

## Daily Morning Prayer:

### Rite One

*Wednesday, March 2, 2022*

*Ash Wednesday*

### The Invitatory and Psalter

*Officiant* O Lord, open thou our lips.

*People* And our mouth shall show forth thy praise.

*Officiant and People*

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

*Officiant* The Lord is full of compassion and mercy:

*People* O come, let us adore him.

### **The Invitatory, Psalm 95**

O come, let us sing unto the LORD; \*

let us heartily rejoice in the strength of our salvation.

Let us come before his presence with thanksgiving \*

and show ourselves glad in him with psalms.

For the LORD is a great God, \*

and a great King above all gods.

In his hand are all the corners of the earth, \*

and the strength of the hills is his also.

The sea is his, and he made it, \*

and his hands prepared the dry land.

O come, let us worship and fall down, \*

and kneel before the LORD our Maker.

For he is the LORD our God, \*

and we are the people of his pasture

and the sheep of his hand.

O worship the LORD in the beauty of holiness; \*

let the whole earth stand in awe of him.

For he cometh, for he cometh to judge the earth, \*

and with righteousness to judge the world

and the peoples with his truth.

Harden not your hearts,

as your forebears did in the wilderness, \*

at Meribah, and on that day at Massah,

when they tempted me.

They put me to the test, \*

though they had seen my works.

Forty years long I detested that generation and said, \*  
"This people are wayward in their hearts;  
they do not know my ways."  
So I swore in my wrath, \*  
"They shall not enter into my rest."

**Psalm 32**     *Beati quorum*

- 1 Happy are they whose transgressions are forgiven, \*  
and whose sin is put away!
- 2 Happy are they to whom the LORD imputes no guilt, \*  
and in whose spirit there is no guile!
- 3 While I held my tongue, my bones withered away, \*  
because of my groaning all day long.
- 4 For your hand was heavy upon me day and night; \*  
my moisture was dried up as in the heat of summer.
- 5 Then I acknowledged my sin to you, \*  
and did not conceal my guilt.
- 6 I said, "I will confess my transgressions to the LORD." \*  
Then you forgave me the guilt of my sin.
- 7 Therefore all the faithful will make their prayers to you in  
time of trouble; \*  
when the great waters overflow, they shall not reach them.
- 8 You are my hiding-place;  
you preserve me from trouble; \*  
you surround me with shouts of deliverance.
- 9 "I will instruct you and teach you in the way that you  
should go; \*  
I will guide you with my eye.
- 10 Do not be like horse or mule, which have no understanding; \*  
who must be fitted with bit and bridle,  
or else they will not stay near you."

11 Great are the tribulations of the wicked; \*  
but mercy embraces those who trust in the LORD.

12 Be glad, you righteous, and rejoice in the LORD; \*  
shout for joy, all who are true of heart.

**Psalm 143**    *Domine, exaudi*

1 LORD, hear my prayer,  
and in your faithfulness heed my supplications; \*  
answer me in your righteousness.

2 Enter not into judgment with your servant, \*  
for in your sight shall no one living be justified.

3 For my enemy has sought my life;  
he has crushed me to the ground; \*  
he has made me live in dark places like those who  
are long dead.

4 My spirit faints within me; \*  
my heart within me is desolate.

5 I remember the time past;  
I muse upon all your deeds; \*  
I consider the works of your hands.

6 I spread out my hands to you; \*  
my soul gasps to you like a thirsty land.

7 O LORD, make haste to answer me; my spirit fails me; \*  
do not hide your face from me  
or I shall be like those who go down to the Pit.

8 Let me hear of your loving-kindness in the morning,  
for I put my trust in you; \*  
show me the road that I must walk,  
for I lift up my soul to you.

9 Deliver me from my enemies, O LORD, \*  
for I flee to you for refuge.

10 Teach me to do what pleases you, for you are my God; \*  
let your good Spirit lead me on level ground.

11 Revive me, O LORD, for your Name's sake; \*  
for your righteousness' sake, bring me out of trouble.

12 Of your goodness, destroy my enemies  
and bring all my foes to naught, \*  
for truly I am your servant.

*Glory to the Father, and to the Son, and to the Holy Spirit: \*  
As it was in the beginning, is now, and will be for ever. Amen.*

## The Lesson

*Officiant*      A Reading from the Letter of Paul to the Hebrews  
*Chapter 12 verses 1 through 14*

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 perseverance the race that is set before us, looking to Jesus the pioneer 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. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. In your struggle against sin you have not yet resisted to the point of shedding your blood. And have you forgotten the exhortation which addresses you as sons?—"My son, do not regard lightly the discipline of the Lord, nor lose courage when you are punished by him. For the Lord disciplines him whom he loves, and chastises every son whom he receives." It is for discipline that you have to endure. God is treating you as sons; for what son is there whom his father does not discipline? If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. Besides this, we have had earthly fathers to discipline us and we respected them. Shall we not much more be subject to the Father of spirits and live? For they disciplined us for a short time at their pleasure, but he disciplines us for our good, that we may share his holiness. For the moment all discipline seems painful rather than pleasant; later it yields the peaceful fruit of righteousness to those who have been trained by it. Therefore lift your drooping hands and strengthen your weak knees, and make straight paths for your feet, so that what is lame may not be put out of joint but rather be

healed. Strive for peace with all men, and for the holiness without which no one will see the Lord.

