

Sunday Prayer – First Week of Lent

Call to Prayer

God, come to my assistance.

Lord, make haste to help me.

Our help is in the name of the Lord

Who made heaven and earth.

Glory be to the Father, and to the Son, and to the Holy Spirit;

As it was in the beginning, is now, and will be forever. Amen.

Father God, Creator of heaven and earth,

God of Abraham, Isaac, and Jacob,

God of Israel,

God and Father of our Lord and Savior Jesus Christ,

True and Living God who is Father, Son, and Holy Spirit,

Have mercy and hear our prayer.

We Remember Our Baptism

+ In baptism, the Father is well pleased with us.

+ In baptism, we are crucified with Christ.

+ In baptism, the Spirit leads us to life and peace.

We are baptized; we are a new creation. Thanks be to God.

Psalm of the Day: Psalm 100

Make a joyful noise to the Lord, all the earth!

Serve the Lord with gladness!

Come into his presence with singing!

Know that the Lord, he is God!

It is he who made us, and we are his;

we are his people, and the sheep of his pasture.

Enter his gates with thanksgiving,

and his courts with praise!

Give thanks to him; bless his name!

For the Lord is good;
his steadfast love endures forever,
and his faithfulness to all generations.

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

Canticle: Exodus 15:1-2, 6-11, 17-18

"I will sing to the Lord, for he has triumphed gloriously;
the horse and his rider he has thrown into the sea.

The Lord is my strength and my song,
and he has become my salvation;
this is my God, and I will praise him,
my father's God, and I will exalt him.

Your right hand, O Lord, glorious in power,
your right hand, O Lord, shatters the enemy.
In the greatness of your majesty you overthrow your adversaries;
you send out your fury; it consumes them like stubble.

At the blast of your nostrils the waters piled up;
the floods stood up in a heap;
the deeps congealed in the heart of the sea.

The enemy said, 'I will pursue, I will overtake,
I will divide the spoil, my desire shall have its fill of them.
I will draw my sword; my hand shall destroy them.'

You blew with your wind; the sea covered them;
they sank like lead in the mighty waters.
"Who is like you, O Lord, among the gods?
Who is like you, majestic in holiness,
awesome in glorious deeds, doing wonders?"

You will bring them in and plant them on your own mountain,
the place, O Lord, which you have made for your abode,
the sanctuary, O Lord, which your hands have established.
The Lord will reign forever and ever."

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

Apostles' Creed

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living 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.

Scripture Reading: John 1:43-51

The next day Jesus decided to go to Galilee. He found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, "We have found him of whom Moses in the Law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." Jesus saw Nathanael coming toward him and said of him, "Behold, an Israelite indeed, in whom there is no deceit!" Nathanael said to him, "How do you know me?" Jesus answered him, "Before Philip called you, when you were under the fig tree, I saw you." Nathanael answered him, "Rabbi, you are the Son of God! You are the King of Israel!" Jesus answered him, "Because I said to you, 'I saw you under the fig tree,' do you believe? You will see greater things than these." And he said to him, "Truly, truly, I say to you,[a]

you will see heaven opened, and the angels of God ascending and descending on the Son of Man.”

Contemplation

The Beatitudes

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

“Blessed are those who mourn, for they shall be comforted.

“Blessed are the meek, for they shall inherit the earth.

“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

“Blessed are the merciful, for they shall receive mercy.

“Blessed are the pure in heart, for they shall see God.

“Blessed are the peacemakers, for they shall be called sons of God.

“Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

“Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

Intercessory Prayer

Offer a prayer for yourself, for someone God brings to your mind, a prayer for your Church, your community, and for the world.

Lord's Prayer

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins, as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.

Closing Prayer

Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, all I have and call my own. You have given all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace. That is enough for me.

May the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.

Monday Prayer – First Week of Lent

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Psalm of the Day: Psalm 95

Oh come, let us sing to the Lord;

let us make a joyful noise to the rock of our salvation!

Let us come into his presence with thanksgiving;

let us make a joyful noise to him with songs of praise!

For the Lord is a great God,

and a great King above all gods.

In his hand are the depths of the earth;

the heights of the mountains are his also.

The sea is his, for he made it, and his hands formed the dry land.

Oh come, let us worship and bow down;
let us kneel before the Lord, our Maker!
For he is our God,
and we are the people of his pasture,
and the sheep of his hand.

