2

**Lord who once came to bring
On your redeeming wing
Healing and sight
Health to the sick in mind
Sight to the inly blind
To humankind let there be light
Let there be light**

Verse 3

**Spirit of truth and love
Life-giving holy dove
Speed forth Your flight
Move on the water's face
Bear the lamp of grace
And in earth's darkest place
Let there be light
Let there be light**

Verse 4

**Holy and blessed three
Glorious Trinity
Wisdom love might
Boundless as ocean's tide
Rolling in fullest pride
Through earth far and wide
Let there be light
O let there be ligh**

Refrain for Vesper Lesson

¹ I will sing of loyalty and of justice;
to you, O LORD, I will sing. Ps 101:1

Vesper Psalm

²⁵ Long ago you laid the foundation of the earth,
and the heavens are the work of your hands.
²⁶ They will perish, but you endure;
they will all wear out like a garment.
You change them like clothing, and they pass away;
²⁷ but you are the same, and your years have no end.
²⁸ The children of your servants shall live secure;
their offspring shall be established in your presence.

Ps.102:25-28

Refrain for Vesper Lesson

¹ I will sing of loyalty and of justice;
to you, O LORD, I will sing. Ps 101:1

Lord's Prayer

Prayer of the week

Lord God, as we enter our third week of Lent, may your Spirit examine our hearts. Help us to be honest with ourselves. Help us to admit our sin. Help us to Repent and turn to you. We know all have sinned and fall short of the Glory of God and that we need your grace and mercy. Amen.

Concluding Prayer of the Church

Almighty God, remove our fear. Fill us with faith. Grant us trust. Move us to Belief. For you dear God are all that we ever need. Help us to sleep well, as we await the morning of another God filled day. Amen.