

OPENING RESPONSES:

O Lord, open thou our lips.
And our mouth shall shew forth thy praise.

O God, make speed to save us.
O Lord, make haste to help us.

Glory be to the Father, and to the Son, and to the Holy Ghost.
As it was in the beginning, is now, and ever shall be, world without end. Amen.

Praise ye the Lord.
The Lord's name be praised.

PSALM: 36

My heart sheweth me the wickedness of the ungodly *
that there is no fear of God before his eyes.
For he flattereth himself in his own sight *
until his abominable sin be found out.
The words of his mouth are unrighteous, and full of deceit *
he hath left off to behave himself wisely, and to do good.
He imagineth mischief upon his bed, and hath set himself in no good way *
neither doth he abhor any thing that is evil.
Thy mercy, O Lord, reacheth unto the heavens *
and thy faithfulness unto the clouds.
Thy righteousness standeth like the strong mountains *
thy judgements are like the great deep.
Thou, Lord, shalt save both man and beast; How excellent is thy mercy, O God *
and the children of men shall put their trust under the shadow of thy wings.
They shall be satisfied with the plenteousness of thy house *
and thou shalt give them drink of thy pleasures, as out of the river.
For with thee is the well of life *
and in thy light shall we see light.
O continue forth thy loving-kindness unto them that know thee *
and thy righteousness unto them that are true of heart.
O let not the foot of pride come against me *
and let not the hand of the ungodly cast me down.
There are they fallen, all that work wickedness *
they are cast down, and shall not be able to stand.

Glory be to the Father:
and to the Son, and to the Holy Ghost.
As it was in the beginning, is now, and ever shall be:
world without end. Amen.

FIRST LESSON: Exodus 5:1-6:1

Moses and Aaron went to Pharaoh and said, 'Thus says the Lord, the God of Israel, "Let my people go, so that they may celebrate a festival to me in the wilderness."' But Pharaoh said, 'Who is the Lord, that I should heed him and let Israel go? I do not know the Lord, and I will not let Israel go.' Then they said, 'The God of the Hebrews has revealed himself to us; let us go a three days' journey into the wilderness to sacrifice to the Lord our God, or he will fall upon us with pestilence or sword.' But the king of Egypt said to them, 'Moses and Aaron, why are you taking the people away from their work? Get to your

labours!' Pharaoh continued, 'Now they are more numerous than the people of the land and yet you want them to stop working!' That same day Pharaoh commanded the taskmasters of the people, as well as their supervisors, 'You shall no longer give the people straw to make bricks, as before; let them go and gather straw for themselves. But you shall require of them the same quantity of bricks as they have made previously; do not diminish it, for they are lazy; that is why they cry, "Let us go and offer sacrifice to our God." Let heavier work be laid on them; then they will labour at it and pay no attention to deceptive words.'

So the taskmasters and the supervisors of the people went out and said to the people, 'Thus says Pharaoh, "I will not give you straw. Go and get straw yourselves, wherever you can find it; but your work will not be lessened in the least."' So the people scattered throughout the land of Egypt, to gather stubble for straw. The taskmasters were urgent, saying, 'Complete your work, the same daily assignment as when you were given straw.' And the supervisors of the Israelites, whom Pharaoh's taskmasters had set over them, were beaten, and were asked, 'Why did you not finish the required quantity of bricks yesterday and today, as you did before?'

Then the Israelite supervisors came to Pharaoh and cried, 'Why do you treat your servants like this? No straw is given to your servants, yet they say to us, "Make bricks!" Look how your servants are beaten! You are unjust to your own people.' He said, 'You are lazy, lazy; that is why you say, "Let us go and sacrifice to the Lord." Go now, and work; for no straw shall be given you, but you shall still deliver the same number of bricks.' The Israelite supervisors saw that they were in trouble when they were told, 'You shall not lessen your daily number of bricks.' As they left Pharaoh, they came upon Moses and Aaron who were waiting to meet them. They said to them, 'The Lord look upon you and judge! You have brought us into bad odour with Pharaoh and his officials, and have put a sword in their hand to kill us.'

Then Moses turned again to the Lord and said, 'O Lord, why have you mistreated this people? Why did you ever send me? Since I first came to Pharaoh to speak in your name, he has mistreated this people, and you have done nothing at all to deliver your people.'

Then the Lord said to Moses, 'Now you shall see what I will do to Pharaoh: Indeed, by a mighty hand he will let them go; by a mighty hand he will drive them out of his land.'

MAGNIFICAT:

My soul doth magnify the Lord:

and my spirit hath rejoiced in God my Saviour.

For he hath regarded:

the lowliness of his handmaiden.

For behold, from henceforth:

all generations shall call me blessed.

For he that is mighty hath magnified me:

and holy is his Name.

And his mercy is on them that fear him:

throughout all generations.

He hath shewed strength with his arm:

he hath scattered the proud in the imagination of their hearts.

He hath put down the mighty from their seat:

and hath exalted the humble and meek.

He hath filled the hungry with good things:

and the rich he hath sent empty away.

He remembering his mercy hath holpen his servant Israel:

as he promised to our forefathers, Abraham and his seed for ever.

Glory be to the Father:
and to the Son, and to the Holy Ghost.
As it was in the beginning, is now, and ever shall be:
world without end. Amen.

SECOND LESSON: Philippians 3:4b-14

I, too, have reason for confidence in the flesh.

If anyone else has reason to be confident in the flesh, I have more: circumcised on the eighth day, a member of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law, a Pharisee; as to zeal, a persecutor of the church; as to righteousness under the law, blameless.

Yet whatever gains I had, these I have come to regard as loss because of Christ. More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith. I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, if somehow I may attain the resurrection from the dead.

Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on towards the goal for the prize of the heavenly call of God in Christ Jesus.

NUNC DIMITTIS:

Lord, now lettest thou thy servant depart in peace:
according to thy word.
For mine eyes have seen:
thy salvation.
Which thou hast prepared:
before the face of all people.
To be a light to lighten the Gentiles:
and to be the glory of thy people Israel.

Glory be to the Father:
and to the Son, and to the Holy Ghost.
As it was in the beginning, is now, and ever shall be:
world without end. Amen.

THE APOSTLES' CREED:

I believe in God the Father almighty, maker of heaven and earth; And in Jesus Christ his only Son our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried. He descended into hell. The third day he rose again from the dead. He ascended into heaven, and sitteth on the right hand of God the Father almighty. From thence he shall come to judge the quick and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

The Lord be with you.
And with thy spirit.
Let us pray.

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

Our Father, which art in heaven,
Hallowed be thy name.
Thy kingdom come.
Thy will be done,
In earth, as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
As we forgive them that trespass against us.
And lead us not into temptation;
But deliver us from evil. Amen.

O Lord, shew thy mercy upon us.
And grant us thy salvation.

O Lord, save the Queen.
And mercifully hear us when we call upon thee.

Endue thy ministers with righteousness.
And make thy chosen people joyful.

O Lord, save thy people.
And bless thine inheritance.

Give peace in our time, O Lord.
Because there is none other that fighteth for us, but only thou, O God.

O God, make clean our hearts within us.
And take not thy Holy Spirit from us.

THE COLLECT OF THE DAY

We beseech thee, Almighty God, mercifully to look upon thy people; that by thy great goodness they may be governed and preserved evermore, both in body and soul; through Jesus Christ our Lord. Amen.

LENTEN COLLECT

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that are penitent; Create and make in us new and contrite hearts, that we, worthily lamenting our sins, and acknowledging our wretchedness, may obtain of thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord. Amen.

COLLECT FOR PEACE

O God, from whom all holy desires, all good counsels and all just works do proceed; Give unto thy servants that peace which the world cannot give; that both, our hearts may be set to obey thy commandments, and also that by thee we being defended from the fear of our enemies may pass our time in rest and quietness; through the merits of Jesus Christ our Saviour. Amen.

COLLECT FOR AID AGAINST ALL PERILS

Lighten our darkness, we beseech thee, O Lord: and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour Jesus Christ. Amen.

PRAYERS

Prayer for the poorest of the world

To you, O Lord, on bended knees our heads we bow in prayer: that you may hear our cry for blood-drenched lands and their exhausted people, who have seen too much death, and have been afraid too

long to understand your love, comprehend your presence, acknowledge your goodness and concern for them, a battered people; yearning for freedom as they bear your cross.

Lesley G. Anderson

Prayer for greater contentment

O God, make us more thankful for that we have received, more content with what we have, and more mindful of other people in need: we ask it for his sake who lived for us in poverty, Jesus Christ our Lord.

Simon H. Baynes

Longing for salvation

Bring us, O Lord, at our last awakening, into the house and gate of heaven, to enter into that gate and dwell in that house where there shall be no darkness nor dazzling, but one equal light; no noise nor silence, but one equal music; no fears nor hopes, but one equal possession; no ends nor beginnings, but one equal eternity in the habitations of your glory and dominion, world without end.

John Donne

Dean's Daily Prayer during Lent

God be in my head, and in my understanding. God be in mine eyes, and in my looking. God be in my mouth, and in my speaking. God be in my heart and in my thinking. God be at my end, and at my departing.

Sarum Primer (1588)

*Pause for **SILENT REFLECTION***

A PRAYER OF ST JOHN CHRYSOSTOM

Almighty God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise that when two or three are gathered together in thy Name thou wilt grant their requests: Fulfil now, O Lord, the desires and petitions of thy servants as may be most expedient for them; granting us in this world knowledge of thy truth, and in the world to come life everlasting. Amen.

THE GRACE

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

Hymns suitable for use at home:

ICH 560

Alone with none but thee, my God,
I journey on my way;
what need I fear when thou art near,
O King of night and day?
More safe am I within thy hand,
than if a host did round me stand.

My destined time is fixed by thee,
and death doth know his hour.
Did warriors strong around me throng,
they could not stay his power;
no walls of stone can me defend
when thou my messenger dost send.

My life I yield to thy decree,
and bow to thy control
in peaceful calm, for from thine arm
no power can wrest my soul.
Could earthly omens e'er appal
whoever heeds the heavenly call!

The child of God can fear no ill,
his chosen dead no foe;
we leave our fate with thee,
and wait thy bidding when to go.
'Tis not from chance our comfort springs,
Thou art our trust, O King of kings.

Words: attrib. Columba (c.520-597) tr. Anon

Tune: EMAIN MACHA Charles Wood (1866-1926) written for the Irish Church Hymnal (1919 edition)

ICH 247

When I survey the wondrous cross
on which the Prince of Glory died,
my richest gain I count but loss,
and pour contempt on all my pride.

Forbid it, Lord, that I should boast,
save in the cross of Christ, my God;
all the vain things that charm me most,
I sacrifice them to his Blood.

See from his head, his hands, his feet,
sorrow and love flow mingled down;
did e'er such love and sorrow meet,
or thorns compose so rich a crown?

Were the whole realm of nature mine,
that were an offering far too small;
love so amazing, so divine,
demands my soul, my life, my all.

Words: Isaac Watts (1674-1748)

Tune: ROCKINGHAM Adapted by Edward Miller (1731-1807) from a melody in A Second Supplement to Psalmody in Miniature (c. 1780)

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