

By His Wounds We are Healed

A Lenten Prayer Vigil



March 20 — March 21, 2021
10:00am to 10:00am

All Saints Church
Chevy Chase, MD

But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

– Isaiah 53:5 (KJV)

A Prayer of St. Augustine

Remember, Christian soul, that thou hast this day, and every day of thy life:

God to glorify.
Jesus to imitate.
A soul to save.
A body to mortify.
Sins to repent of.
Virtues to acquire.
Hell to avoid.
Heaven to gain.
Eternity to prepare for.
Time to profit by.
Neighbors to edify.
The world to despise.
Devils to combat.
Passions to subdue.
Death, perhaps, to suffer.
Judgment to undergo.

Amen.

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Introduction

The Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit Himself intercedes for us through wordless groans. And He who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God. And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:26–28

Dear Faithful Prayer Warrior,

You are about to embark on a prayer mission of eternal consequences. Maybe you don't sense, feel, or believe that. Yet, some small but holy speck of faith has brought you to this moment and that is beautiful in the Lord. Maybe you wonder if your prayers might or might not help anyone or anything in the slightest. Maybe you are praying this hour simply to keep in the spirit of this Vigil event or to be in keeping with those around you. Maybe you don't really know for sure if prayer matters at all or if it is an exercise in fantasy and dreams, but you are taking God at His word that He hears you and cares about you and all of us.

It doesn't matter how you enter your prayer time, but only that you enter. It doesn't matter how you enter your prayer time, but rather how you come out of it. How you enter doesn't matter because God will take the smallest grain of your faith and make glory of it. How you enter doesn't matter because the fruit of your prayers depends only upon the power of God's Holy Spirit.

There is no power in us but for the Holy Spirit, but there is infinite power in us because of the Holy Spirit.

Be lifted, assured, guaranteed, promised, and elated that your prayers this hour will be heard by the God who loves you, the Jesus who saved you, and the Holy Spirit who empowers you. You could use this time to check off something from your to-do list and gain a benefit for some days or even years. But using this time to check off something from the Lord's to-do list will provide benefits and blessings forever. God will respond to your petitions and change someone's life for all eternity. Maybe even your own.

You are about to embark on a mission of eternal consequences. Pray like it.

Praying over your prayers,

Ed Kelaher

Ed Kelaher, Rector

About This Booklet

Using the Prayer Guide

This Booklet is designed to aid and inspire you as you come to God in prayer. We hope that God will use it to focus your heart and mind on Jesus's salvific, healing power. He suffered and died that we might be set free from sin and death and would attain everlasting life and joy. May Christ guide us as individuals and a church family into deeper intimacy with Him!

At a steady pace, you should be able to pray through this Prayer Guide in about an hour, but do not feel the need to rush. You may focus more on the themes that stir your heart most and simply end when the hour is over. It is best, however, if you begin with the Opening Reflections and finish with the Closing Reflections as they provide an important framework to our prayers.

For this Vigil, we have incorporated art and music into our prayers. Take some time to mediate upon the paintings – their colors, symbols, figures, stories, etc. – as they may inspire your thoughts and prayers. For the Sacred Music, simply click on the link provided, and your device should play the music automatically. Feel free to pause and listen or sing as the music should also aid your prayers.

The Prayer Guide is divided into six main sections, each basing its themes, readings, and prayers on one of the Collects from the Lenten Season. Each theme is an important theological value that originates from and is sustained by our Lord Jesus and His Holy Spirit. At the end of each section, please pause to pray from these themes and readings as God leads you. Ultimately, pray that God would fill you all the people of All Saints Church with Christ's saving grace, love, joy, and Spirit and that we would wholeheartedly pursue His will for our lives and parish.

Acknowledgments

This Prayer Vigil could not have been planned and prepared without the work of numerous parishioners, whose prayers, ideas, and labor have been invaluable. I would like to thank Rev. Ed Kelaher for his wonderful introduction; Dan Buckingham and Andrew Lazo for their assistance in compiling all the readings and prayers; Rev. Brit Frazier for providing artwork; Peter Crisafulli for providing musical selections; and Kathleen Dillion for her inspiration and leadership.

May God Bless You and Our Parish Greatly as We Pray Today!

All Scripture citations are from the English Standard Version (ESV) unless otherwise noted. Prayers are taken from the *Book of Common Prayer* (BCP) or *The St. Augustine Prayer Book* (SAPB) unless otherwise noted.

