

## Morning Prayer

Thursday, July 24



### Opening Statement

*Leader*

The Lord is in his holy temple; let all the earth keep silence before him. *Habakkuk 2:20*

### Confession of Sin

*Leader*

Let us confess our sins against God and our neighbor.

*Silence may be kept.*

*Everyone together, all kneeling:*

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.*

*Leader*

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

*All stand.*

*Leader*

Lord, open our lips.

*Response*

And our mouth shall proclaim your praise.

*Everyone*

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. Alleluia.

### Antiphon

The Spirit of the Lord renews the face of the Earth:  
Come let us adore him.

### 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 Spirit of the Lord renews the face of the Earth:  
Come let us adore him.

**Psalm 50** *Deus deorum*

<sup>1</sup> The Lord, the God of gods, has spoken; \*  
he has called the earth from the rising of the sun to  
its setting.  
<sup>2</sup> Out of Zion, perfect in its beauty, \*  
God reveals himself in glory.  
<sup>3</sup> Our God will come and will not keep silence; \*  
before him there is a consuming flame,  
and round about him a raging storm.  
<sup>4</sup> He calls the heavens and the earth from above \*  
to witness the judgment of his people.  
<sup>5</sup> "Gather before me my loyal followers, \*  
those who have made a covenant with me  
and sealed it with sacrifice."  
<sup>6</sup> Let the heavens declare the rightness of his cause; \*  
for God himself is judge.  
<sup>7</sup> Hear, O my people, and I will speak:  
"O Israel, I will bear witness against you; \*  
for I am God, your God.  
<sup>8</sup> I do not accuse you because of your sacrifices; \*  
your offerings are always before me.  
<sup>9</sup> I will take no bull-calf from your stalls, \*  
nor he-goats out of your pens;  
<sup>10</sup> For all the beasts of the forest are mine, \*  
the herds in their thousands upon the hills.  
<sup>11</sup> I know every bird in the sky, \*  
and the creatures of the fields are in my sight.  
<sup>12</sup> If I were hungry, I would not tell you, \*  
for the whole world is mine and all that is in it.  
<sup>13</sup> Do you think I eat the flesh of bulls, \*  
or drink the blood of goats?  
<sup>14</sup> Offer to God a sacrifice of thanksgiving \*  
and make good your vows to the Most High.  
<sup>15</sup> Call upon me in the day of trouble; \*  
I will deliver you, and you shall honor me."  
<sup>16</sup> But to the wicked God says: \*  
Why do you recite my statutes,  
and take my covenant upon your lips;

<sup>17</sup> Since you refuse discipline, \*  
and toss my words behind your back?  
<sup>18</sup> When you see a thief, you make him your friend, \*  
and you cast in your lot with adulterers.  
<sup>19</sup> You have loosed your lips for evil, \*  
and harnessed your tongue to a lie.  
<sup>20</sup> You are always speaking evil of your brother \*  
and slandering your own mother's son.  
<sup>21</sup> These things you have done, and I kept still, \*  
and you thought that I am like you."  
<sup>22</sup> "I have made my accusation; \*  
I have put my case in order before your eyes.  
<sup>23</sup> Consider this well, you who forget God, \*  
lest I rend you and there be none to deliver you.  
<sup>24</sup> Whoever offers me the sacrifice of thanksgiving  
honors me; \*  
but to those who keep in my way will I show  
the salvation of God."

