

Lent Day 40 : Palm Sunday

Morning Office (observed between 6-9am)

The Call to Prayer

My heart is steadfast, O God, my heart is steadfast;*
I will sing and make melody.
Awake, my soul! Ps. 108:1

The Request for Presence

My soul melts away for sorrow;
strengthen me according to your word. Ps.119:2

The Greeting

¹ The earth is the LORD's and all that is in it,
the world, and those who live in it; Ps 24:1

The Refrain for Morning Lesson

⁷ Lift up your heads, O gates!
and be lifted up, O ancient doors!
that the King of glory may come in. Ps:24:7

The Reading

28 After he had said this, he went on ahead, going up to Jerusalem.

29 When he had come near Bethphage and Bethany, at the place called the Mount of Olives, he sent two of the disciples, ³⁰saying, 'Go into the village ahead of you, and as you enter it you will find tied there a colt that has never been ridden. Untie it and bring it here. ³¹If anyone asks you, "Why are you untying it?" just say this: "The Lord needs it." ' ³²So those who were sent departed and found it as he had told them. ³³As they were untying the colt, its owners asked them, 'Why are you untying the colt?'³⁴They said, 'The Lord needs it. Luke 19:28-34

The Refrain for Morning Lesson

⁷ Lift up your heads, O gates!
and be lifted up, O ancient doors!
that the King of glory may come in. Ps:24:7

Morning Psalm

¹ The LORD is my shepherd, I shall not want.

² He makes me lie down in green pastures;
he leads me beside still waters;

³ he restores my soul.

He leads me in right paths
for his name's sake.

⁴ Even though I walk through the darkest valley,
I fear no evil;

for you are with me;

your rod and your staff—

they comfort me. Ps 23:1-4

The Refrain for Morning Lesson

⁷ Lift up your heads, O gates!

and be lifted up, O ancient doors!

that the King of glory may come in. Ps:24:7

Lord's Prayer

Prayer for the Week

Lord God, on this day we mark the beginning of Holy Week. We thank you for the New Covenant in the sharing of your body and blood. We are ashamed but glad that your Son has to die on the cross on Good Friday. We know that we are blessed and saved by his suffering and death. We await Easter Morning. Amen.

Concluding Prayer

Lord Have Mercy! Christ have Mercy! Lord have Mercy! Amen.

Midday Office (observed 11am to 2 PM)

The Call to Prayer

Do not be silent, O God of my praise. Ps.109:1

The request for Presence

On the day I called, you answered me,
you increased my strength of soul. Ps.138:3

Greeting

Praise the LORD!
Sing to the LORD a new song,
his praise in the assembly of the faithful. Ps 148:1

Refrain for Midday Lesson

Praise the LORD!
Praise the LORD from the heavens;
praise him in the heights! Ps 148:1

Reading

³⁵Then they brought it to Jesus; and after throwing their cloaks on the colt, they set Jesus on it. ³⁶As he rode along, people kept spreading their cloaks on the road. ³⁷As he was now approaching the path down from the Mount of Olives, the whole multitude of the disciples began to praise God joyfully with a loud voice for all the deeds of power that they had seen, ³⁸saying,

'Blessed is the king
who comes in the name of the Lord!
Peace in heaven,
and glory in the highest heaven!'

³⁹Some of the Pharisees in the crowd said to him, 'Teacher, order your disciples to stop.' ⁴⁰He answered, 'I tell you, if these were silent, the stones would shout out.' Luke 19:35-39

Refrain for Midday Lesson

Praise the LORD!
Praise the LORD from the heavens;
praise him in the heights! Ps 148:1

Midday Psalm

⁵ You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.

⁶ Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the LORD
my whole life long. Ps 23:5-6

Refrain for Midday Lesson

Praise the LORD!
Praise the LORD from the heavens;
praise him in the heights! Ps 148:1

Lord's Prayer

Prayer for the Week

Lord God, on this day we mark the beginning of Holy Week. We thank you for the New Covenant in the sharing of your body and blood. We are ashamed but glad that your Son has to die on the cross on Good Friday. We know that we are blessed and saved by his suffering and death. We await Easter Morning. Amen.

Concluding Prayer of the Church

May the peace of God which passes all understanding keep our hearts and minds in Christ Jesus. Amen.

Vespers Office (to be observed 7-10 pm)

Call to Prayer

In my distress I cry to the LORD,
that he may answer me: Ps 120:1

Request for Presence

You show me the path of life.
In your presence there is fullness of joy;
in your right hand are pleasures for evermore Ps. 16:11

Greeting

Let them praise the name of the LORD,
for his name alone is exalted;
his glory is above earth and heaven. Ps 148:13

Hymn

Verse 1

**Ride on ride on in majesty
Hark all the tribes Hosanna cry
O Saviour meek pursue Thy road
With palms and scattered garments strow'd**

Verse 2

**Ride on ride on in majesty
In lowly pomp ride on to die
O Christ Thy triumphs now begin
O'er captive death and conquer'd sin**

Verse 3

**Ride on ride on in majesty
The Angel armies of the sky
Look down with sad and wondering eyes
To see the approaching sacrifice**

Verse 4

**Ride on ride on in majesty
The last and fiercest strife is nigh
The father on His sapphire throne
Awaits His own anointed Son**

Verse 5

**Ride on ride on in majesty
In lowly pomp ride on to die
Bow Thy meek head to mortal pain
Then take O God Thy power and reign**

Refrain for Vesper Lesson

Praise the LORD!
How good it is to sing praises to our God;
for he is gracious, and a song of praise is fitting Ps 147:1

Vesper Psalm

Praise the LORD!
Praise God in his sanctuary;
praise him in his mighty firmament!
Praise him for his mighty deeds;
praise him according to his surpassing greatness!
Praise him with trumpet sound;
praise him with lute and harp!
Praise him with tambourine and dance;
praise him with strings and pipe!
Praise him with clanging cymbals;
praise him with loud clashing cymbals!
Let everything that breathes praise the LORD!
Praise the LORD! Psalm 150

Refrain for Vesper Lesson

Praise the LORD!

How good it is to sing praises to our God;

for he is gracious, and a song of praise is fitting Ps 147:1

Lord's Prayer

Prayer of the week

Lord God, on this day we mark the beginning of Holy Week. We thank you for the New Covenant in the sharing of your body and blood. We are ashamed but glad that your Son has to die on the cross on Good Friday. We know that we are blessed and saved by his suffering and death. We await Easter Morning. Amen.

Concluding Prayer of the Church

Lord God, as we conclude our 40 days of Lent, we pray that your presence will continue with us and that we have been richly blessed by Praying the Hours. We ask that Your Word always be a lamp unto our feet and a light unto our path. In the name of the Father, Son and Holy Spirit. Amen.