



## Morning Prayer in the Season of Lent

### THE GATHERING OF THE COMMUNITY

#### Land Acknowledgement

*Officiant* We acknowledge that we are in Nogojiwanong, the traditional territory of the Mississauga Anishinaabe, adjacent to the territory of the Haudenosaunee, on whose land and by whose waters we gather by the Williams Treaty to worship, listen, learn, share, and heal together in the name of our Creator, the Holy One of Blessing.

#### The Greeting

*Officiant* The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit  
be with you all.

*People* **And also with you.**

*Officiant* Bless the Lord who forgives all our sins.

*All* **His mercy endures for ever.**

*Officiant* Almighty God,

*All* **to you all hearts are open, all desires known, and from you no secrets are hidden. Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy name, through Jesus Christ our Lord. Amen.**

*Lent is a season of preparation for Easter, when the Church celebrates the resurrection of our Lord Jesus Christ. It is customary that baptism occurs at Easter, so in Lent we examine how faithfully we have kept the promises made in our baptismal covenant, so that we may be ready to reaffirm our commitment at Easter.*

#### Confession and Absolution

*Officiant* Dear friends in Christ, as we prepare for the Paschal Feast, let us make ready our hearts to renew the covenant of our baptism. Let us kneel before our Creator and Redeemer.

*All kneel. Those who cannot kneel should sit.*

Let us ask God to bring to light the things now hidden in darkness, and to disclose to us the secret purposes of our hearts. How faithfully have we continued in the apostle's teaching and fellowship, in the breaking of bread, and in the prayers?

*All* **Lord, have mercy, and complete your work in us.**

*Officiant* How faithfully have we persevered in resisting evil, and whenever we fell into sin, repented and returned to the Lord?

*All* **Lord, have mercy, and complete your work in us.**

*Officiant* How faithfully have we proclaimed by word and example the good news of God in Christ?

*All* **Lord, have mercy, and complete your work in us.**

*Officiant* How faithfully have we sought and served Christ in all persons, loving our neighbours as ourselves?

*All* **Lord, have mercy, and complete your work in us.**

*Officiant* How faithfully have we striven for justice and peace among all people, respecting the dignity of every human being?

*All* **Lord, have mercy, and complete your work in us.**

*Officiant* How faithfully have we striven to safeguard the integrity of God's creation; respecting, sustaining, and renewing the life of the earth?

*All* **Lord, have mercy, and complete your work in us.**

*Officiant* Almighty God have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in eternal life; through Jesus Christ our Lord.

*All* **Amen.**

### Trisagion (sung three times)

Ho - ly God, ho - ly and migh - ty, ho - ly  
im - mor - tal One, have mer - cy up - on us.

### Collect of the Day

*Please sit at the conclusion of the prayer.*

## THE PROCLAMATION OF THE WORD

### First Reading

Exodus 17:1-7

*Reader* A Reading from the Book of Exodus.

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, 'Give us water to drink.' Moses said to them, 'Why do you quarrel with me? Why do you test the Lord?' But the people thirsted there for water; and the people complained against Moses and said, 'Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?' So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' The Lord said to Moses, 'Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.' Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

The Word of the Lord.

*People* **Thanks be to God.**

*The Officiant and Congregation read the Psalm responsively by the full verse.*

*Officiant* Come, let us sing to the Lord; let us shout for joy to the rock of our salvation.  
*People* Let us come before his presence with thanksgiving and raise a loud shout to him with psalms.  
*Officiant* 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.  
*People* The sea is his, for he made it, and his hands have moulded the dry land.  
*Officiant* Come, let us bow down, and bend the knee, and kneel before the Lord our Maker.  
*People* For he is our God, and we are the people of his pasture and the sheep of his hand. Oh, that to-day you would hearken to his voice!  
*Officiant* Harden not your hearts, as your forebears did in the wilderness, at Meribah, and on that day at Massah, when they tempted me.  
*People* They put me to the test, though they had seen my works.  
*Officiant* Forty years long I detested that generation and said, "This people are wayward in their hearts; they do not know my ways."  
*People* So I swore in my wrath, "They shall not enter into my rest."  
*All* **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 for ever. Amen.**

### Second Reading

Romans 5:1-11

*Reader* A Reading from the Letter of Paul to the Romans.  
 Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.  
 The Word of the Lord.  
*People* **Thanks be to God.**

### Responsory

*Officiant* Incline your ear to me; make haste to answer when I call.  
*All* **Incline your ear to me; make haste to answer when I call.**

*Officiant* Lord, hear my prayer and let my cry come before you.  
*All* **Make haste to answer when I call.**

*Officiant* Hide not your face from me in the day of my trouble.  
*All* **Make haste to answer when I call.**

*Officiant* You endure for ever and your name from age to age.  
*All* **Make haste to answer when I call.**

*Officiant* You will arise and have compassion on Zion, for it is time to have pity upon her.  
*All* **Make haste to answer when I call.**

A Reading from the Gospel of John.

