

Lent 3 | Thursday | March 18

*Even though we cannot be together in person we can be together in the practice of morning prayer. God is with you and ready to speak to you **because he loves you.***

Morning Call & Opening Prayer

The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. (*Lamentations 3:22-23*)

O Lord, who has mercy upon all, take away from me my sins, and mercifully kindle in me the fire of your Holy Spirit. Take away from me the heart of stone, and give me a heart of flesh, a heart to love and adore you, a heart to delight in you, to follow and enjoy you, for Christ's sake. **Amen.**

Prayer of Confession

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me. Restore to me the joy of your salvation, and sustain in me a willing spirit. **Amen.**

Silence for reflection

This is the good news: To him, Jesus Christ, all the prophets bear witness that everyone who believes in him receives forgiveness of sins through his name. (from Acts 10:43)

Lord, open our lips •
And our mouths shall proclaim your praise!

Morning Psalm - Psalm 132

A Song of Ascents.

¹Remember, O Lord, in David's favor,
all the hardships he endured,
²how he swore to the Lord
and vowed to the Mighty One of Jacob,
³"I will not enter my house
or get into my bed,
⁴I will not give sleep to my eyes
or slumber to my eyelids,
⁵until I find a place for the Lord,
a dwelling place for the Mighty One of Jacob."
⁶Behold, we heard of it in Ephrathah;
we found it in the fields of Jaar.
⁷"Let us go to his dwelling place;
let us worship at his footstool!"
⁸Arise, O Lord, and go to your resting place,
you and the ark of your might.
⁹Let your priests be clothed with righteousness,
and let your saints shout for joy.

¹⁰ For the sake of your servant David,
do not turn away the face of your anointed one.

¹¹ The Lord swore to David a sure oath
from which he will not turn back:

“One of the sons of your body
I will set on your throne.

¹² If your sons keep my covenant
and my testimonies that I shall teach them,
their sons also forever
shall sit on your throne.”

¹³ For the Lord has chosen Zion;
he has desired it for his dwelling place:

¹⁴ “This is my resting place forever;
here I will dwell, for I have desired it.

¹⁵ I will abundantly bless her provisions;
I will satisfy her poor with bread.

¹⁶ Her priests I will clothe with salvation,
and her saints will shout for joy.

¹⁷ There I will make a horn to sprout for David;
I have prepared a lamp for my anointed.

¹⁸ His enemies I will clothe with shame,
but on him his crown will shine.”

In the darkness of unknowing, when your love seems absent, draw near to us, O God, in Christ forsaken, in Christ risen, our Redeemer and our Lord. **Amen.**

Morning Song: Before the Throne of God

[Music Stream](#)

The Gospel Lesson - Mark 6:30-46

³⁰ The apostles returned to Jesus and told him all that they had done and taught. ³¹ And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat. ³² And they went away in the boat to a desolate place by themselves. ³³ Now many saw them going and recognized them, and they ran there on foot from all the towns and got there ahead of them. ³⁴ When he went ashore he saw a great crowd, and he had compassion on them, because they were like sheep without a shepherd. And he began to teach them many things. ³⁵ And when it grew late, his disciples came to him and said, “This is a desolate place, and the hour is now late. ³⁶ Send them away to go into the surrounding countryside and villages and buy themselves something to eat.” ³⁷ But he answered them, “You give them something to eat.” And they said to him, “Shall we go and buy two hundred denarii worth of bread and give it to them to eat?” ³⁸ And he said to them, “How many loaves do you have? Go and see.” And when they had found out, they said, “Five, and two fish.” ³⁹ Then he commanded them all to sit down in groups on the green grass. ⁴⁰ So they sat down in groups, by hundreds and by fifties. ⁴¹ And taking the five loaves and the two fish, he looked up to heaven and said a blessing and broke the loaves and gave them to the disciples to set before the people. And he divided the two fish among them all. ⁴² And they all ate and were satisfied. ⁴³ And they took up twelve baskets full of broken pieces and of the fish. ⁴⁴ And those who ate the loaves were five thousand men.

⁴⁵ Immediately he made his disciples get into the boat and go before him to the other side, to Bethsaida, while he dismissed the crowd. ⁴⁶ And after he had taken leave of them, he went up on the mountain to pray.

Glory to the Father and to the Son
and to the Holy Spirit; •
as it was in the beginning
is now and shall be for ever. **Amen.**

[Gospel Reading Meditation](#)

Final Prayers, Intercessions, and Thanksgivings may be offered.

This week, pray especially for:

- Protection for those most at risk of contracting the coronavirus
- For doctors and nurses who face the task of caring for an ever-increasing number of sick patients.
- For city, state, and national leaders, that they would work together and lead with grace and wisdom.
- For our church, that we would grow together even as we are apart.

Conclude with the Lord's Prayer and/or the following Collect

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Let us bless the Lord. •

Thanks be to God!