Opening Reflections

From the Catechism

Human Nature

Q. What are we by nature?

A. We are part of God's creation, made in the image of God.

Q. What does it mean to be created in the image of God?

A. It means that we are free to make choices: to love, to create, to reason, and to live in harmony with creation and with God.

Q. Why then do we live apart from God and out of harmony with creation?

A. From the beginning, human beings have misused their freedom and made wrong choices.

Q. Why do we not use our freedom as we should?

A. Because we rebel against God, and we put ourselves in the place of God.

Q. What help is there for us?

A. Our help is in God.

Opening Prayers

Prayer of St. Augustine (SAPB)

Breathe in me, O Holy Spirit, that all my thoughts may be holy. Act in me, O Holy Spirit, that all my work too may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me then, O Holy Spirit, that I always may be holy. *Amen.*

The Lord's Prayer (BCP)

Our Father, who art in heaven,

hallowed be thy Name,

thy kingdom come, thy will be done, on earth as it is in heaven.

Give us this day our daily bread.

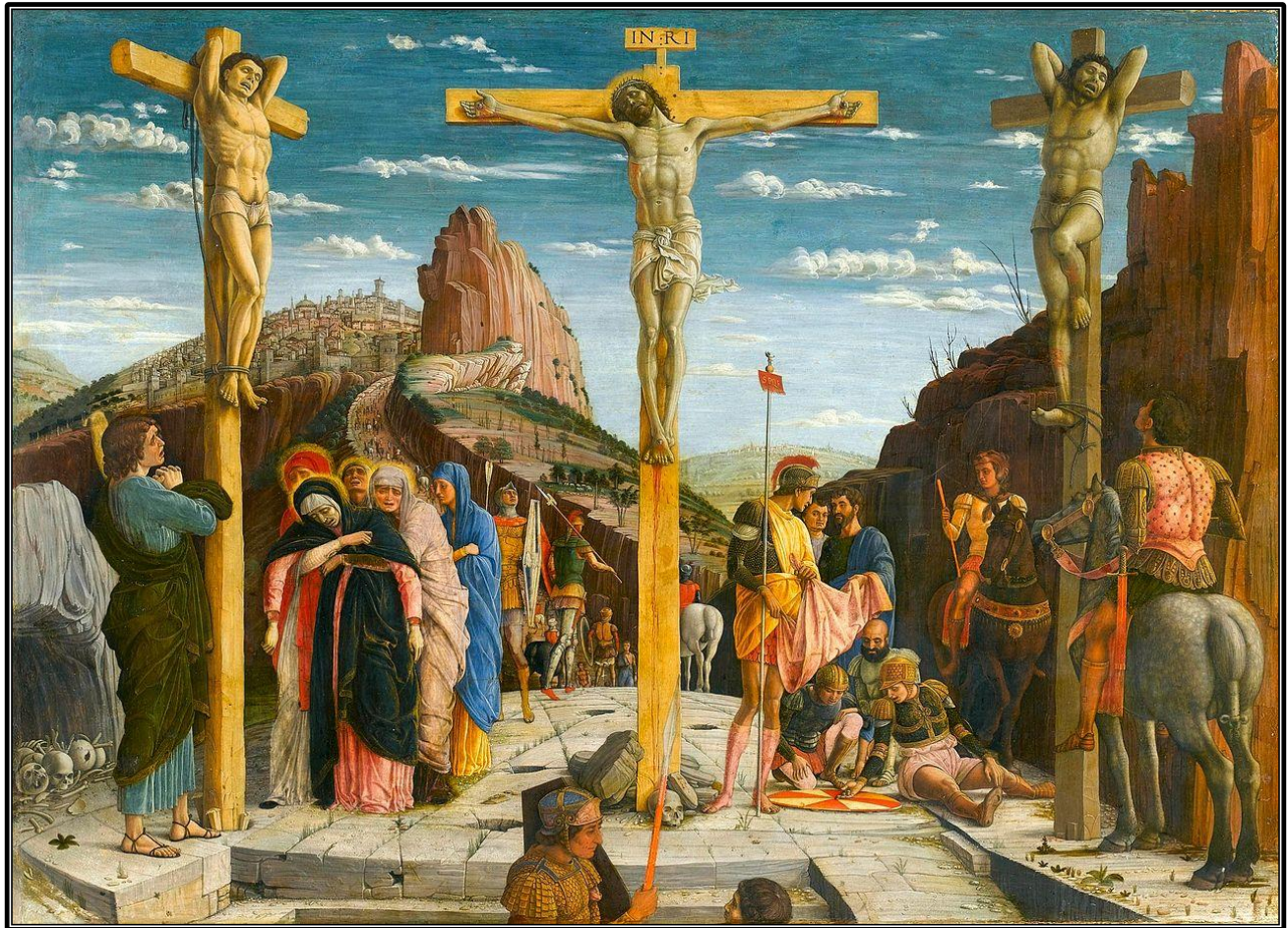
And forgive us our trespasses, as we forgive those who trespass against us.

