

Morning Prayer

Friday, August 29



Opening Statement

Leader

The hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. *John 4:23*

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.
The Earth is the Lord's for he made it:
Come let us adore him.

Jubilate

Be joyful in the Lord, all you lands;
serve the Lord with gladness
and come before his presence with a song.

Know this: the Lord himself is God;
he himself has made us, and we are his;
we are his people and the sheep of his pasture.
Enter his gates with thanksgiving;
go into his courts with praise;
give thanks to him and call upon his Name.
For the Lord is good;
his mercy is everlasting;
and his faithfulness endures from age to age.

Antiphon

The Earth is the Lord's for he made it:
Come let us adore him.

Psalms 16 *Conserva me, Domine*

¹ Protect me, O God, for I take refuge in you; *
I have said to the Lord, "You are my Lord,
my good above all other."
² All my delight is upon the godly that are in the land, *
upon those who are noble among the people.
³ But those who run after other gods *
shall have their troubles multiplied.
⁴ Their libations of blood I will not offer, *
nor take the names of their gods upon my lips.
⁵ O Lord, you are my portion and my cup; *
it is you who uphold my lot.
⁶ My boundaries enclose a pleasant land; *
indeed, I have a goodly heritage.
⁷ I will bless the Lord who gives me counsel; *
my heart teaches me, night after night.
⁸ I have set the Lord always before me; *
because he is at my right hand I shall not fall.
⁹ My heart, therefore, is glad, and my spirit rejoices; *
my body also shall rest in hope.
¹⁰ For you will not abandon me to the grave, *
nor let your holy one see the Pit.
¹¹ You will show me the path of life; *
in your presence there is fullness of joy,
and in your right hand are pleasures for evermore.

Psalms 17 *Exaudi, Domine*

¹ Hear my plea of innocence, O Lord;
give heed to my cry; *
listen to my prayer, which does not come from lying lips.
² Let my vindication come forth from your presence; *
let your eyes be fixed on justice.
³ Weigh my heart, summon me by night, *
melt me down; you will find no impurity in me.
⁴ I give no offense with my mouth as others do; *
I have heeded the words of your lips.

⁵ My footsteps hold fast to the ways of your law; *
in your paths my feet shall not stumble.
⁶ I call upon you, O God, for you will answer me; *
incline your ear to me and hear my words.
⁷ Show me your marvelous loving-kindness, *
O Savior of those who take refuge at your right hand
from those who rise up against them.
⁸ Keep me as the apple of your eye; *
hide me under the shadow of your wings,
⁹ From the wicked who assault me, *
from my deadly enemies who surround me.
¹⁰ They have closed their heart to pity, *
and their mouth speaks proud things.
¹¹ They press me hard,
now they surround me, *
watching how they may cast me to the ground,
¹² Like a lion, greedy for its prey, *
and like a young lion lurking in secret places.
¹³ Arise, O Lord; confront them and bring them down; *
deliver me from the wicked by your sword.
¹⁴ Deliver me, O Lord, by your hand *
from those whose portion in life is this world;
¹⁵ Whose bellies you fill with your treasure, *
who are well supplied with children
and leave their wealth to their little ones.
¹⁶ But at my vindication I shall see your face; *
when I awake, I shall be satisfied, beholding
your likeness.

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 book of 1 Kings 5:1-6:1,7

¹Now King Hiram of Tyre sent his servants to Solomon, when he heard that they had anointed him king in place of his father; for Hiram had always been a friend to David. ²Solomon sent word to Hiram, saying, ³"You know that my father David could not build a house for the name of the Lord his God because of the warfare with which his enemies surrounded him, until the Lord put them under the soles of his feet. ⁴But now the Lord my God has given me rest on every side; there is neither adversary nor misfortune. ⁵So I intend to build a house for the name of the Lord my God, as the Lord said to my father David, 'Your son, whom I will set on your throne in your place, shall build the house for my name.' ⁶Therefore command that cedars from the Lebanon be cut for me. My servants will join your servants, and I will give you whatever wages you set for your servants; for you know that there is no one among us who knows how to cut timber like the Sidonians." ⁷When Hiram heard the words of Solomon, he

