

OPENING RESPONSES:

○ Lord, open thou our lips.
And our mouth shall shew forth thy praise.

○ God, make speed to save us.
○ Lord, make haste to help us.

Glory be to the Father, and to the Son, and to the Holy Ghost.
As it was in the beginning, is now, and ever shall be, world without end. Amen.

Praise ye the Lord.
The Lord's name be praised.

PSALM: 74

○ God, wherefore art thou absent from us so long *
why is thy wrath so hot against the sheep of thy pasture?
○ think upon thy congregation *
whom thou hast purchased, and redeemed of old.
Think upon the tribe of thine inheritance *
and mount Sion, wherein thou hast dwelt.
Lift up thy feet, that thou mayest utterly destroy every enemy *
which hath done evil in thy sanctuary.
Thine adversaries roar in the midst of thy congregations *
and set up their banners for tokens.
He that hewed timber afore out of the thick trees *
was known to bring it to an excellent work.
But now they break down all the carved work thereof *
with axes and hammers.
They have set fire upon thy holy places *
and have defiled the dwelling-place of thy Name, even unto the ground.
Yea, they said in their hearts, Let us make havock of them altogether *
thus have they burnt up all the houses of God in the land.
We see not our tokens, there is not one prophet more *
no, not one is there among us, that understandeth any more.
○ God, how long shall the adversary do this dishonour *
how long shall the enemy blaspheme thy Name, for ever?
Why withdrawest thou thy hand *
why pluckest thou not thy right hand out of thy bosom to consume the enemy?
For God is my King of old *
the help that is done upon earth he doeth it himself.
Thou didst divide the sea through thy power *
thou brakest the heads of the dragons in the waters.
Thou smotest the heads of Leviathan in pieces *
and gavest him to be meat for the people in the wilderness.
Thou broughtest out fountains and waters out of the hard rocks *
thou driedst up mighty waters.
The day is thine, and the night is thine *
thou hast prepared the light and the sun.
Thou hast set all the borders of the earth *
thou hast made summer and winter.

Remember this, O Lord, how the enemy hath rebuked *
and how the foolish people hath blasphemed thy Name.
O deliver not the soul of thy turtle-dove unto the multitude of the enemies *
and forget not the congregation of the poor for ever.
Look upon the covenant *
for all the earth is full of darkness, and cruel habitations.
O let not the simple go away ashamed *
but let the poor and needy give praise unto thy Name.
Arise, O God, maintain thine own cause *
remember how the foolish man blasphemeth thee daily.
Forget not the voice of thine enemies *
the presumption of them that hate thee increaseth ever more and more.

Glory be to the Father:
and to the Son, and to the Holy Ghost.
As it was in the beginning, is now, and ever shall be:
world without end. Amen.

FIRST LESSON: Exodus 7:8-24

The LORD said to Moses and Aaron, "When Pharaoh says to you, "Perform a wonder", then you shall say to Aaron, "Take your staff and throw it down before Pharaoh, and it will become a snake." ' So Moses and Aaron went to Pharaoh and did as the LORD had commanded; Aaron threw down his staff before Pharaoh and his officials, and it became a snake. Then Pharaoh summoned the wise men and the sorcerers; and they also, the magicians of Egypt, did the same by their secret arts. Each one threw down his staff, and they became snakes; but Aaron's staff swallowed up theirs. Still Pharaoh's heart was hardened, and he would not listen to them, as the LORD had said.

Then the LORD said to Moses, 'Pharaoh's heart is hardened; he refuses to let the people go. Go to Pharaoh in the morning, as he is going out to the water; stand by at the river bank to meet him, and take in your hand the staff that was turned into a snake. Say to him, "The LORD, the God of the Hebrews, sent me to you to say, 'Let my people go, so that they may worship me in the wilderness.' But until now you have not listened. Thus says the LORD, 'By this you shall know that I am the LORD.' See, with the staff that is in my hand I will strike the water that is in the Nile, and it shall be turned to blood. The fish in the river shall die, the river itself shall stink, and the Egyptians shall be unable to drink water from the Nile." ' The LORD said to Moses, 'Say to Aaron, "Take your staff and stretch out your hand over the waters of Egypt—over its rivers, its canals, and its ponds, and all its pools of water—so that they may become blood; and there shall be blood throughout the whole land of Egypt, even in vessels of wood and in vessels of stone." '

Moses and Aaron did just as the LORD commanded. In the sight of Pharaoh and of his officials he lifted up the staff and struck the water in the river, and all the water in the river was turned into blood, and the fish in the river died. The river stank so that the Egyptians could not drink its water, and there was blood throughout the whole land of Egypt. But the magicians of Egypt did the same by their secret arts; so Pharaoh's heart remained hardened, and he would not listen to them, as the LORD had said. Pharaoh turned and went into his house, and he did not take even this to heart. And all the Egyptians had to dig along the Nile for water to drink, for they could not drink the water of the river.

MAGNIFICAT:

My soul doth magnify the Lord:
and my spirit hath rejoiced in God my Saviour.
For he hath regarded:
the lowliness of his handmaiden.
For behold, from henceforth:
all generations shall call me blessed.

For he that is mighty hath magnified me:
and holy is his Name.
And his mercy is on them that fear him:
throughout all generations.
He hath shewed strength with his arm:
he hath scattered the proud in the imagination of their hearts.
He hath put down the mighty from their seat:
and hath exalted the humble and meek.
He hath filled the hungry with good things:
and the rich he hath sent empty away.
He remembering his mercy hath holpen his servant Israel:
as he promised to our forefathers, Abraham and his seed for ever.