Today, if you hear his voice,
do not harden your hearts, as at Meribah,
as on the day at Massah in the wilderness,
when your fathers put me to the test
and put me to the proof, though they had seen my work.
For forty years I loathed that generation
and said, "They are a people who go astray in their heart,
and they have not known my ways."
Therefore I swore in my wrath,
"They shall not enter my rest."

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

Canticle: Micah 4:1-5

It shall come to pass in the latter days
that the mountain of the house of the Lord
shall be established as the highest of the mountains,
and it shall be lifted up above the hills;
and peoples shall flow to it,

and many nations shall come, and say:
"Come, let us go up to the mountain of the Lord,
to the house of the God of Jacob,
that he may teach us his ways
and that we may walk in his paths."

For out of Zion shall go forth the law,
and the word of the Lord from Jerusalem.
He shall judge between many peoples,
and shall decide disputes for strong nations far away;

and they shall beat their swords into plowshares,

and their spears into pruning hooks;
nation shall not lift up sword against nation,
neither shall they learn war anymore;

but they shall sit every man under his vine and under his fig tree,
and no one shall make them afraid,
for the mouth of the Lord of hosts has spoken.

For all the peoples walk
each in the name of its god,
but we will walk in the name of the Lord our God
forever and ever.

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

Apostles' Creed

I believe in God, the Father almighty,
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I believe in Jesus Christ, his only Son, our Lord.
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and born of the Virgin Mary.
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was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living 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.

Scripture Reading: Matthew 10:5-20

These twelve Jesus sent out, instructing them, "Go nowhere among the Gentiles and enter no town of the Samaritans, but go rather to the lost sheep of the house of Israel. And proclaim as you go, saying, 'The kingdom of heaven is at hand.' Heal the sick, raise the dead, cleanse lepers, cast out demons. You received without paying; give without pay. Acquire no gold or silver or copper for your belts, no bag for your journey, or two tunics or sandals or a staff, for the laborer deserves his food. And whatever town or village you enter, find out who is worthy in it and stay there until you depart. As you enter the house, greet it. And if the house is worthy, let your peace come upon it, but if it is not worthy, let your peace return to you. And if anyone will not receive you or listen to your words, shake off the dust from your feet when you leave that house or town. Truly, I say to you, it will be more bearable on the day of judgment for the land of Sodom and Gomorrah than for that town.

"Behold, I am sending you out as sheep in the midst of wolves, so be wise as serpents and innocent as doves. Beware of men, for they will deliver you over to courts and flog you in their synagogues, and you will be dragged before governors and kings for my sake, to bear witness before them and the Gentiles. When they deliver you over, do not be anxious how you are to speak or what you are to say, for what you are to say will be given to you in that hour. For it is not you who speak, but the Spirit of your Father speaking through you.

Contemplation

The Beatitudes

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"Blessed are the meek, for they shall inherit the earth.

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Intercessory Prayer

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Closing Prayer

Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, all I have and call my own. You have given all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace. That is enough for me.

May the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.

Tuesday Prayer – First Week of Lent

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Psalm of the Day: Psalm 8

O Lord, our Lord,
how majestic is your name in all the earth!
You have set your glory above the heavens.

Out of the mouth of babies and infants,
you have established strength because of your foes,
to still the enemy and the avenger.

When I look at your heavens, the work of your fingers,
the moon and the stars, which you have set in place,
what is man that you are mindful of him,
and the son of man that you care for him?

Yet you have made him a little lower than the heavenly beings
and crowned him with glory and honor.
You have given him dominion over the works of your hands;

you have put all things under his feet,
all sheep and oxen,
and also the beasts of the field,
the birds of the heavens, and the fish of the sea,
whatever passes along the paths of the seas.

O Lord, our Lord,
how majestic is your name in all the earth!

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

Canticle: Daniel 3:57-87

Bless the Lord, all you works of the Lord;
sing praise to him and highly exalt him forever.

Bless the Lord, you heavens;
Bless the Lord, you angels of the Lord;
Bless the Lord, all you waters above the heavens;
Bless the Lord, all you powers of the Lord;
Bless the Lord, sun and moon;
Bless the Lord, stars of heaven;
sing praise to him and highly exalt him forever.