And lead us not into temptation, but deliver us from evil.

For thine is the kingdom, and the power, and the glory,

for ever and ever. *Amen.*

Praying for Forgiveness and New Hearts



Opening Verses for Meditation

Isaiah 12:2

Behold, God is my salvation; I will trust, and will not be afraid;
for the Lord God is my strength and my song, and he has become my salvation.

2 Corinthians 5:17

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

Psalms 103:12

as far as the east is from the west,
so far does he remove our transgressions from us.

Artwork: *Crucifixion*, by Andrea Mantegna, c. 1457-59. The Louvre, Paris, France. Note: the skull underneath the cross belongs to Adam, the first sinner, who, through Christ's suffering and death, receives forgiveness and salvation.

Collect for Ash Wednesday

Almighty and everlasting God, who hatest nothing that thou hast made and dost forgive the sins of all those 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 thee, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, for ever and ever. *Amen.*

Lessons and Psalms

Isaiah 53:4–9

Surely he has borne our griefs
and carried our sorrows;
yet we esteemed him stricken,
smitten by God, and afflicted.

**But he was pierced for our transgressions;
he was crushed for our iniquities;
upon him was the chastisement that brought us peace,
and with his wounds we are healed.**

All we like sheep have gone astray;
we have turned—every one—to his own way;
and the Lord has laid on him
the iniquity of us all.

He was oppressed, and he was afflicted,
yet he opened not his mouth;
like a lamb that is led to the slaughter,
and like a sheep that before its shearers is silent,
so he opened not his mouth.

By oppression and judgment he was taken away;
and as for his generation, who considered
that he was cut off out of the land of the living,
stricken for the transgression of my people?
And they made his grave with the wicked
and with a rich man in his death,
although he had done no violence,
and there was no deceit in his mouth.

Psalm 51:1–12 ([click here to listen to the Miserere Mei Deus](#))

¹ Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.

² Wash me thoroughly from my iniquity,
and cleanse me from my sin!

³ For I know my transgressions,
and my sin is ever before me.

⁴ Against you, you only, have I sinned
and done what is evil in your sight,
so that you may be justified in your words
and blameless in your judgment.

⁵ Behold, I was brought forth in iniquity,
and in sin did my mother conceive me.

⁶ Behold, you delight in truth in the inward
being,

and you teach me wisdom in the secret
heart.

⁷ Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.

⁸ Let me hear joy and gladness;
let the bones that you have broken
rejoice.

⁹ Hide your face from my sins,
and blot out all my iniquities.

¹⁰ Create in me a clean heart, O God,
and renew a right spirit within me.

¹¹ Cast me not away from your presence,
and take not your Holy Spirit from me.

¹² Restore to me the joy of your salvation,
and uphold me with a willing spirit.

John 3:1–8 and 16–17

Now there was a man of the Pharisees named Nicodemus, a ruler of the Jews. This man came to Jesus by night and said to him, "Rabbi, we know that you are a teacher come from God, for no one can do these signs that you do unless God is with him." Jesus answered him, "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God." Nicodemus said to him, "How can a man be born when he is old? Can he enter a second time into his mother's womb and be born?" Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit, he cannot enter the kingdom of God. That which is born of the flesh is flesh, and that which is born of the Spirit is spirit. Do not marvel that I said to you, 'You must be born again.' The wind blows where it wishes, and you hear its sound, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit."

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him."

