

Morning Prayer

April 3, 2025

Thursday after the Fourth Sunday in Lent

RICHARD OF CHICHESTER, Bishop, 1253

Rend your hearts and not your garments. Return to the Lord your God, for he is gracious and merciful, slow to anger and abounding in steadfast love, and repents of evil.

Joel 2:13

Confession of Sin

Let us confess our sins against God and our neighbor.

Silence may be kept.

Officiant and People 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.**

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.**

Invitatory and Psalter

All stand

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Officiant **Lord, open our lips.**
People **And our mouth shall proclaim your praise.**

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.

Venite *Psalm 95:1-7*

The Lord is full of compassion and mercy: Come let us adore him.

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 Lord is full of compassion and mercy: Come let us adore him.

Psalm 69

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¹ Save me, O God, *

for the waters have risen up to my neck.

² I am sinking in deep mire, *

and there is no firm ground for my feet.

³ I have come into deep waters, *

and the torrent washes over me.

⁴ I have grown weary with my crying;

my throat is inflamed; *

my eyes have failed from looking for my God.

⁵ Those who hate me without a cause are more than the hairs of my head;

my lying foes who would destroy me are mighty. *

Must I then give back what I never stole?

⁶ O God, you know my foolishness, *

and my faults are not hidden from you.

⁷ Let not those who hope in you be put to shame through me, Lord GOD of hosts; *

let not those who seek you be disgraced because of me, O God of Israel.

⁸ Surely, for your sake have I suffered reproach, *

and shame has covered my face.

⁹ I have become a stranger to my own kindred, *

an alien to my mother's children.

¹⁰ Zeal for your house has eaten me up; *

the scorn of those who scorn you has fallen upon me.

¹¹ I humbled myself with fasting, *

but that was turned to my reproach.

¹² I put on sack-cloth also, *

and became a byword among them.

- 13 Those who sit at the gate murmur against me, *
and the drunkards make songs about me.
- 14 But as for me, this is my prayer to you, *
at the time you have set, O LORD:
- 15 "In your great mercy, O God, *
answer me with your unfailing help.
- 16 Save me from the mire; do not let me sink; *
let me be rescued from those who hate me
and out of the deep waters.
- 17 Let not the torrent of waters wash over me,
neither let the deep swallow me up; *
do not let the Pit shut its mouth upon me.
- 18 Answer me, O LORD, for your love is kind; *
in your great compassion, turn to me."
- 19 "Hide not your face from your servant; *
be swift and answer me, for I am in distress.
- 20 Draw near to me and redeem me; *
because of my enemies deliver me.
- 21 You know my reproach, my shame, and my dishonor; *
my adversaries are all in your sight."
- 22 Reproach has broken my heart, and it cannot be healed; *
I looked for sympathy, but there was none,
for comforters, but I could find no one.
- 23 They gave me gall to eat, *
and when I was thirsty, they gave me vinegar to drink.
- 24 [Let the table before them be a trap *
and their sacred feasts a snare.
- 25 Let their eyes be darkened, that they may not see, *
and give them continual trembling in their loins.
- 26 Pour out your indignation upon them, *
and let the fierceness of your anger overtake them.
- 27 Let their camp be desolate, *
and let there be none to dwell in their tents.
- 28 For they persecute him whom you have stricken *
and add to the pain of those whom you have pierced.

²⁹ Lay to their charge guilt upon guilt, *
and let them not receive your vindication.
³⁰ Let them be wiped out of the book of the living *
and not be written among the righteous.]
³¹ As for me, I am afflicted and in pain; *
your help, O God, will lift me up on high.
³² I will praise the Name of God in song; *
I will proclaim his greatness with thanksgiving.
³³ This will please the LORD more than an offering of oxen, *
more than bullocks with horns and hoofs.
³⁴ The afflicted shall see and be glad; *
you who seek God, your heart shall live.
³⁵ For the LORD listens to the needy, *
and his prisoners he does not despise.
³⁶ Let the heavens and the earth praise him, *
the seas and all that moves in them;
³⁷ For God will save Zion and rebuild the cities of Judah; *
they shall live there and have it in possession.
³⁸ The children of his servants will inherit it, *
and those who love his Name will dwell therein.
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 Lessons

The First Lesson

Jeremiah 22:13-23

A Reading from the Book of the Prophet Jeremiah.

Woe to him who builds his house by unrighteousness, and his upper rooms by injustice; who makes his neighbors work for nothing, and does not give them their wages; who says, "I will build myself a spacious house with large upper rooms," and who cuts out windows for it, paneling it with cedar, and painting it with vermilion. Are you a king because you compete in cedar? Did not your father eat and drink and do justice and righteousness? Then it was well with him. He judged the cause of the poor and needy; then it was well. Is not this to know me? says the LORD. But your eyes and heart are only on your dishonest gain,

for shedding innocent blood, and for practicing oppression and violence. Therefore thus says the LORD concerning King Jehoiakim son of Josiah of Judah: They shall not lament for him, saying, "Alas, my brother!" or "Alas, sister!" They shall not lament for him, saying, "Alas, lord!" or "Alas, his majesty!" With the burial of a donkey he shall be buried—dragged off and thrown out beyond the gates of Jerusalem.