Bless the Lord, all rain and dew;
Bless the Lord, all you winds;
Bless the Lord, fire and heat;
Bless the Lord, winter cold and summer heat;
Bless the Lord, dews and falling snow;
Bless the Lord, ice and cold;
sing praise to him and highly exalt him forever.

Bless the Lord, frosts and snows;
Bless the Lord, nights and days;
Bless the Lord, light and darkness;
Bless the Lord, lightning and clouds;
sing praise to him and highly exalt him forever.

Let the earth bless the Lord;
Bless the Lord, mountains and hills;
Bless the Lord, all that grows in the ground;
Bless the Lord, you springs;
Bless the Lord, seas and rivers;
sing praise to him and highly exalt him forever.

Bless the Lord, you whales and all that swim in the waters;
Bless the Lord, all birds of the air;
Bless the Lord, all wild animals and cattle;
sing praise to him and highly exalt him forever.

Bless the Lord, all people on earth;
Bless the Lord, O Israel;

Bless the Lord, you priests of the Lord;
Bless the Lord, you servants of the Lord;

Bless the Lord, spirits and souls of the righteous;
Bless the Lord, you who are holy and humble in heart;
sing praise to him and highly exalt him forever.

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the holy catholic Church,
the communion of saints,
the forgiveness of sins,
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and the life everlasting. Amen.

Scripture Reading: Matthew 17:1-9

And after six days Jesus took with him Peter and James, and John his brother, and led them up a high mountain by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became white as light. And behold, there appeared to them Moses and Elijah, talking with him. And Peter said to Jesus, "Lord, it is good that we are here. If you wish, I will make three tents here, one for you and one for Moses and one for Elijah." He

was still speaking when, behold, a bright cloud overshadowed them, and a voice from the cloud said, "This is my beloved Son, with whom I am well pleased; listen to him." When the disciples heard this, they fell on their faces and were terrified. But Jesus came and touched them, saying, "Rise, and have no fear." And when they lifted up their eyes, they saw no one but Jesus only. And as they were coming down the mountain, Jesus commanded them, "Tell no one the vision, until the Son of Man is raised from the dead."

Contemplation

The Beatitudes

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Closing Prayer

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May the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.

Wednesday Prayer – First Week of Lent

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Psalm of the Day: Psalm 29

Ascribe to the Lord, O heavenly beings,

ascribe to the Lord glory and strength.

Ascribe to the Lord the glory of his name;

worship the Lord in holy splendor.

The voice of the Lord is over the waters;
the God of glory thunders,
the Lord, over mighty waters.

The voice of the Lord is powerful;
the voice of the Lord is full of majesty.
The voice of the Lord breaks the cedars;
the Lord breaks the cedars of Lebanon.

He makes Lebanon skip like a calf,
and Sirion like a young wild ox.
The voice of the Lord flashes forth flames of fire.

The voice of the Lord shakes the wilderness;
the Lord shakes the wilderness of Kadesh.
The voice of the Lord causes the oaks to whirl,
and strips the forest bare;
and in his temple all say, "Glory!"

The Lord sits enthroned over the flood;
the Lord sits enthroned as king forever.

May the Lord give strength to his people!
May the Lord bless his people with peace!

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

Canticle: from Job 39

"Do you know when the mountain goats give birth?
Do you observe the calving of the does?
Can you number the months that they fulfill,
and do you know the time when they give birth,

when they crouch to give birth to their offspring,
and are delivered of their young?
Their young ones become strong, they grow up in the open;
they go out and do not return to them.

"Is the wild ox willing to serve you?
Will it spend the night at your manger?
Can you bind it in the furrow with ropes,
or will it harrow the valleys after you?

Will you depend on it because its strength is great,
and will you leave to him your labor?
Do you have faith in it that it will return your grain
and gather it to your threshing floor?

"Is it by your understanding that the hawk soars,
and spreads its wings toward the south?
Is it at your command that the eagle mounts up
and makes its nest on high?

On the rock it dwells and makes its home
in the rocky crag and stronghold.
From there it spies out the prey;
its eyes behold it from far away.
Its young ones suck up blood;
and where the slain are, there it is."

