

Lent Day 39

Morning Office (observed between 6-9am)

The Call to Prayer

But I, O LORD, cry out to you;
in the morning my prayer comes before you. Ps.88:13

The Request for Presence

Ascribe to the LORD, O families of the peoples,
ascribe to the LORD glory and strength. Ps 96:7

The Greeting

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

The Refrain for Morning Lesson

¹ My God, my God, why have you forsaken me?
Why are you so far from helping me, from the words of my groaning? Ps 22:1

The Reading

30 Now Jesus did many other signs in the presence of his disciples, which are not written in this book. ³¹But these are written so that you may come to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name.

John 20:30

The Refrain for Morning Lesson

¹ My God, my God, why have you forsaken me?
Why are you so far from helping me, from the words of my groaning? Ps 22:1

Morning Psalm

² O my God, I cry by day, but you do not answer;
and by night, but find no rest.
³ Yet you are holy,
enthroned on the praises of Israel.
⁴ In you our ancestors trusted;
they trusted, and you delivered them.
⁵ To you they cried, and were saved;
in you they trusted, and were not put to shame. Ps 22:2-5

The Refrain for Morning Lesson

¹ My God, my God, why have you forsaken me?

Why are you so far from helping me, from the words of my groaning? Ps 22:1

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

Dear Holy and Precious Father, we ask your grace and mercy be upon this day. May your Holy Spirit guide us and keep us centered where we need to be. Pick us up when we fall and rejoice with us when we stand for You in this world. Amen.

Midday Office (observed 11am to 2 PM)

The Call to Prayer

A prayer of one afflicted, when faint and pleading before the LORD.

Hear my prayer, O LORD;

let my cry come to you. Ps.102:1

The request for Presence

Seek the LORD and his strength;

seek his presence continually Ps105:4

Greeting

²⁶ The poor shall eat and be satisfied;

those who seek him shall praise the LORD.

May your hearts live for ever! Ps 22:26

Refrain for Midday Lesson

¹⁹ But you, O LORD, do not be far away!
O my help, come quickly to my aid! Ps 22:19

Reading

'Blessed are the poor in spirit, for theirs is the kingdom of heaven.
4 'Blessed are those who mourn, for they will be comforted.
5 'Blessed are the meek, for they will inherit the earth.
6 'Blessed are those who hunger and thirst for righteousness, for they will be filled.
Matthew 5:3-6

Refrain for Midday Lesson

¹⁹ But you, O LORD, do not be far away!
O my help, come quickly to my aid! Ps 22:19

Midday Psalm

⁶ But I am a worm, and not human;
scorned by others, and despised by the people.
⁷ All who see me mock at me;
they make mouths at me, they shake their heads;
⁸ 'Commit your cause to the LORD; let him deliver—
let him rescue the one in whom he delights!
⁹ Yet it was you who took me from the womb;
you kept me safe on my mother's breast.

Ps 22:6-9

Refrain for Midday Lesson

¹⁹ But you, O LORD, do not be far away!
O my help, come quickly to my aid! Ps 22:19

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 let me pause this noon to count the many ways that you love. You love through your creation of your world. You love by creating humans in your image. You love because of your grace and forgiveness. You love all the way to the cross and beyond because of the great sacrifice of Your Son. Thank you God for your Love. Amen.

Vespers Office (to be observed 7-10 pm)

Call to Prayer

He will regard the prayer of the destitute,
and will not despise their prayer. Ps 103:17

Request for Presence

The LORD is my strength and my might;
he has become my salvation. Ps.118:14

Greeting

²⁷ All the ends of the earth shall remember
and turn to the LORD;
and all the families of the nations
shall worship before him. Ps 22:27

Hymn

**My song is love unknown
The Savior's love for me
Love to the loveless
Shown that they might lovely be
For who am I that in my place
My Lord should take
Frail flesh and die**

Verse 2

**My soul is love unbound
For love has conquer'd death
And love the vict'ry won
In this His parting breath
For with the cry that all is done
Vain darkness fell before the Son**

Verse 3

**My song is love enthroned
Where angel voices raise
To magnify the Son
And sing the Father's praise
So shall I stand in glorious throng
And add my praises to that song**

Refrain for Vesper Lesson

²⁸ For dominion belongs to the LORD,
and he rules over the nations. Ps 22:28

Vesper Psalm

¹⁰ On you I was cast from my birth,
and since my mother bore me you have been my God.

¹¹ Do not be far from me,
for trouble is near
and there is no one to help.

¹² Many bulls encircle me,
strong bulls of Bashan surround me;

¹³ they open wide their mouths at me,
like a ravening and roaring lion Ps 22:10-13

Refrain for Vesper Lesson

²⁸ For dominion belongs to the LORD,
and he rules over the nations. Ps 22:28

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 God, it is a delight and a joy to know that you protect and preserve us throughout the day. It is a great comfort to know that whatever this day has brought to us, good or bad, you are with us. The forever presence of your Holy Spirit fills our hearts and souls with peace and joy. Amen.