rejoiced greatly, and said, "Blessed be the Lord today, who has given to David a wise son to be over this great people." ⁸Hiram sent word to Solomon, "I have heard the message that you have sent to me; I will fulfill all your needs in the matter of cedar and cypress timber. ⁹My servants shall bring it down to the sea from the Lebanon; I will make it into rafts to go by sea to the place you indicate. I will have them broken up there for you to take away. And you shall meet my needs by providing food for my household." ¹⁰So Hiram supplied Solomon's every need for timber of cedar and cypress. ¹¹Solomon in turn gave Hiram twenty thousand cors of wheat as food for his household, and twenty cors of fine oil. Solomon gave this to Hiram year by year. ¹²So the Lord gave Solomon wisdom, as he promised him. There was peace between Hiram and Solomon; and the two of them made a treaty. ¹³King Solomon conscripted forced labor out of all Israel; the levy numbered thirty thousand men. ¹⁴He sent them to the Lebanon, ten thousand a month in shifts; they would be a month in the Lebanon and two months at home; Adoniram was in charge of the forced labor. ¹⁵Solomon also had seventy thousand laborers and eighty thousand stonecutters in the hill country, ¹⁶besides Solomon's three thousand three hundred supervisors who were over the work, having charge of the people who did the work. ¹⁷At the king's command, they quarried out great, costly stones in order to lay the foundation of the house with dressed stones. ¹⁸So Solomon's builders and Hiram's builders and the Giblites did the stonecutting and prepared the timber and the stone to build the house.

¹In the four hundred eightieth year after the Israelites came out of the land of Egypt, in the fourth year of Solomon's reign over Israel, in the month of Ziv, which is the second month, he began to build the house of the Lord. ⁷The house was built with stone finished at the quarry, so that neither hammer nor ax nor any tool of iron was heard in the temple while it was being built.

The Word of the Lord.

Everyone

Thanks be to God.

Silence may be kept after the reading.

Canticle 10 The Second Song of Isaiah

Isaiah 55:6-11

Quaerite Dominum

Seek the Lord while he wills to be found; *
call upon him when he draws near.
Let the wicked forsake their ways *
and the evil ones their thoughts;
And let them turn to the Lord,
and he will have compassion, *
and to our God, for he will richly pardon.
For my thoughts are not your thoughts, *
nor your ways my ways, says the Lord.
For as the heavens are higher than the earth, *
so are my ways higher than your ways,
and my thoughts than your thoughts.
For as rain and snow fall from the heavens *
and return not again, but water the earth,
Bringing forth life and giving growth, *
seed for sowing and bread for eating,
So is my word that goes forth from my mouth; *
it will not return to me empty;

But it will accomplish that which I have purposed, *
and prosper in that for which I sent it.
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.*

The New Testament Lesson

Reader

A reading from the Acts of the Apostles 28:1-16

¹After we had reached safety, we then learned that the island was called Malta. ²The natives showed us unusual kindness. Since it had begun to rain and was cold, they kindled a fire and welcomed all of us around it. ³Paul had gathered a bundle of brushwood and was putting it on the fire, when a viper, driven out by the heat, fastened itself on his hand. ⁴When the natives saw the creature hanging from his hand, they said to one another, "This man must be a murderer; though he has escaped from the sea, justice has not allowed him to live." ⁵He, however, shook off the creature into the fire and suffered no harm. ⁶They were expecting him to swell up or drop dead, but after they had waited a long time and saw that nothing unusual had happened to him, they changed their minds and began to say that he was a god. ⁷Now in the neighborhood of that place were lands belonging to the leading man of the island, named Publius, who received us and entertained us hospitably for three days. ⁸It so happened that the father of Publius lay sick in bed with fever and dysentery. Paul visited him and cured him by praying and putting his hands on him. ⁹After this happened, the rest of the people on the island who had diseases also came and were cured. ¹⁰They bestowed many honors on us, and when we were about to sail, they put on board all the provisions we needed.

¹¹Three months later we set sail on a ship that had wintered at the island, an Alexandrian ship with the Twin Brothers as its figurehead. ¹²We put in at Syracuse and stayed there for three days; ¹³then we weighed anchor and came to Rhegium. After one day there a south wind sprang up, and on the second day we came to Puteoli. ¹⁴There we found believers and were invited to stay with them for seven days. And so we came to Rome. ¹⁵The believers from there, when they heard of us, came as far as the Forum of Appius and Three Taverns to meet us. On seeing them, Paul thanked God and took courage. ¹⁶When we came into Rome, Paul was allowed to live by himself, with the soldier who was guarding him.

The Word of the Lord.

Everyone

Thanks be to God.

Silence may be kept after the reading.