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Scripture Reading: from Hebrews 11 and 12

Now faith is the assurance of things hoped for, the conviction of things not seen. For by it the people of old received their commendation. By faith we understand that the universe was created by the word of God, so that what is seen was not made out of things that are visible. [Consider those] who through faith conquered kingdoms, enforced justice, obtained promises, stopped the mouths of lions, quenched the power of fire, escaped the edge of the sword, were made strong out of weakness, became mighty in war, put foreign armies to flight. Women received back their dead by resurrection. Some were tortured, refusing to accept release, so that they might rise again to a better life. Others suffered mocking and flogging, and even chains and imprisonment. They were stoned, they were sawn in two, they were killed with the sword. They went about in skins of sheep and goats, destitute, afflicted, mistreated— of whom the world was not worthy—wandering about in deserts and mountains, and in dens and caves of the earth. And all these, though commended through their faith, did not receive what was promised, since God had provided something better for us, that apart from us they should not be made perfect.

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

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Psalm of the Day: Psalm 98

Oh sing to the Lord a new song,
for he has done marvelous things!
His right hand and his holy arm
have worked salvation for him.

The Lord has made known his salvation;
he has revealed his righteousness in the sight of the nations.
He has remembered his steadfast love and faithfulness
to the house of Israel.
All the ends of the earth have seen
the salvation of our God.

Make a joyful noise to the Lord, all the earth;
break forth into joyous song and sing praises!
Sing praises to the Lord with the lyre,
with the lyre and the sound of melody!

With trumpets and the sound of the horn
make a joyful noise before the King, the Lord!
Let the sea roar, and all that fills it;
the world and those who dwell in it!

Let the rivers clap their hands;
let the hills sing for joy together
before the Lord, for he comes
to judge the earth.
He will judge the world with righteousness,
and the peoples with equity.

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

Canticle: Jeremiah 31:10-14

“Hear the word of the Lord, O nations,
and declare it in the coastlands far away;
say, ‘He who scattered Israel will gather him,
and will keep him as a shepherd keeps his flock.’

For the Lord has ransomed Jacob
and has redeemed him from hands too strong for him.
They shall come and sing aloud on the height of Zion,
and they shall be radiant over the goodness of the Lord,

over the grain, the wine, and the oil,
and over the young of the flock and the herd;
their life shall be like a watered garden,
and they shall languish no more.

Then shall the young women rejoice in the dance,
and the young men and the old shall be merry.
I will turn their mourning into joy;
I will comfort them, and give them gladness for sorrow.

I will feast the soul of the priests with abundance,
and my people shall be satisfied with my goodness,
declares the Lord.”

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

Apostles' Creed

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living 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.

Scripture Reading: Mark 1:35-44

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. And Simon and those who were with him searched for him, and they found him and said to him, "Everyone is looking for you." And he said to them, "Let us go on to the next towns, that I may preach there also, for that is why I came out." And he went throughout all Galilee, preaching in their synagogues and casting out demons.
And a leper came to him, imploring him, and kneeling said to him, "If you will, you can make me clean." Moved with pity, he stretched out his hand and touched him and said to him, "I will; be clean." And immediately the leprosy left him, and he was made clean. And Jesus sternly charged him and sent him away at once, and said to him, "See that you say nothing to anyone, but go, show yourself to the priest and offer for your cleansing what Moses commanded, for a proof to them."

Contemplation

The Beatitudes

"Blessed are the poor in spirit, for theirs is the kingdom of heaven.

"Blessed are those who mourn, for they shall be comforted.

"Blessed are the meek, for they shall inherit the earth.

"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

"Blessed are the merciful, for they shall receive mercy.

"Blessed are the pure in heart, for they shall see God.

"Blessed are the peacemakers, for they shall be called sons of God.

"Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

"Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

Intercessory Prayer

Offer a prayer for yourself, for someone God brings to your mind, a prayer for your Church, your community, and for the world.

Lord's Prayer

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins, as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.

Closing Prayer

Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, all I have and call my own. You have given all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace. That is enough for me.

May the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.

Friday Prayer – First Week of Lent

God, come to my assistance.

Lord, make haste to help me.

Our help is in the name of the Lord

Who made heaven and earth.

Glory be to the Father, and to the Son, and to the Holy Spirit;

As it was in the beginning, is now, and will be forever. Amen.

Father God, Creator of heaven and earth,

God of Abraham, Isaac, and Jacob,

God of Israel,

God and Father of our Lord and Savior Jesus Christ,

True and Living God who is Father, Son, and Holy Spirit,

Have mercy and hear our prayer.