### **Gloria Patri**

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. *Amen.*

### **The Old Testament Lesson**

#### *Reader*

*A reading from the first book of the Prophet Samuel 28:3-20*

<sup>3</sup>Now Samuel had died, and all Israel had mourned for him and buried him in Ramah, his own city. Saul had expelled the mediums and the wizards from the land.<sup>4</sup>The Philistines assembled, and came and encamped at Shunem. Saul gathered all Israel, and they encamped at Gilboa.<sup>5</sup>When Saul saw the army of the Philistines, he was afraid, and his heart trembled greatly.<sup>6</sup>When Saul inquired of the Lord, the Lord did not answer him, not by dreams, or by Urim, or by prophets.  
<sup>7</sup>Then Saul said to his servants, "Seek out for me a woman who is a medium, so that I may go to her and inquire of her." His servants said to him, "There is a medium at Endor."<sup>8</sup>So Saul disguised himself and put on other clothes and went there, he and two men with him. They came to the woman by night. And he said, "Consult a spirit for me, and bring up for me the one whom I name to you."<sup>9</sup>The woman said to him, "Surely you know what Saul has done, how he has cut off the mediums and the wizards from the land. Why then are you laying a snare for my life to bring about my death?"<sup>10</sup>But Saul swore to her by the Lord, "As the Lord lives, no punishment shall come upon you for this thing."<sup>11</sup>Then the woman said, "Whom shall I bring up for you?" He answered, "Bring up Samuel for me."<sup>12</sup>When the woman saw Samuel, she cried out with a loud voice; and the woman said to Saul, "Why have you deceived me? You are Saul!"<sup>13</sup>The king said to her, "Have no fear; what do you see?" The woman said to Saul, "I see a divine being coming up out of the ground."<sup>14</sup>He said to her, "What is his appearance?" She said, "An old man is coming up; he is wrapped in a robe." So Saul knew that it was Samuel, and he bowed with his face to the ground, and did obeisance.

<sup>15</sup>Then Samuel said to Saul, "Why have you disturbed me by bringing me up?" Saul answered, "I am in great distress, for the Philistines are warring against me, and God has turned away from me and answers me no more, either by prophets or by dreams; so I have summoned you to tell me what I should do."<sup>16</sup>Samuel said, "Why then do you ask me, since the Lord has turned from you and become your enemy?"<sup>17</sup>The Lord has done to you just as he spoke by me; for the Lord has torn the kingdom out of your hand, and given it to your neighbor, David.<sup>18</sup>Because you did not obey the voice of the Lord, and did not carry out his fierce wrath against Amalek, therefore the Lord has done this thing to you today.<sup>19</sup>Moreover the Lord will give Israel along with you into the hands of the Philistines; and tomorrow you and your sons shall be with me; the Lord will also give the army of Israel into the hands of the Philistines."

<sup>20</sup>Immediately Saul fell full length on the ground, filled with fear because of the words of Samuel; and there was no strength in him, for he had eaten nothing all day and all night.  
The Word of the Lord.

*Everyone*

Thanks be to God.

*Silence may be kept after the Reading.*

**Psalm 8** The Song of Moses *Cantemus Domino*

*Exodus 15:1-6, 11-13, 17-18*

I will sing to the Lord, for he is lofty and uplifted; \*  
the horse and its rider has he hurled into the sea.

The Lord is my strength and my refuge; \*  
the Lord has become my Savior.

This is my God and I will praise him, \*  
the God of my people and I will exalt him.

The Lord is a mighty warrior; \*  
Yahweh is his Name.

The chariots of Pharaoh and his army has he hurled into the sea; \*  
the finest of those who bear armor have been drowned in the Red Sea.

The fathomless deep has overwhelmed them; \*  
they sank into the depths like a stone.

Your right hand, O Lord, is glorious in might; \*  
your right hand, O Lord, has overthrown the enemy.

Who can be compared with you, O Lord, among the gods? \*  
who is like you, glorious in holiness,

awesome in renown, and worker of wonders?

You stretched forth your right hand; \*  
the earth swallowed them up.

With your constant love you led the people you redeemed; \*  
with your might you brought them in safety to your holy dwelling.

You will bring them in and plant them \*  
on the mount of your possession,

The resting-place you have made for yourself, O Lord, \*  
the sanctuary, O Lord, that your hand has established.