Go up to Lebanon, and cry out, and lift up your voice in Bashan; cry out from Abarim, for all your lovers are crushed. I spoke to you in your prosperity, but you said, "I will not listen." This has been your way from your youth, for you have not obeyed my voice. The wind shall shepherd all your shepherds, and your lovers shall go into captivity; then you will be ashamed and dismayed because of all your wickedness. O inhabitant of Lebanon, nested among the cedars, how you will groan when pangs come upon you, pain as of a woman in labor!

The Word of the Lord.

Thanks be to God.

8. The Song of Moses *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.
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 Second Lesson

John 6:41-51

A Reading from the Gospel According to John.

Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, I have come down from heaven?" Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

The Word of the Lord.

Thanks be to God.

19. The Song of the Redeemed *Revelation 15:3-4*

O ruler of the universe, Lord God,
great deeds are they that you have done, *
surpassing human understanding.
Your ways are ways of righteousness and truth, *
O King of all the ages.
Who can fail to do you homage, Lord,
and sing the praises of your Name? *
for you only are the Holy One.
All nations will draw near and fall down before you, *
because your just and holy works have been revealed.
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 Apostles' Creed

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**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,**

R. Have mercy on us, Lord, have mercy.
V. Lord, show us your love and mercy;
R. For we put our trust in you.
V. In you, Lord, is our hope;
R. And we shall never hope in vain.

The Collect of the Day

Gracious Father, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Richard of Chichester, Bishop, 1253

Almighty and most merciful God, who calls your people to yourself, we pray that, following the example of your bishop Richard of Chichester, we may see your Son Jesus Christ more clearly, love him more dearly, and follow him more nearly; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Seasonal Collect

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

A Collect for Guidance

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. **Amen.**

A Prayer 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.**

Here may be sung a hymn or anthem.

Authorized intercessions and thanksgivings may follow.

18. For our Country

Almighty God, who has blessed this land with beauty and diversity: We humbly beseech thee that we may always prove ourselves a people mindful of thy favor and glad to do thy will. Bless this land with honorable industry, sound learning, and pure manners. Save us from violence, discord, and confusion, from pride and arrogance, and from every evil way. Defend our liberties, and fashion into one united people the multitudes brought together out of many kindreds and tongues.

Endue with the spirit of wisdom those to whom, in thy Name, we entrust the authority of government, that there may be justice and peace at home, and that, through obedience to thy law, we may show forth thy praise among the nations of the earth. In the time of prosperity, fill our hearts with thankfulness, and in the day of trouble, suffer not our trust in thee to fail; all which we ask through Jesus Christ our Lord. Amen.

Before the close of the Office one or both of the following may be used

A Prayer of St. Chrysostom

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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.**

Then may be said

Let us bless the Lord.

Thanks be to God.

The Officiant may then conclude with one of the following

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

Richard of Chichester

Born in Burford, Worcestershire, around 1197, Richard and his older brother Robert were quite young when their parents died, leaving a rich estate with a guardian to manage it. The guardian allowed the estate to dwindle, and Richard worked long hours to restore it.

Pressure was put on Richard to marry, but he, who from earliest years had preferred books to almost anything else, turned the estate over to his brother and went to Oxford. Often hungry, cold, and not always sure of his next day's keep, Richard managed to succeed in his studies under such teachers as Robert Grosseteste.

He continued to study law at Paris and Bologna, earned a doctorate, and returned to Oxford to become the university chancellor. Shortly afterward, the Archbishop of Canterbury, Edmund Rich, appointed him to be his own chancellor. The friendship between the primate and his young assistant was close: Richard also became his biographer.

Conflict with King Henry III eventually forced the archbishop into exile in France, where Richard nursed him in his final illness. After the archbishop's death, Richard moved to the Dominican house at Orleans for further study and teaching. He was ordained as a priest in 1243.

He then returned to England, and was elected Bishop of Chichester in 1244. King Henry opposed the election, confiscated all of the

revenues of the diocese, and even locked Richard out of the episcopal dwelling. Richard was given lodging by a priest, Simon of Tarring. During these years he functioned as a missionary bishop, traveling about the diocese on foot, visiting fishermen and farmers, holding synods with great difficulty, and endeavoring to establish order. Threatened by the Pope, Henry finally acknowledged Richard as bishop in 1246. For eight years, he served his diocese as preacher, confessor, teacher, and counselor. He died in 1253. Nine years after his death, he was canonized. His best remembered words are:

Dear Lord, of thee three things I pray:

To see thee more clearly,

Love thee more dearly,

Follow thee more nearly.