*Officiant*      The Word of the Lord.  
*People*         Thanks be to God.

**14 A Song of Penitence** *Kyrie Pantokrator*  
*Prayer of Manasseh 1-2, 4, 6-7, 11-15*

O Lord and Ruler of the hosts of heaven, \*  
God of Abraham, Isaac, and Jacob,  
and of all their righteous offspring:  
You made the heavens and the earth, \*  
with all their vast array.  
All things quake with fear at your presence; \*  
they tremble because of your power.  
But your merciful promise is beyond all measure; \*  
it surpasses all that our minds can fathom.  
O Lord, you are full of compassion, \*  
long-suffering, and abounding in mercy.  
You hold back your hand; \*  
you do not punish as we deserve.  
In your great goodness, Lord,  
you have promised forgiveness to sinners, \*  
that they may repent of their sin and be saved.  
And now, O Lord, I bend the knee of my heart, \*  
and make my appeal, sure of your gracious goodness.  
I have sinned, O Lord, I have sinned, \*  
and I know my wickedness only too well.  
Therefore I make this prayer to you: \*  
Forgive me, Lord, forgive me.  
Do not let me perish in my sin, \*  
nor condemn me to the depths of the earth.  
For you, O Lord, are the God of those who repent, \*  
and in me you will show forth your goodness.  
Unworthy as I am, you will save me,  
in accordance with your great mercy, \*  
and I will praise you without ceasing all the days of my life.  
For all the powers of heaven sing your praises, \*  
and yours is the glory to ages of ages. 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 Ghost,  
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 Ghost,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.

## The Prayers

*Officiant*      The Lord be with you.

*People*          And with thy spirit.

*Officiant*      Let us pray.

### *Officiant and People*

Our Father, who art in heaven,  
hallowed be thy Name,  
thy kingdom come,  
thy will be done,  
    on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
    as we forgive those who trespass against us.  
And lead us not into temptation,  
    but deliver us from evil.  
For thine is the kingdom, and the power, and the glory,  
    for ever and ever. Amen.

## Suffrages A

V. O Lord, show thy mercy upon us;  
R. And grant us thy salvation.  
V. Endue thy ministers with righteousness;  
R. And make thy chosen people joyful.  
V. Give peace, O Lord, in all the world;  
R. For only in thee can we live in safety.

V. Lord, keep this nation under thy care;  
R. And guide us in the way of justice and truth.  
V. Let thy way be known upon earth;  
R. Thy saving health among all nations.  
V. Let not the needy, O Lord, be forgotten;  
R. Nor the hope of the poor be taken away.  
V. Create in us clean hearts, O God;  
R. And sustain us with thy Holy Spirit.

*The Officiant then says one or more Collects*

**Collect of the Day**

Almighty and everlasting God, who hatest nothing that thou hast made and dost forgive the sins of all those who 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, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. *Amen.*

**A Collect for Grace on p. 57**

O Lord, our heavenly Father, almighty and everlasting God, who hast safely brought us to the beginning of this day: Defend us in the same with thy mighty power; and grant that this day we fall into no sin, neither run into any kind of danger; but that we, being ordered by thy governance, may do always what is righteous in thy sight; through Jesus Christ our Lord. *Amen.*

**A Collect for Mission on p. 58**

Lord Jesus Christ, who didst stretch out thine arms of love on the hard wood of the cross that everyone might come within the reach of thy saving embrace: So clothe us in thy Spirit that we, reaching forth our hands in love, may bring those who do not know thee to the knowledge and love of thee; for the honor of thy Name. *Amen.*

**The Parish Prayer List**

*Officiant* I bid your personal prayers here.

*After a moment of silence...*

*Officiant* Lord in thy mercy  
*All* Hear our prayer.

### **The General Thanksgiving**

Almighty God, Father of all mercies,  
we thine unworthy servants  
do give thee most humble and hearty thanks  
for all thy goodness and loving-kindness  
to us and to all men.

We bless thee for our creation, preservation,  
and all the blessings of this life;  
but above all for thine inestimable love  
in the redemption of the world by our Lord Jesus Christ;  
for the means of grace, and for the hope of glory.

And, we beseech thee,  
give us that due sense of all thy mercies,  
that our hearts may be unfeignedly thankful;  
and that we show forth thy praise,  
not only with our lips, but in our lives,  
by giving up our selves to thy service,  
and by walking before thee  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with thee and the Holy Ghost,  
be all honor and glory, world without end. *Amen.*

*Officiant*      Let us bless the Lord.

*All*              Thanks be to God.

*Officiant*      Glory to God whose power, working in us, can do infinitely  
more than we can ask or imagine: Glory to him from  
generation to generation in the Church, and in Christ Jesus  
for ever and ever. *Amen.*