Glory be to the Father:
and to the Son, and to the Holy Ghost.
As it was in the beginning, is now, and ever shall be:
world without end. Amen.

SECOND LESSON: Romans 5:12-21

Just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned— sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous. But law came in, with the result that the trespass multiplied; but where sin increased, grace abounded all the more, so that, just as sin exercised dominion in death, so grace might also exercise dominion through justification leading to eternal life through Jesus Christ our Lord.

NUNC DIMITTIS:

Lord, now lettest thou thy servant depart in peace:
according to thy word.
For mine eyes have seen:
thy salvation.
Which thou hast prepared:
before the face of all people.
To be a light to lighten the Gentiles:
and to be the glory of thy people Israel.

Glory be to the Father:
and to the Son, and to the Holy Ghost.
As it was in the beginning, is now, and ever shall be:
world without end. 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 Spirit, 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 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 be with you.

And with thy spirit.

Let us pray.

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

Our Father, which art in heaven,

Hallowed be thy name.

Thy kingdom come.

Thy will be done,

In earth, as it is in heaven.

Give us this day our daily bread.

And forgive us our trespasses,

As we forgive them that trespass against us.

And lead us not into temptation;

But deliver us from evil. Amen.

O Lord, shew thy mercy upon us.

And grant us thy salvation.

O Lord, save the Queen.

And mercifully hear us when we call upon thee.

Endue thy ministers with righteousness.

And make thy chosen people joyful.

O Lord, save thy people.

And bless thine inheritance.

Give peace in our time, O Lord.

Because there is none other that fighteth for us, but only thou, O God.

O God, make clean our hearts within us.

And take not thy Holy Spirit from us.

THE COLLECT OF THE DAY

We beseech thee, Almighty God, look upon the hearty desires of thy humble servants, and stretch forth the right hand of thy Majesty, to be our defence against all our enemies; through Jesus Christ our Lord. Amen.

LENTEN COLLECT

Almighty and everlasting God, who hatest nothing that thou hast made, and dost forgive the sins of all them that 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. Amen.

COLLECT FOR PEACE

O God, from whom all holy desires, all good counsels and all just works do proceed; Give unto thy servants that peace which the world cannot give; that both, our hearts may be set to obey thy commandments, and also that by thee we being defended from the fear of our enemies may pass our time in rest and quietness; through the merits of Jesus Christ our Saviour. Amen.

COLLECT FOR AID AGAINST ALL PERILS

Lighten our darkness, we beseech thee, O Lord: and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour Jesus Christ. Amen.

PRAYERS

Seeking God's presence

O Lord my God, teach my heart where and how to seek you, where and how to find you. Lord, if you are not here but absent, where shall I seek you? But you are everywhere, so you must be here, why then do I not seek you? Lord, I am not trying to make my way to your height, for my understanding is in no way equal to that, but I do desire to understand a little of your truth which my heart already believes and loves. I do not seek to understand so that I may believe, but I believe so that I may understand; and what is more, I believe that unless I do believe I shall not understand.

Anselm

For families and homes

Most gracious Father, this is our home; let your peace rest upon it. Let love abide here, love of one another, love of mankind, love of life itself, and love of God. Let us remember that as many hands build a house, so many hearts make a home.

Hugh Blackburne

For those who have been hurt by loved ones

Father, we pray for all who have suffered deep loss, through desertion by parent, partner, friend or child. Come close to them in their sense of isolation and keep them from bitterness or despair. Bring them a sense of your nearness and your consolation; through Jesus Christ our Lord.

Mary Batchelor

The pilgrimage of life

Alone with none but thee, my God, I journey on my way. What need I fear, when thou art near O king of night and day? More safe am I within thy hand than if a host did round me stand.

Columba

The Dean's suggested Lenten prayer

God be in my head, and in my understanding. God be in mine eyes, and in my looking. God be in my mouth, and in my speaking. God be in my heart and in my thinking. God be at my end, and at my departing.

Sarum Primer (1588)

Pause for **SILENT REFLECTION**

A PRAYER OF ST JOHN CHRYSOSTOM

Almighty God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise that when two or three are gathered together in thy Name thou wilt grant their requests: Fulfil now, O Lord, the desires and petitions of thy servants as may be most expedient for them; granting us in this world knowledge of thy truth, and in the world to come life everlasting. Amen.

THE GRACE

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

Hymns suitable for use at home:

ICH 548

Drop, drop, slow tears,
and bathe those beautiful feet,
which brought from heaven
the news and Prince of Peace.

Cease not, wet eyes,
his mercies to entreat;
to cry for vengeance
sin doth never cease.

In your deep floods
drown all my faults and fears;
not let his eye see sin,
but through my tears.

Words: Phineas Fletcher (1582-1650)
Tune: SONG 46 Orlando Gibbons (1583-1625)

ICH 576

I heard the voice of Jesus say,
'Come unto me and rest;
lay down, O weary one, lay down
your head upon my breast'.
I came to Jesus as I was,
so weary, worn and sad;
I found him in 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
from 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, your morn shall rise,
and all your 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.

Words: Horatius Bonar (1808-1889)
Tune: KINGSFOLD Adapted from an English folk song by R. Vaughan Williams (1872-1958)