Canticle 18 A Song to the Lamb

Dignus es

Revelation 4:11; 5:9-10, 13

Splendor and honor and kingly power *
are yours by right, O Lord our God,
For you created everything that is, *
and by your will they were created and have their being;
And yours by right, O Lamb that was slain, *
for with your blood you have redeemed for God,
From every family, language, people, and nation, *
a kingdom of priests to serve our God.
And so, to him who sits upon the throne, *
and to Christ the Lamb,

Be worship and praise, dominion and splendor, *
for ever and for evermore.

The Gospel

Reader

A reading from the Gospel according to Mark 14:27-42

²⁷And Jesus said to them, "You will all become deserters; for it is written, 'I will strike the shepherd, and the sheep will be scattered.'

²⁸But after I am raised up, I will go before you to Galilee." ²⁹Peter said to him, "Even though all become deserters, I will not." ³⁰Jesus said to him, "Truly I tell you, this day, this very night, before the cock crows twice, you will deny me three times." ³¹But he said vehemently, "Even though I must die with you, I will not deny you." And all of them said the same.

³²They went to a place called Gethsemane; and he said to his disciples, "Sit here while I pray." ³³He took with him Peter and James and John, and began to be distressed and agitated. ³⁴And he said to them, "I am deeply grieved, even to death; remain here, and keep awake." ³⁵And going a little farther, he threw himself on the ground and prayed that, if it were possible, the hour might pass from him. ³⁶He said, "Abba, Father, for you all things are possible; remove this cup from me; yet, not what I want, but what you want." ³⁷He came and found them sleeping; and he said to Peter, "Simon, are you asleep? Could you not keep awake one hour? ³⁸Keep awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak." ³⁹And again he went away and prayed, saying the same words. ⁴⁰And once more he came and found them sleeping, for their eyes were very heavy; and they did not know what to say to him. ⁴¹He came a third time and said to them, "Are you still sleeping and taking your rest? Enough! The hour has come; the Son of Man is betrayed into the hands of sinners. ⁴²Get up, let us be going. See, my betrayer is at hand."

The Word of the Lord.

Everyone

Thanks be to God.

Silence may be kept after the reading.

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 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.*

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.

A Collect for Fridays

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord.
Amen.

For Mission

Lord Jesus Christ, you stretched out your arms of love on the hardwood 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.*

Collect of Commemoration

God of peace, you called John Bunyan to be valiant for truth: Grant that we, having endured as strangers and pilgrims on this earth, may at last rejoice with all the faithful in your heavenly

city; through Jesus Christ our Savior, who with you and the Holy Spirit lives and reigns, one God, for ever and ever. *Amen.*

Trinity Cycle of Prayer

Douglas Mills

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

Leader

Let us bless the Lord.

Everyone

Thanks be to God.

Leader

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*

The Commemoration

Bunyan was born in 1628 near Bedford, in the agricultural midlands of England. He was the son of a tinker (a maker and mender of metal pots). He had little schooling. During the English Civil War, he served in the Parliamentary Army. He underwent a period of acute spiritual anxiety, and finally found peace in a Baptist congregation. He became a lay preacher, while earning his living as a tinker.

After the Restoration in 1660, Bunyan (under suspicion for having fought on the anti-Anglican side) was ordered to preach no more, and, since he refused to desist, he was several times sentenced to jail, where he spent his time studying, preaching to his fellow prisoners, and writing. His first substantial work was an autobiography, [*Grace Abounding To the Chief of Sinners*](#). This was followed by other works, of which by far the most read and most loved is his *The Pilgrim's Progress From This World To That Which Is To Come*, usually called [*Pilgrim's Progress*](#). The work recounts in allegorical form the experience of a person (called Christian), from his first awareness of his sinfulness and spiritual need, to his personal conversion to Christ, to his walk as a believer. He is shown as a pilgrim in this world on his way to the "Celestial City," which will be his true home forever. The work was an immediate sensation, and its popularity endured. For a century and more thereafter, there were many English-speaking Christians who were thoroughly familiar with only two books, The Bible and *Pilgrim's Progress*. (Those who have read the book or seen the movie [*Little Women*](#), portraying the life of an American family in the 1860's, will remember that the book was a family favorite.)

Three extracts follow:

The Pilgrim's Progress

In the Similitude of

A Dream

As I walked through the wilderness of this world, I lighted on A certain place where was a Den, and I laid me down in that place to sleep: and, as I slept, I dreamed a dream. I dreamed, and behold, I saw a man clothed with rags, standing in a certain place, with his face from his own house, a book in his hand, and a great burden upon his back. I looked, and saw him open the book, and read therein; and, as he read, he wept, and trembled; and, not being able longer to contain, he brake out with a lamentable cry, saying, What shall I do?

