

## **Lent Day 30**

### ***Morning Office (observed between 6-9am)***

#### ***The Call to Prayer***

The LORD answer you in the day of trouble!

The name of the God of Jacob protect you! Ps. 20:1

#### **The Request for Presence**

O God, you are my God, I seek you,

my soul thirsts for you;

my flesh faints for you,

as in a dry and weary land where there is no water Ps. 63:1

#### **The Greeting**

<sup>114</sup> You are my hiding-place and my shield;

I hope in your word. Ps 119:114

#### **The Refrain for Morning Lesson**

<sup>129</sup> Your decrees are wonderful;

therefore my soul keeps them. Ps 119:129

#### **The Reading**

29 His disciples said, 'Yes, now you are speaking plainly, not in any figure of speech! <sup>30</sup>Now we know that you know all things, and do not need to have anyone question you; by this we believe that you came from God.'<sup>31</sup>Jesus answered them, 'Do you now believe? <sup>32</sup>The hour is coming, indeed it has come, when you will be scattered, each one to his home, and you will leave me alone. Yet I am not alone because the Father is with me. <sup>33</sup>I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!' John 16:29-33

#### **The Refrain for Morning Lesson**

<sup>129</sup> Your decrees are wonderful;

therefore my soul keeps them. Ps 119:129

#### **Morning Psalm**

<sup>169</sup> Let my cry come before you, O LORD;

give me understanding according to your word.

<sup>170</sup> Let my supplication come before you;

deliver me according to your promise.

<sup>171</sup> My lips will pour forth praise,

because you teach me your statutes. Ps 119:169-171

## **The Refrain for Morning Lesson**

<sup>129</sup> Your decrees are wonderful;  
therefore my soul keeps them. Ps 119:129

## **Lord's Prayer**

## **Prayer for the Week**

Lord God, Creator of the Universe, Father of the Son, Lord of our Lives, as we enter week four of Lent deeper our commitment to you. Give us the faith to serve you in the world. Give us the faith to be Cross Bearers for the sake of the Gospel. Amen and Amen and Amen. Let it be so!

## **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**

To you, O LORD, I call;  
my rock, do not refuse to hear me,  
for if you are silent to me,  
I shall be like those who go down to the Pit Ps. 28:1

## **The request for Presence**

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

## **Greeting**

<sup>132</sup> Turn to me and be gracious to me,  
as is your custom towards those who love your name.  
Ps 119:132

### **Refrain for Midday Lesson**

<sup>135</sup> Make your face shine upon your servant,  
and teach me your statutes. Ps 119:135

### **Reading**

After Jesus had spoken these words, he went out with his disciples across the Kidron valley to a place where there was a garden, which he and his disciples entered. Now Judas, who betrayed him, also knew the place, because Jesus often met there with his disciples. So Judas brought a detachment of soldiers together with police from the chief priests and the Pharisees, and they came there with lanterns and torches and weapons. Then Jesus, knowing all that was to happen to him, came forward and asked them, 'For whom are you looking?' They answered, 'Jesus of Nazareth.' Jesus replied, 'I am he.' John 18:1-5

### **Refrain for Midday Lesson**

<sup>135</sup> Make your face shine upon your servant,  
and teach me your statutes. Ps 119:135

### **Midday Psalm**

<sup>172</sup> My tongue will sing of your promise,  
for all your commandments are right.  
<sup>173</sup> Let your hand be ready to help me,  
for I have chosen your precepts. Ps 119:172-173

### **Refrain for Midday Lesson**

<sup>135</sup> Make your face shine upon your servant,  
and teach me your statutes. Ps 119:135

### **Lord's Prayer**

#### **Prayer for the Week**

Lord God, Creator of the Universe, Father of the Son, Lord of our Lives, as we enter week four of Lent deeper our commitment to you. Give us the faith to serve you in the world. Give us the faith to be Cross Bearers for the sake of the Gospel. Amen and Amen and Amen. Let it be so!

#### **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**

In you, O LORD, I seek refuge;  
do not let me ever be put to shame;  
in your righteousness deliver me. Ps. 31:1

### **Request for Presence**

Let us come into his presence with thanksgiving;  
let us make a joyful noise to him with songs of praise Ps. 95:2

### **Greeting**

<sup>147</sup> I rise before dawn and cry for help;  
I put my hope in your words. Ps 119:147

### **Hymn**

#### **Verse 1**

**Faith of our fathers living still  
In spite of dungeon fire and sword  
O how our hearts beat high with joy  
Whene'er we hear that glorious word**

#### **Chorus 1**

**Faith of our fathers holy faith  
We will be true to thee till death**

#### **Verse 2**

**Our fathers chained in prisons dark  
Were still in heart and conscience free  
How sweet would be their children's fate  
If they like them could die for Thee**

**Verse 3**

**Faith of our fathers we will strive  
To win all nations unto Thee  
And through the truth that comes from God  
Mankind shall then be truly free**

**Verse 4**

**Faith of our fathers we will love  
Both friend and foe in all our strife  
And preach Thee too as love knows how  
By kindly words and virtuous life**

**Refrain for Vesper Lesson**

<sup>148</sup> My eyes are awake before each watch of the night,  
that I may meditate on your promise Ps 119:148

**Vesper Psalm**

<sup>174</sup> I long for your salvation, O LORD,  
and your law is my delight.

<sup>175</sup> Let me live that I may praise you,  
and let your ordinances help me.

<sup>176</sup> I have gone astray like a lost sheep; seek out your servant,  
for I do not forget your commandments. Ps 119:174-176

**Refrain for Vesper Lesson**

<sup>148</sup> My eyes are awake before each watch of the night,  
that I may meditate on your promise Ps 119:148

## **Lord's Prayer**

### **Prayer of the week**

Lord God, Creator of the Universe, Father of the Son, Lord of our Lives, as we enter week four of Lent deeper our commitment to you. Give us the faith to serve you in the world. Give us the faith to be Cross Bearers for the sake of the Gospel. Amen and Amen and Amen. Let it be so!

### **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.