Collects and Prayers

For Joy in God's Creation (BCP)

O heavenly Father, who hast filled the world with beauty: Open our eyes to behold thy gracious hand in all thy works; that, rejoicing in thy whole creation, we may learn to serve thee with gladness; for the sake of him through whom all things were made, thy Son Jesus Christ our Lord. *Amen.*

For All Sorts and Conditions of Men (BCP)

O God, the creator and preserver of all mankind, we humbly beseech thee for all sorts and conditions of men; that thou wouldest be pleased to make thy ways known unto them, thy saving health unto all nations. More especially we pray for thy holy Church universal; that it may be so guided and governed by thy good Spirit, that all who profess and call themselves Christians may be led into the way of truth, and hold the faith in unity of spirit, in the bond of peace, and in righteousness of life. Finally, we commend to thy fatherly goodness all those who are in any ways afflicted or distressed, in mind, body, or estate; that it may please thee to comfort and relieve them according to their several necessities, giving them patience under their sufferings, and a happy issue out of all their afflictions. And this we beg for Jesus Christ's sake. *Amen.*

For the Human Family

O God, you made us in your own image and redeemed us through Jesus your Son: Look with compassion on the whole human family; take away the arrogance and hatred which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne; through Jesus Christ our Lord. *Amen.*

For Mission

Lord Jesus Christ, who didst stretch out thine arms of love on the hard wood of the cross that everyone might come within the reach of thy saving embrace: So clothe us in thy Spirit that we, reaching forth our hands in love, may bring those who do not know thee to the knowledge and love of thee; for the honor of thy Name. *Amen.*

Praying for Deliverance and Salvation



Opening Verses for Meditation

Psalm 69:1–2

Save me, O God!

For the waters have come up to my neck.
I sink in deep mire, where there is no foothold;
I have come into deep waters, and the flood sweeps over me.

Isaiah 43:2

When you pass through the waters, I will be with you;
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.

John 10:14–15

Jesus said, "I am the good shepherd. I know my own and my own know me, just as the Father knows me and I know the Father; and I lay down my life for the sheep."

Collect for the First Sunday in Lent

Almighty God, whose blessed Son was led by the Spirit to be tempted of Satan: Make speed to help thy servants who are assaulted by manifold temptations; and, as thou knowest their several infirmities, let each one find thee mighty to save; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. *Amen.*

Lessons and Psalms

Galatians 5:16–24

But I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. But if you are led by the Spirit, you are not under the law. Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. **But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires.**

Psalm 46

¹ God is our refuge and strength,
a very present help in trouble.

² Therefore we will not fear though the earth
gives way,
though the mountains be moved into the
heart of the sea,

³ though its waters roar and foam,
though the mountains tremble at its
swelling. *Selah*

⁴ There is a river whose streams make glad
the city of God,
the holy habitation of the Most High.

⁵ God is in the midst of her; she shall not be
moved;

God will help her when morning dawns.

⁶ The nations rage, the kingdoms totter;
he utters his voice, the earth melts.

⁷ The Lord of hosts is with us;
the God of Jacob is our fortress. *Selah*

⁸ Come, behold the works of the Lord,
how he has brought desolations on the
earth.

⁹ He makes wars cease to the end of the
earth;

he breaks the bow and shatters the spear;
he burns the chariots with fire.

¹¹The Lord of hosts is with us;
the God of Jacob is our fortress. *Selah*

¹⁰“Be still, and know that I am God.
I will be exalted among the nations,
I will be exalted in the earth!”

Luke 4:1-13

And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry. The devil said to him, “If you are the Son of God, command this stone to become bread.” And Jesus answered him, “It is written, ‘Man shall not live by bread alone.’” And the devil took him up and showed him all the kingdoms of the world in a moment of time, and said to him, “To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. If you, then, will worship me, it will all be yours.” And Jesus answered him, “It is written,

**“You shall worship the Lord your God,
and him only shall you serve.”**

And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, “If you are the Son of God, throw yourself down from here, for it is written,

“He will command his angels concerning you, to guard you,’

and

“On their hands they will bear you up,
lest you strike your foot against a stone.”

And Jesus answered him, “It is said, ‘You shall not put the Lord your God to the test.’” And when the devil had ended every temptation, he departed from him until an opportune time.