In this plight, therefore, he went home and refrained himself As long as he could, that his wife and children should not perceive his distress; but he could not be silent long, because that his trouble increased. Wherefore at length he brake his mind to his wife and children; and thus he began to talk to them: O my dear wife, said he, and you the children of my bowels, I, your dear friend, am in my self undone by reason of a burden that lieth hard upon me; moreover, I am for certain informed that this our city will be burned with fire from heaven; in which fearful overthrow, both myself, with thee my wife, and you my sweet babes, shall miserably come to ruin, except (the which yet I see not) some way of escape can be found, whereby we may be delivered. At this his relations were sore amazed; not for that they believed that what he had said to them was true, but because they thought that some frenzy distemper had got into his head; therefore, it drawing towards night, and they hoping that sleep might settle his brains, with all haste they got him to bed. But the night was as troublesome to him as the day; wherefore, instead of sleeping, he spent it in sighs and tears. So, when the morning was come, they would know how he did. He told them, Worse and worse: he also set to talking to them again; but they began to be hardened. They also sought to drive away his distemper by harsh and surly carriages to him; sometimes they would deride, sometimes they would chide, and sometimes they would quite neglect him. Wherefore he began to retire himself to his chamber, to pray for and pity them, and also to condole his own misery; he would also walk solitarily in the fields, sometimes reading, and sometimes praying: and thus for some days he spent his time.

Now, I saw, upon a time, when he was walking in the fields, That he was, as he was wont, reading in his book, and greatly distressed in his mind; and, as he read, he burst out, as he had done before, crying, What shall I do to be saved?

I saw also that he looked this way and that way, as if he would Run; yet he stood still, because, as I perceived, he could not tell which way to go. I looked then, and saw a man named Evangelist coming to him, who asked, Wherefore dost thou cry? He answered, Sir, I perceive by the book in my hand, at I am condemned to die, and after that to come to judgment; and I find that I am not willing to do the first, nor able to do the second.

Then said Evangelist, Why not willing to die, since this life Is attended with so many evils? The man answered, Because I fear that this burden that is upon my back will sink me lower than the grave, and I shall fall into Tophet. And, Sir, if I be not fit to go to prison, I am not fit, I am sure, to go to judgment, and from thence to execution; and the thoughts of these things make me cry.

Then said Evangelist, If this be thy condition, why standest Thou still? He answered, Because I know not whither to go. Then he gave him a parchment roll, and there was written within, Flee from the wrath to come.

Now when he [Christian] was got up to the top of the Hill, There came two men running up against him amain; the name of the one was Timorous, and the name of the other Mistrust. To whom Christian said, "Sirs, what's the matter you run the wrong way?" Timorous answered that they were going to the city of Sion, and had got up that difficult place; "But," said he, "the further we go, the more danger we meet with, wherefore we turned, and are going back again."

"Yes," said Mistrust, 'for just before us lie a couple of Lions in the way, whether sleeping or waking we know not and we could not think, if we came within reach, but they would presently pull us in pieces."

Then said Christian, "You make me afraid, but whither Shall I fly to be safe? If I go back to mine own country, that is prepared for fire and brimstone, and I shall certainly perish there. If I can get to the Celestial City, I am sure to be in safety there. I must venture: to go back is nothing but death, to go forward is fear of death, and life everlasting beyond it. I will yet go forward." So Mistrust and Timorous ran down the Hill, and Christian went on his way.

Now I saw in my dream, that these two men [Christian and Hopeful] went in at the Gate; and lo, as these entered they were transfigured, and they had raiment put on that shone like gold.

There was also that met them, with harps and crowns, and gave them to them, the harp to praise withal, and the crowns in token of honour. Then I heard in my dream, that all the bells in the City rang again for joy; and that it was said unto them, *"Enter Ye Into the Joy of Your Lord."*

I also heard the men themselves, that they sang with a loud voice, saying, *"Blessing, Honour, Glory, and Power, Be To Him That Sitteth Upon the Throne and To the Lamb For Ever and Ever."*

Now just as the Gates were opened to let in the men, I Looked in after them; and behold, the City shone like the sun, the streets also were paved with gold, and in them walked many men with crowns on their heads, palms in their hands, and golden harps to sing praises withal.

There were also of them that had wings, and they answered One another without intermission, saying, *Holy, Holy, Holy, Is The Lord.* And after that, they shut up the Gates: which when I had seen, I wished myself among them.

Bunyan died 31 August 1688, and is remembered on the 30th. [August 29th in the Episcopal Church.]