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.' Jesus said to her, 'Go, call your husband, and come back.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for you have had five husbands, and the one you have now is not your husband. What you have said is true!' The woman said to him, 'Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.' The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.' Jesus said to her, 'I am he, the one who is speaking to you.' Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, 'What do you want?' or, 'Why are you speaking with her?' Then the woman left her water-jar and went back to the city. She said to the people, 'Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?' They left the city and were on their way to him. Meanwhile the disciples were urging him, 'Rabbi, eat something.' But he said to them, 'I have food to eat that you do not know about.' So the disciples said to one another, 'Surely no one has brought him something to eat?' Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. Do you not say, "Four months more, then comes the harvest"? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, "One sows and another reaps." I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.' Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.' So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.'

The Word of the Lord.

*People*

**Thanks be to God.**

## **Sermon**

### **The Apostles' Creed**

*Officiant* Let us confess the faith of our baptism, as we say,

*All* **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 Prayers of the People

*At the end of each petition, the response will be sung once. After the last petition, it will be sung twice.*

O Lord, hear my prayer, O Lord, hear my prayer:  
when I call an - swer me. O Lord, hear my prayer, O  
Lord, hear my prayer. Come and lis - ten to me. O

*Officiant* Let us offer our intercessions, petitions and thanksgivings, to the God of mercy and love.

For the one holy catholic and apostolic Church throughout the world, praying today especially for the Church of England, and for Christians and all people of faith everywhere who are unable to gather together for prayer:

For the mission of the Church, that in faithful witness it may preach the gospel to the ends of the earth. We pray today for the Council of General Synod of the Anglican Church of Canada as it deliberates on behalf of the whole Church, calling us into mission even in the midst of this time of concern:

For those preparing for baptism and for their teachers and sponsors, for the whole baptised Body of Christ as we meet together in spirit to maintain our fellowship and prayer:

For peace in the world, that a spirit of respect and reconciliation may grow among nations and peoples, praying for wise and just leadership in nations divided by self-interest, greed, and prejudice:

For the poor, the persecuted, the sick and all who suffer (*silence to name those for whom we wish to pray*); for those who have contracted COVID-19, those who care for them, those striving to find treatment and cure, and for those on whom lies the burden of leadership in time of crisis; for refugees, prisoners and all in danger; that they may be relieved and protected:

For all whom we have injured or offended; for grace to amend our lives and to further your reign:

God of our ancestors, we bring before you our prayers, in the hope that you will answer them as may be best for us and those for whom we have prayed, in the name of Jesus, our Rock and our Salvation.

*All* **Amen.**

*Officiant* Trusting in the compassion of God and gathering our prayers and praises into one, let us pray as our Saviour taught us:

*All* **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.  
Save us from the time of trial, and deliver us from evil.  
For the kingdom, the power, and the glory are yours,  
now and for ever. Amen.**

## The Blessing

**Hymn** 508—I Heard the Voice of Jesus Say

Kingsfold

I heard the voice of Jesus say,  
“Come unto me and rest;  
lay down, thou weary one, lay down  
thy head upon my breast.”  
I came to Jesus as I was,  
so weary, worn, and sad;  
I found in him a resting place,  
and he has made me glad.

I heard the voice of Jesus say,  
“Behold, I freely give  
the living water; thirsty one,  
stoop down and drink, and live.”  
I came to Jesus, and I drank  
of that life-giving stream;  
my thirst was quenched, my soul revived,  
and now I live in him.

I heard the voice of Jesus say,  
“I am this dark world's light;  
look unto me, thy morn shall rise,  
and all thy day be bright.”  
I looked to Jesus and I found  
in him my star, my sun;  
and in that light of life I'll walk,  
till travelling days are done.

## The Dismissal

*Officiant* Let us bless the Lord.

*All* **Thanks be to God.**