The Lord shall reign \*

for ever and for ever. *Amen.*

## The New Testament Lesson

*Reader*

*A reading from the Acts of the Apostles 15:1-11*

<sup>1</sup>Then certain individuals came down from Judea and were teaching the brothers, "Unless you are circumcised according to the custom of Moses, you cannot be saved."<sup>2</sup>And after Paul and Barnabas had no small dissension and debate with them, Paul and Barnabas and some of the others were appointed to go up to Jerusalem to discuss this question with the apostles and the elders.<sup>3</sup>So they were sent on their way by the church, and as they passed through both Phoenicia and Samaria, they reported the conversion of the Gentiles, and brought great joy to all the believers.<sup>4</sup>When they came to Jerusalem, they were welcomed by the church and the apostles and the elders, and they reported all that God had done with them.<sup>5</sup>But some believers who belonged to the sect of the Pharisees stood up and said, "It is necessary for them to be circumcised and ordered to keep the law of Moses."

<sup>6</sup>The apostles and the elders met together to consider this matter.<sup>7</sup>After there had been much debate, Peter stood up and said to them, "My brothers, you know that in the early days God made a choice among you, that I should be the one through whom the Gentiles would hear the message of the good news and become believers.<sup>8</sup>And God, who knows the human heart, testified to them by giving them the Holy Spirit, just as he did to us;<sup>9</sup>and in cleansing their hearts by faith he has made no distinction between them and us.<sup>10</sup>Now therefore why are you putting God to the test by placing on the neck of the disciples a yoke that neither our ancestors nor we have been able to bear?<sup>11</sup>On the contrary, we believe that we will be saved through the grace of the Lord Jesus, just as they will."

The Word of the Lord.

*Everyone*

Thanks be to God.

*Silence may be kept after the Reading.*

## **Psalm 20** Glory to God *Gloria in excelsis*

Glory to God in the highest,

and peace to his people on earth.

Lord God, heavenly King,

almighty God and Father,

we worship you, we give you thanks, we praise you for your glory.

Lord Jesus Christ, only Son of the Father,

Lord God, Lamb of God,

you take away the sin of the world;

have mercy on us; you are seated at the right hand of the Father;

receive our prayer.

For you alone are the Holy One,

you alone are the Lord,

you alone are the Most High,

Jesus Christ,

with the Holy Spirit,

in the glory of God the Father. *Amen.*

## **The Gospel**

*Reader*

*The Gospel according to Mark 5:1-20*

<sup>1</sup>They came to the other side of the sea, to the country of the Gerasenes.<sup>2</sup>And when he had stepped out of the boat, immediately a man out of the tombs with an unclean spirit met him.<sup>3</sup>He lived among the tombs; and no one could restrain him anymore, even with a chain;<sup>4</sup>for he had often been restrained with shackles and chains, but the chains he wrenched apart, and the shackles he broke in pieces; and no one had the strength to subdue him.<sup>5</sup>Night and day among the tombs and on the mountains he was always howling and bruising himself with stones.<sup>6</sup>When he saw Jesus from a distance, he ran and bowed down before him;<sup>7</sup>and he shouted at the top of his voice, "What have you to do with me, Jesus, Son of the Most High God? I adjure you by God, do not torment me."<sup>8</sup>For he had said to him, "Come out of the man, you unclean spirit!"<sup>9</sup>Then Jesus asked him, "What is your name?" He replied, "My name is Legion; for we are many."<sup>10</sup>He begged him earnestly not to send them out of the country.<sup>11</sup>Now there on the hillside a great herd of swine was feeding;<sup>12</sup>and the unclean spirits begged him, "Send us into the swine; let us enter them."<sup>13</sup>So he gave them permission. And the unclean spirits came out and entered the swine; and the herd, numbering about two thousand, rushed down the steep bank into the sea, and were drowned in the sea.