We Remember Our Baptism

+ In baptism, the Father is well pleased with us.

+ In baptism, we are crucified with Christ.

+ In baptism, the Spirit leads us to life and peace.

We are baptized; we are a new creation. Thanks be to God.

Psalm of the Day: Psalm 51

Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.

Wash me thoroughly from my iniquity,
and cleanse me from my sin!

For I know my transgressions,
and my sin is ever before me.

Against you, you only, have I sinned
and done what is evil in your sight,

so that you may be justified in your words
and blameless in your judgment.

Behold, I was brought forth in iniquity,

and in sin did my mother conceive me.

Behold, you delight in truth in the inward being,
and you teach me wisdom in the secret heart.
Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.

Let me hear joy and gladness;
let the bones that you have broken rejoice.
Hide your face from my sins,
and blot out all my iniquities.

Create in me a clean heart, O God,
and renew a right spirit within me.
Cast me not away from your presence,
and take not your Holy Spirit from me.

Restore to me the joy of your salvation,
and uphold me with a willing spirit.
Then I will teach transgressors your ways,
and sinners will return to you.

Deliver me from bloodguiltiness, O God,
O God of my salvation,
and my tongue will sing aloud of your righteousness.
O Lord, open my lips,
and my mouth will declare your praise.

For you will not delight in sacrifice, or I would give it;
you will not be pleased with a burnt offering.
The sacrifices of God are a broken spirit;
a broken and contrite heart, O God, you will not despise.

Do good to Zion in your good pleasure;
build up the walls of Jerusalem;
then will you delight in right sacrifices,
in burnt offerings and whole burnt offerings;
then bulls will be offered on your altar.

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

Canticle: from Jeremiah 17

Thus says the Lord:

"Cursed is the man who trusts in man
and makes flesh his strength,
whose heart turns away from the Lord.

He is like a shrub in the desert,
and shall not see any good come.
He shall dwell in the parched places of the wilderness,
in an uninhabited salt land.

Blessed is the man who trusts in the Lord,
whose trust is the Lord.
He is like a tree planted by water,
that sends out its roots by the stream,
and does not fear when heat comes,

for its leaves remain green,
and is not anxious in the year of drought,
for it does not cease to bear fruit."

The heart is deceitful above all things,
and desperately sick;
who can understand it?

"I the Lord search the heart
and test the mind,
to give every man according to his ways,
according to the fruit of his deeds."

Heal me, O Lord, and I shall be healed;
save me, and I shall be saved,
for you are my praise.

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

Apostles' Creed

I believe in God, the Father almighty,
creator of heaven and earth.

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He will come again to judge the living 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.

Scripture Reading: 2 Corinthians 3:16 – 4:12

When one turns to the Lord, the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

Therefore, having this ministry by the mercy of God, we do not lose heart. But we have renounced disgraceful, underhanded ways. We refuse to practice cunning or to tamper with God's word, but by the open statement of the truth we would commend ourselves to everyone's conscience in the sight of God. And even if our gospel is veiled, it is veiled to those who are perishing. In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God. For what we proclaim is not ourselves, but Jesus Christ as Lord, with ourselves as your servants for Jesus' sake. For God, who said, "Let light shine

out of darkness," has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. For we who live are always being given over to death for Jesus' sake, so that the life of Jesus also may be manifested in our mortal flesh. So death is at work in us, but life in you.

Contemplation

The Beatitudes

"Blessed are the poor in spirit, for theirs is the kingdom of heaven.

"Blessed are those who mourn, for they shall be comforted.

"Blessed are the meek, for they shall inherit the earth.

"Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

"Blessed are the merciful, for they shall receive mercy.

"Blessed are the pure in heart, for they shall see God.

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"Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

"Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

Intercessory Prayer

Offer a prayer for yourself, for someone God brings to your mind, a prayer for your Church, your community, and for the world.

Lord's Prayer

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins, as we forgive those who sin against us. Lead us not into temptation, but deliver us from evil. For the kingdom, the power, and the glory are yours, now and forever. Amen.

Closing Prayer

Take, Lord, and receive all my liberty, my memory, my understanding, and my entire will, all I have and call my own. You have given all to me. To you, Lord, I return it. Everything is yours; do with it what you will. Give me only your love and your grace. That is enough for me.

