

## **Lent Day 38**

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

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

Give ear, O LORD, to my prayer;  
listen to my cry of supplication Ps.86:6

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

Happy are those whose strength is in you,  
in whose heart are the highways to Zion. Ps.84:5

#### **The Greeting**

<sup>2</sup> The LORD is my rock, my fortress, and my deliverer,  
my God, my rock in whom I take refuge,  
my shield, and the horn of my salvation, my stronghold. Ps 18:2

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

<sup>3</sup> I call upon the LORD, who is worthy to be praised;  
so I shall be saved from my enemies. Ps 18:3

#### **The Reading**

19 When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, 'Peace be with you.' <sup>20</sup>After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. <sup>21</sup>Jesus said to them again, 'Peace be with you. As the Father has sent me, so I send you.'<sup>22</sup>When he had said this, he breathed on them and said to them, 'Receive the Holy Spirit. <sup>23</sup>If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained. John 20:19-23

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

<sup>3</sup> I call upon the LORD, who is worthy to be praised;  
so I shall be saved from my enemies. Ps 18:3

## **Morning Psalm**

- <sup>1</sup> The heavens are telling the glory of God;  
and the firmament proclaims his handiwork.
- <sup>2</sup> Day to day pours forth speech,  
and night to night declares knowledge.
- <sup>3</sup> There is no speech, nor are there words;  
their voice is not heard;
- <sup>4</sup> yet their voice goes out through all the earth,  
and their words to the end of the world. Ps.19:1-4

## **The Refrain for Morning Lesson**

- <sup>3</sup> I call upon the LORD, who is worthy to be praised;  
so I shall be saved from my enemies. Ps 18:3

## **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**

Loving Lord, as the new day dawn fill my heart with compassion for the lost and the lonely. Protect people who are faced with everyday evil. As a troubled world is present, walk with me and give me comfort today in the name of Jesus your most precious Son. Amen.

## **Midday Office (observed 11am to 2 PM)**

### **The Call to Prayer**

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

### **The request for Presence**

Turn to me and be gracious to me;  
give your strength to your servant; Ps.86:16

### **Greeting**

<sup>6</sup> In my distress I called upon the LORD;  
to my God I cried for help. Ps 18:6

### **Refrain for Midday Lesson**

<sup>28</sup> It is you who light my lamp;  
the LORD, my God, lights up my darkness. Ps 18:28

### **Reading**

24 But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. <sup>25</sup>So the other disciples told him, 'We have seen the Lord.' But he said to them, 'Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe.'

26 A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, 'Peace be with you.' <sup>27</sup>Then he said to Thomas, 'Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe.' <sup>28</sup>Thomas answered him, 'My Lord and my God!' <sup>29</sup>Jesus said to him, 'Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe. John 20:24-29

### **Refrain for Midday Lesson**

<sup>28</sup> It is you who light my lamp;  
the LORD, my God, lights up my darkness. Ps 18:28

## **Midday Psalm**

In the heavens he has set a tent for the sun,  
<sup>5</sup> which comes out like a bridegroom from his wedding canopy,  
and like a strong man runs its course with joy.  
<sup>6</sup> Its rising is from the end of the heavens,  
and its circuit to the end of them;  
and nothing is hidden from its heat.  
<sup>7</sup> The law of the LORD is perfect,  
reviving the soul;  
the decrees of the LORD are sure,  
making wise the simple;  
<sup>8</sup> the precepts of the LORD are right,  
rejoicing the heart;  
the commandment of the LORD is clear,  
enlightening the eyes; Ps 18:5-8

## **Refrain for Midday Lesson**

<sup>28</sup> It is you who light my lamp;  
the LORD, my God, lights up my darkness. Ps 18:28

## **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**

I am no longer my own, but yours. Put me to what you will, rank me with whom you will; put me to doing, put me to suffering; let me be employed for you, or laid aside for you, exalted for you, or brought low for you; let me be full, let me be empty, let me have all things, let me have nothing: I freely and wholeheartedly yield all things to your pleasure and disposal. And now, glorious and blessed God, Father, Son and Holy Spirit, you are mine and I am yours. So be it. And the covenant now made on earth, let it be ratified in heaven. Amen. John Wesley

### **Vespers Office (to be observed 7-10 pm)**

#### **Call to Prayer**

let my prayer come before you;  
incline your ear to my cry. Ps. 88:2

#### **Request for Presence**

Honour and majesty are before him;  
strength and beauty are in his sanctuary. Ps 96:6

#### **Greeting**

<sup>30</sup> This God—his way is perfect;  
the promise of the LORD proves true;  
he is a shield for all who take refuge in him. Ps 18:30

## **Hymn**

### **Verse 1**

**Go to dark Gethsemane  
Ye that feel the tempter's pow'r  
Your Redeemer's conflict see  
Watch with Him one bitter hour  
Turn not from His griefs away  
Learn of Jesus Christ to pray**

### **Verse 2**

**Follow to the judgment hall  
View the Lord of life arraigned  
O the wormwood and the gall  
O the pangs His soul sustained  
Shun not suff'ring shame or loss  
Learn of Him to bear the cross**

### **Verse 3**

**Calv'ry's mournful mountain climb  
There adoring at His feet  
Mark that miracle of time  
God's own sacrifice complete  
It is finished hear the cry  
Learn of Jesus Christ to die**

### **Verse 4**

**Early hasten to the tomb  
Where they laid His breathless clay  
All is solitude and gloom  
Who hath taken Him away  
Christ is ris'n he meets our eyes  
Savior teach us so to rise**

### **Refrain for Vesper Lesson**

<sup>31</sup> For who is God except the LORD?  
And who is a rock besides our God?— Ps 18:31

### **Vesper Psalm**

<sup>14</sup> Let the words of my mouth and the meditation of my heart  
be acceptable to you,  
O LORD, my rock and my redeemer Ps 18:14

### **Refrain for Vesper Lesson**

<sup>31</sup> For who is God except the LORD?  
And who is a rock besides our God?— Ps 18:31

### **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**

O God, grant me serenity to accept the things I cannot change, courage to change the things I can and wisdom to know the difference;  
living one day at a time, enjoying one moment at a time;  
accepting hardship as a pathway to peace; Serenity Prayer  
taking, as Jesus did, this sinful world as it is, not as I would have it;  
trusting that You will make all things right if I surrender to Your will;  
so that I may be reasonably happy in this life and supremely happy with You forever in the next. Amen.