Collects and Prayers

In Times of Trouble (SAPB)

Blessed Lord, be near to me to defend me, within me to refresh me, around me to preserve me, before me to guide me, behind me to correct me, above me to bless me, who lives and reigns with the Father and the Holy Spirit, ever one God. *Amen.*

For Guidance (BCP)

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

In Times of Conflict (BCP)

O God, you have bound us together in a common life. Help us, in the midst of our struggles for justice and truth, to confront one another without hatred or bitterness, and to work together with mutual forbearance and respect; through Jesus Christ our Lord. *Amen.*

For the Oppressed (BCP)

Look with pity, O heavenly Father, upon the people in this land who live with injustice, terror, disease, and death as their constant companions. Have mercy upon us. Help us to eliminate our cruelty to these our neighbors. Strengthen those who spend their lives establishing equal protection of the law and equal opportunities for all. And grant that every one of us may enjoy a fair portion of the riches of this land; through Jesus Christ our Lord. *Amen.*

A Hymn: Lord, who throughout these forty days

[\(Click here to listen on YouTube\)](#)

1. Lord, who throughout these forty days,
For us did fast and pray,
Teach us with you to mourn our sins,
And close by you to stay.

2. As you with Satan did contend,
And did the vict'ry win,
O give us strength in you to fight,
In you to conquer sin.

3. As you did hunger bear and thirst,
So teach us, gracious Lord,
To die to self, and always live
By your most holy word.

4. And through these days of penitence,
And through your Passiontide,
Forevermore, in life and death,
O Lord, with us abide.

5. Abide with us that when this life
Of suffering is past,
An Easter of unending joy
We may attain at last!

Praying for Grace and Repentance



Opening Verses for Meditation

Jeremiah 31:31

Behold, the days are coming, declares the LORD, when I will make a new covenant with the house of Israel and the house of Judah.

Psalm 6:2

Be gracious to me, O LORD, for I am languishing;
heal me, O LORD, for my bones are troubled.

2 Corinthians 13:14

The grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with you all.

Artwork: *Christ in the House of Simon*, Dieric Boots, oil on canvas, c.1440s, Netherlands. Note: In this painting, Jesus forgives a “sinful woman,” who is shunned and scorned by others.

Collect for the Second Sunday in Lent

O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from thy ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of thy Word, Jesus Christ thy Son; who with thee and the Holy Spirit liveth and reigneth, one God, for ever and ever. *Amen.*

Lessons and Psalms

Joel 2:1–2 and 12–13

Blow a trumpet in Zion;
 sound an alarm on my holy mountain!
Let all the inhabitants of the land tremble,
 for the day of the LORD is coming; it is near,
a day of darkness and gloom,
 a day of clouds and thick darkness!
Like blackness there is spread upon the mountains
 a great and powerful people;
their like has never been before,
 nor will be again after them
 through the years of all generations.

“Yet even now,” declares the LORD,
 “return to me with all your heart,
with fasting, with weeping, and with mourning;
 and 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 he relents over disaster.**

Psalm 130

Out of the depths I cry to you, O Lord!
 O Lord, hear my voice!

Let your ears be attentive
 to the voice of my pleas for mercy!

If you, O Lord, should mark iniquities,
 O Lord, who could stand?

But with you there is forgiveness,
 that you may be feared.

I wait for the Lord, my soul waits,
and in his word I hope;

my soul waits for the Lord
more than watchmen for the morning,
more than watchmen for the morning.

O Israel, hope in the Lord!
For with the Lord there is steadfast love,
and with him is plentiful redemption.

And he will redeem Israel
from all his iniquities.

Luke 15:11–24

Jesus said, "There was a man who had two sons. And the younger of them said to his father, 'Father, give me the share of property that is coming to me.' And he divided his property between them. Not many days later, the younger son gathered all he had and took a journey into a far country, and there he squandered his property in reckless living. And when he had spent everything, a severe famine arose in that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him into his fields to feed pigs. And he was longing to be fed with the pods that the pigs ate, and no one gave him anything.

"But when he came to himself, he said, 'How many of my father's hired servants have more than enough bread, but I perish here with hunger! I will arise and go to my father, and I will say to him, "Father, I have sinned against heaven and before you. I am no longer worthy to be called your son. Treat me as one of your hired servants."' And he arose and came to his father. But while he was still a long way off, his father saw him and felt compassion, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you. I am no longer worthy to be called your son.' But the father said to his servants, '**Bring quickly the best robe, and put it on him, and put a ring on his hand, and shoes on his feet. And bring the fattened calf and kill it, and let us eat and celebrate. For this my son was dead, and is alive again; he was lost, and is found.**' And they began to celebrate.

