

Lent Day 37

Morning Office (observed between 6-9am)

The Call to Prayer

O God, do not keep silence;
do not hold your peace or be still, O God Ps.83:1

The Request for Presence

Do not cast me off in the time of old age;
do not forsake me when my strength is spent. Ps.71:9

The Greeting

¹³ For it was you who formed my inward parts;
you knit me together in my mother's womb. Ps 139:13

The Refrain for Morning Lesson

¹⁴ I praise you, for I am fearfully and wonderfully made. Ps 139:14

The Reading

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. ²So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, 'They have taken the Lord out of the tomb, and we do not know where they have laid him.' ³Then Peter and the other disciple set out and went towards the tomb. ⁴The two were running together, but the other disciple outran Peter and reached the tomb first. ⁵He bent down to look in and saw the linen wrappings lying there, but he did not go in. ⁶Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, ⁷and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. ⁸Then the other disciple, who reached the tomb first, also went in, and he saw and believed; ⁹for as yet they did not understand the scripture, that he must rise from the dead. ¹⁰Then the disciples returned to their homes John 20:1-10

The Refrain for Morning Lesson

¹⁴ I praise you, for I am fearfully and wonderfully made. Ps 139:14

Morning Psalm

- ¹ I call upon you, O LORD; come quickly to me;
give ear to my voice when I call to you.
- ² Let my prayer be counted as incense before you,
and the lifting up of my hands as an evening sacrifice.
- ³ Set a guard over my mouth, O LORD;
keep watch over the door of my lips. Ps 141:1-3

The Refrain for Morning Lesson

- ¹⁴ I praise you, for I am fearfully and wonderfully made. Ps 139:14

Lord's Prayer

Prayer for the Week

As we enter the last week before Holy Week, Lord we pray that our Lenten journey will continue beyond Lent. We pray you prepare us to more fully understand this great love that you have for us. We pray that we will see Holy Week with fresh eyes and open hearts. Amen.

Concluding Prayer

Lord Have Mercy. Christ Have Mercy. Lord Have Mercy. Walk with me today. I seek only your presence for this day. Amen.

Midday Office (observed 11am to 2 PM)

The Call to Prayer

O LORD God of hosts, hear my prayer;
give ear, O God of Jacob! Ps.84:8

The request for Presence

My flesh and my heart may fail,
but God is the strength* of my heart and my portion for ever. Ps.73:26

Greeting

¹⁷ How weighty to me are your thoughts, O God!
How vast is the sum of them! Ps 139:17

Refrain for Midday Lesson

²³ Search me, O God, and know my heart;
test me and know my thoughts. Ps 139:23

Reading

11 But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; ¹²and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. ¹³They said to her, 'Woman, why are you weeping?' She said to them, 'They have taken away my Lord, and I do not know where they have laid him.' ¹⁴When she had said this, she turned round and saw Jesus standing there, but she did not know that it was Jesus. ¹⁵Jesus said to her, 'Woman, why are you weeping? For whom are you looking?' Supposing him to be the gardener, she said to him, 'Sir, if you have carried him away, tell me where you have laid him, and I will take him away.' ¹⁶Jesus said to her, 'Mary!' She turned and said to him in Hebrew, 'Rabbouni!' (which means Teacher). ¹⁷Jesus said to her, 'Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, "I am ascending to my Father and your Father, to my God and your God." ' ¹⁸Mary Magdalene went and announced to the disciples, 'I have seen the Lord'; and she told them that he had said these things to her John 20:11-18

Refrain for Midday Lesson

²³ Search me, O God, and know my heart;
test me and know my thoughts. Ps 139:23

Midday Psalm

⁸ But my eyes are turned towards you, O GOD, my Lord;
in you I seek refuge; do not leave me defenceless.

⁹ Keep me from the trap that they have laid for me,
and from the snares of evildoers.

¹⁰ Let the wicked fall into their own nets,
while I alone escape. Ps 141:8-10

Refrain for Midday Lesson

²³ Search me, O God, and know my heart;
test me and know my thoughts. Ps 139:23

Lord's Prayer

Prayer for the Week

As we enter the last week before Holy Week, Lord we pray that our Lenten journey will continue beyond Lent. We pray you prepare us to more fully understand this great love that you have for us. We pray that we will see Holy Week with fresh eyes and open hearts. Amen.

Concluding Prayer of the Church

Lord God, my soul longs for you. May your Holy Spirit fill me with joy and wonder. May I celebrate your great love in the name of Jesus Christ our Lord. Amen.

Vespers Office (to be observed 7-10 pm)

Call to Prayer

Incline your ear, O LORD, and answer me,
for I am poor and needy Ps.86:1

Request for Presence

Sing aloud to God our strength;
shout for joy to the God of Jacob. Ps.81:1

Greeting

I say to the LORD, 'You are my God;
give ear, O LORD, to the voice of my supplications.' Ps 140:6

Hymn All Glory Laud and Honor

Verse 4

**Thou didst accept their praises
Accept the praise we bring
Who in all good delightest
Thou good and gracious King
All glory laud and honor
To Thee Redeemer King
To whom the lips of children
Made sweet hosannas ring**

Verse 5

**Thou art the King of Israel
Thou David's royal Son
Who in the Lord's name comest
The King and blessed One
To Thee before Thy Passion
They sang their hymns of praise
To Thee now high exalted
Our melody we raise**

Verse 6

**Thou didst accept their praises
Accept the prayers we bring
Who in all good delightest
Thou good and gracious King
All glory laud and honor
To Thee Redeemer King
To whom the lips of children
Made sweet hosannas ring
Amen**

Refrain for Vesper Lesson

¹² I know that the LORD maintains the cause of the needy,
and executes justice for the poor. Ps 139:12

Vesper Psalm

¹ With my voice I cry to the LORD;
with my voice I make supplication to the LORD.
² I pour out my complaint before him;
I tell my trouble before him.
³ When my spirit is faint,
you know my way. Ps 142:1-3

Refrain for Vesper Lesson

¹² I know that the LORD maintains the cause of the needy,
and executes justice for the poor. Ps 139:12

Lord's Prayer

Prayer of the week

As we enter the last week before Holy Week, Lord we pray that our Lenten journey will continue beyond Lent. We pray you prepare us to more fully understand this great love that you have for us. We pray that we will see Holy Week with fresh eyes and open hearts. Amen.

Concluding Prayer of the Church

"Lord, make me an instrument of thy peace.
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy.

O divine Master, grant that I may not so much seek
To be consoled as to console,
To be understood as to understand,
To be loved as to love;
For it is in giving that we receive;
It is in pardoning that we are pardoned;
It is in dying to self that we are born to eternal life