May the Lord bless us, protect us from all evil, and bring us to everlasting life. Amen.

Saturday Prayer – First Week of Lent

God, come to my assistance.

Lord, make haste to help me.

Our help is in the name of the Lord

Who made heaven and earth.

Glory be to the Father, and to the Son, and to the Holy Spirit;

As it was in the beginning, is now, and will be forever. Amen.

Father God, Creator of heaven and earth,

God of Abraham, Isaac, and Jacob,

God of Israel,

God and Father of our Lord and Savior Jesus Christ,

True and Living God who is Father, Son, and Holy Spirit,

Have mercy and hear our prayer.

We Remember Our Baptism

+ In baptism, the Father is well pleased with us.

+ In baptism, we are crucified with Christ.

+ In baptism, the Spirit leads us to life and peace.

We are baptized; we are a new creation. Thanks be to God.

Psalm of the Day: Psalm 65

Praise is due to you, O God, in Zion,
and to you shall vows be performed.

O you who hear prayer,
to you shall all flesh come.
When iniquities prevail against me,
you atone for our transgressions.

Blessed is the one you choose and bring near,
to dwell in your courts!
We shall be satisfied with the goodness of your house,
the holiness of your temple!

By awesome deeds you answer us with righteousness,
O God of our salvation,
the hope of all the ends of the earth
and of the farthest seas;

the one who by his strength established the mountains,
being girded with might;
who stills the roaring of the seas,
the roaring of their waves,
the tumult of the peoples,

so that those who dwell at the ends of the earth
are in awe at your signs.
You make the going out of the morning and the evening
to shout for joy.

You visit the earth and water it;
you greatly enrich it;
the river of God is full of water;
you provide their grain,
for so you have prepared it.

You water its furrows abundantly,
settling its ridges,
softening it with showers,
and blessing its growth.

You crown the year with your bounty;
your wagon tracks overflow with abundance.
The pastures of the wilderness overflow,
the hills gird themselves with joy,

the meadows clothe themselves with flocks,
the valleys deck themselves with grain,
they shout and sing together for joy.

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

Canticle: Isaiah 65:17-19, 21-25

“For behold, I create new heavens
and a new earth,
and the former things shall not be remembered
or come into mind.

But be glad and rejoice forever
in that which I create;
for behold, I create Jerusalem to be a joy,
and her people to be a gladness.

I will rejoice in Jerusalem
and be glad in my people;
no more shall be heard in it the sound of weeping
and the cry of distress.

They shall build houses and inhabit them;
they shall plant vineyards and eat their fruit.
They shall not build and another inhabit;
they shall not plant and another eat;
for like the days of a tree shall the days of my people be,
and my chosen shall long enjoy the work of their hands.

They shall not labor in vain
or bear children for calamity,
for they shall be the offspring of the blessed of the Lord,
and their descendants with them.

Before they call I will answer;
while they are yet speaking I will hear.
The wolf and the lamb shall graze together;
the lion shall eat straw like the ox,

and dust shall be the serpent's food.

They shall not hurt or destroy
in all my holy mountain,"
says the Lord.

Glory be to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now, and will be forever. Amen.

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the holy catholic Church,
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the forgiveness of sins,
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Scripture Reading: Isaiah 65:17-25

"For behold, I create new heavens and a new earth, and the former things shall not be remembered or come into mind. But be glad and rejoice forever in that which I create; for behold, I create Jerusalem to be a joy, and her people to be a gladness. I will rejoice in Jerusalem and be glad in my people; no more shall be heard in it the sound of weeping and the cry of distress. No more shall there be in it an infant who lives but a few days, or an old man who does not fill out his days, for the young man shall die a hundred years old, and the sinner a hundred

years old shall be accursed. They shall build houses and inhabit them; they shall plant vineyards and eat their fruit. They shall not build and another inhabit; they shall not plant and another eat; for like the days of a tree shall the days of my people be, and my chosen shall long enjoy the work of their hands. They shall not labor in vain or bear children for calamity, for they shall be the offspring of the blessed of the Lord, and their descendants with them. Before they call I will answer; while they are yet speaking I will hear. The wolf and the lamb shall graze together; the lion shall eat straw like the ox, and dust shall be the serpent's food. They shall not hurt or destroy in all my holy mountain, says the Lord.

Contemplation

The Beatitudes

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