<sup>14</sup>The swineherds ran off and told it in the city and in the country. Then people came to see what it was that had happened.<sup>15</sup>They came to Jesus and saw the demoniac sitting there, clothed and in his right mind, the very man who had had the legion; and they were afraid.<sup>16</sup>Those who had seen what had happened to the demoniac and to the swine reported it.<sup>17</sup>Then they began to beg Jesus to leave their neighborhood.<sup>18</sup>As he was getting into the boat, the man who had been possessed by demons begged him that he might be with him.<sup>19</sup>But Jesus refused, and said to him, "Go home to your friends, and tell them how much the Lord has done for you, and what mercy he has shown you."<sup>20</sup>And he went away and began to proclaim in the Decapolis how much Jesus had done for him; and everyone was amazed.

The Word of the Lord.

*Everyone*

Thanks be to God.

*Silence may be kept after the Reading.*

## **The Apostles' Creed**

*All stand*

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**

The Lord be with you.  
*And also with you.*  
Let us pray.

### **The Lord's Prayer**

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 Suffrages**

Save your people, Lord, and bless your inheritance;  
*Govern and uphold them, now and always.*

Day by day we bless you;  
*We praise your Name for ever.*

Lord, keep us from all sin today;  
*Have mercy on us, Lord, have mercy.*

Lord, show us your love and mercy;  
*For we put our trust in you.*

In you, Lord, is our hope;  
*And we shall never hope in vain.*

### **The Collect of the Day**

Almighty God, the fountain of all wisdom, you know our necessities before we ask and our ignorance in asking: Have compassion on our weakness, and mercifully give us those things which for our unworthiness we dare not, and for our blindness we cannot ask; through the worthiness of your Son Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

### **A Collect for Mission**

Almighty and everlasting God, by whose Spirit the whole body of your faithful people is governed and sanctified: Receive our supplications and prayers which we offer before you for all members of your holy Church, that in their vocation and ministry they may truly and devoutly serve you; through our Lord and Savior Jesus Christ. *Amen.*

### **Collect of Commemoration**

Holy Father, who have nourished and strengthened your Church by the writings of your servant Thomas a Kempis: Grant that we may learn from him to know what we ought to know, to love what we ought to love, to praise what highly pleases you, and always to seek to know and follow your will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

### **Trinity Cycle of Prayer**

*Kirby Kennedy*

Let us pray now for our own needs and those of others.

### **A Prayer of St. Chrysostom**

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. *Amen.*

### **Benediction**

Let us bless the Lord.

*Thanks be to God.*

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. *Amen. Romans 15:13*

---



### **The Commemoration**

Thomas Hammerken (or Hammerlein--both mean "little hammer") was born at Kempen (hence the "A Kempis") in the duchy of Cleves in Germany around 1380.

He was educated by a religious order called the Brethren of the Common Life, and in due course joined the order, was ordained a priest, became sub-prior of his house (in the low Countries), and died 25 July 1471 (his feast is observed a day early to avoid conflict with that of James bar-Zebedee the Apostle).

Thomas is known almost entirely for composing or compiling a manual of spiritual advice known as [The Imitation of Christ](#), in which he urges the reader to seek to follow the example of Jesus Christ and to be conformed in all things to His will. An extract follows:

When God bestows Spiritual comfort, receive it with a grateful heart; but remember that it comes of God's free gift, and not of your own merit. Do not be proud, nor over joyful, nor foolishly presumptuous; rather, be the more humble for this gift, more cautious, and more prudent in all your doings, for this hour will pass, and temptation will follow it. When comfort is withdrawn, do not immediately despair, but humbly and patiently await the will of Heaven; for God is able to restore you to a consolation even richer than before. This is nothing new or strange to those who know the ways of God, for the great Saints and Prophets of old often experienced these changes. ...Indeed, the temptation that precedes is often a sign of comfort to follow. For heavenly comfort is promised to those who have been tried and tempted. "To him who overcomes," says God, "I will give to eat of the Tree of Life."