

The following is a prayer form for Morning Prayer that you may wish to use to guide your own worship this weekend. As we engage this on our own, we pray for all who are affected by the COVID-19 around the world, and all who are caring for someone affected. We also pray for those on our parish prayer list.

Click here <https://www.youtube.com/watch?v=ihx5LCF1yJY> to listen to *Fantasia* by Thomas Tallis, an instrumental piece that you might find meditative as you pray the following Morning Prayer, Rite II. The other hymn options are more contemporary in style.

[Click here to listen to gathering hymn.](#)

The service continues with one or more of these sentences of Scripture.

Grace to you and peace from God our Father and from the Lord Jesus Christ.
Philippians 1:2

I was glad when they said to me, "Let us go to the house of the Lord."
Psalms 122:1

Thus says the high and lofty One who inhabits eternity, whose name is Holy, "I dwell in the high and holy place and also with the one who has a contrite and humble spirit, to revive the spirit of the humble and to revive the heart of the contrite."
Isaiah 57:15

The following Confession of Sin may then be said.

Confession of Sin

Let us confess our sins against God and our neighbor.

Silence may be kept.

Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.

Prayer of acceptance for God's forgiveness of our sins

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. *Amen.*

The Invitatory

Lord, open our lips. And our mouths shall proclaim your praise. Glory 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.

Then follows the Venite.

Venite *Psalm 95:1-7*

Come, let us sing to the Lord; *

let us shout for joy to the Rock of our salvation.

Let us come before his presence with thanksgiving *

and raise a loud shout to him with psalms.

For the Lord is a great God, *

and a great King above all gods.

In his hand are the caverns of the earth, *

and the heights of the hills are his also.

The sea is his, for he made it, *

and his hands have molded the dry land.

Come, let us bow down, and bend the knee,

and 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. *

Oh, that today you would hearken to his voice!

The Lessons

One or two lessons are read. Followed by a canticle.

[Click here for this Sunday's lectionary readings.](#)

Canticle: The First Song of Isaiah *Ecce, Deus*

Surely, it is God who saves me; *
I will trust in him and not be afraid.
For the Lord is my stronghold and my sure defense, *
and he will be my Savior.
Therefore, you shall draw water with rejoicing *
from the springs of salvation.
And on that day, you shall say, *
Give thanks to the Lord and call upon his Name;
Make his deeds known among the peoples; *
see that they remember that his Name is exalted.
Sing the praises of the Lord, for he has done great things, *
and this is known in all the world.
Cry aloud, inhabitants of Zion, ring out your joy, *
for the great one in the midst of you is the Holy One of Israel.
Glory 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: A Song of Praise *Benedictus es, Domine*

Glory to you, Lord God of our fathers; *
you are worthy of praise; glory to you.
Glory to you for the radiance of your holy Name; *
we will praise you and highly exalt you forever.
Glory to you in the splendor of your temple; *
on the throne of your majesty, glory to you.
Glory to you, seated between the Cherubim; *
we will praise you and highly exalt you forever.
Glory to you, beholding the depths; *
in the high vault of heaven, glory to you.
Glory to you, Father, Son, and Holy Spirit; *
we will praise you and highly exalt you forever.

Meditation/Homily

As you may know, this week we were planning on engaging in an instructed Eucharist. I'm sorry we are not able to participate in that together this week. But since there would have been more "instruction" and teaching in the service, I had planned on a shorter sermon and was simply going to highlight the third practice in the Way of Love series of The Episcopal Church. You may remember the first two practices that we considered over the past two weeks: *Turn* and *Learn*. So today I invite us to consider *Pray*.

There are many ways to pray – prayer is as varied as there are people. Prayer is simply communication with God, or a conversation with God, that often brings us into closer relationship with God. Remember that a conversation is two-way. So, sometimes we

might be the one speaking. Other times we might need to listen (we often forget this). And, there are other ways that prayer can happen. We can communicate with God through acts of service, work, exercise....you name it. If digging in the dirt in your garden puts you in touch with God, consider it prayer. If listening to a symphony helps you listen to the divine, you are praying. Often when we think we don't know how to pray, we already are doing it just fine.

But there are some traditional prayer practices that can help us facilitate communication. Links to their descriptions and examples are below. If you haven't engaged these practices before, I invite you to try some of these out during Lent. If some or all of these are familiar, try them again! And if you have a favorite practice that isn't mentioned here, I would love to hear about it, too!

Ignatian Prayer - <https://www.loyolapress.com/our-catholic-faith/ignatian-spirituality/examen-and-ignatian-prayer/praying-the-ignatian-way-reflective-prayer>

The Examen - https://jesuits.org/Assets/Publications/File/The_Daily_Examen.pdf

Lectio Divina - <https://www.prayerandpossibilities.com/lectio-divina-prayer/>

The 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.

The Lord's Prayer

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.

Prayers of Intercession

Show us your mercy, O Lord;
And grant us your salvation.
Clothe your minsters with righteousness;
Let your people sing with joy.
Give peace, O Lord, in all the world:
For only in you can we live in safety.
Lord, keep this nation under your care;
And guide us in the way of justice and truth.
Let your way be known upon earth;
Your saving health among all nations.
Let not the needy, O Lord, be forgotten.
Nor the hope of the poor be taken away.
Create in us clean hearts, O God;
And sustain us with your Holy Spirit.

Here you may add your own prayers for family, community, church and world.

A Collect for Sundays

O God, you make us glad with the weekly remembrance of the glorious resurrection of your Son our Lord: Give us this day such blessing through our worship of you, that the week to come may be spent in your favor; through Jesus Christ our Lord. *Amen.*

A Collect for Grace

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. *Amen.*

A Collect for Guidance

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. *Amen.*

Collect for Mission

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

The General Thanksgiving

Almighty God, Father of all mercies,
we your unworthy servants give you humble thanks
for all your goodness and loving-kindness
to us and to all whom you have made.
We bless you for our creation, preservation,
and all the blessings of this life;
but above all for your immeasurable 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 pray, give us such an awareness of your mercies,
that with truly thankful hearts we may show forth your praise,
not only with our lips, but in our lives,
by giving up ourselves to your service,
and by walking before you
in holiness and righteousness all our days;
through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be honor and glory throughout all ages. *Amen.*

Concluding Prayer

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. Ephesians 3:20,21*

[Click here to listen to sending hymn.](#)

Go in peace to love and serve the Lord!