Collects and Prayers

For the Renewal of Life (BCP)

O God, the King eternal, who dividest the day from the night and turnest the shadow of death into the morning: Drive far from us all wrong desires, incline our hearts to keep thy law, and guide our feet into the way of peace; that, having done thy will with cheerfulness while it was day, we may, when night cometh, rejoice to give thee thanks; through Jesus Christ our Lord.
Amen.

For the Poor and Neglected (BCP)

Almighty and most merciful God, we remember before you all poor and neglected persons whom it would be easy for us to forget: the homeless and the destitute, the old and the sick, and

all who have none to care for them. Help us to heal those who are broken in body or spirit, and to turn their sorrow into joy. Grant this, Father, for the love of your Son, who for our sake became poor, Jesus Christ our Lord. *Amen.*

For Grace (BCP)

O Lord, our heavenly Father, almighty and everlasting God, who hast safely brought us to the beginning of this day: Defend us in the same with thy mighty power; and grant that this day we fall into no sin, neither run into any kind of danger; but that we, being ordered by thy governance, may do always what is righteous in thy sight; through Jesus Christ our Lord. *Amen.*

Praying for Perseverance in the Faith



Opening Verses for Meditation

Psalm 119:11

I have stored up your word in my heart,
that I might not sin against you.

Hebrews 12:1–2

Let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Galatians 6:9

Let us not grow weary of doing good, for in due season we will reap, if we do not give up.

John 16:33

Jesus said, "In the world you will have tribulation. But take heart; I have overcome the world."

Collect for the Third Sunday in Lent

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.*

Lessons and Psalms

1 Samuel 1:4–18

On the day when Elkanah sacrificed, he would give portions to Peninnah his wife and to all her sons and daughters. But to Hannah he gave a double portion, because he loved her, though the Lord had closed her womb. And her rival used to provoke her grievously to irritate her, because the Lord had closed her womb. So it went on year by year. As often as she went up to the house of the Lord, she used to provoke her. Therefore Hannah wept and would not eat. And Elkanah, her husband, said to her, "Hannah, why do you weep? And why do you not eat? And why is your heart sad? Am I not more to you than ten sons?"

After they had eaten and drunk in Shiloh, Hannah rose. Now Eli the priest was sitting on the seat beside the doorpost of the temple of the Lord. She was deeply distressed and prayed to the Lord and wept bitterly. And she vowed a vow and said, "O Lord of hosts, if you will indeed look on the affliction of your servant and remember me and not forget your servant, but will give to your servant a son, then I will give him to the Lord all the days of his life, and no razor shall touch his head."

As she continued praying before the Lord, Eli observed her mouth. Hannah was speaking in her heart; only her lips moved, and her voice was not heard. Therefore Eli took her to be a drunken woman. And Eli said to her, "How long will you go on being drunk? Put your wine away from you." But Hannah answered, "No, my lord, I am a woman troubled in spirit. I have drunk neither wine nor strong drink, but **I have been pouring out my soul before the Lord. Do not regard your servant as a worthless woman, for all along I have been speaking out of my great anxiety and vexation.**" Then Eli answered, "Go in peace, and the God of Israel grant your petition that you have made to him." And she said, "Let your servant find favor in your eyes." Then the woman went her way and ate, and her face was no longer sad.

Psalm 1

¹ Blessed is the man
 who walks not in the counsel of the
wicked,
nor stands in the way of sinners,
 nor sits in the seat of scoffers;
² but his delight is in the law of the LORD,
 and on his law he meditates day and
night.
³ He is like a tree
 planted by streams of water
that yields its fruit in its season,
 and its leaf does not wither.
In all that he does, he prospers.

⁴ The wicked are not so,
 but are like chaff that the wind drives
away.

⁵ Therefore the wicked will not stand in the
judgment,
 nor sinners in the congregation of the
righteous;

⁶ for the LORD knows the way of the
righteous,
 but the way of the wicked will perish.

Romans 5:1–5

Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. Not only that, but **we rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope**, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

Collects and Prayers

For Perseverance in the Faith (William Barclay)

Grant, O God, That we may never lose the way through our self-will, and so end up in the far countries of the soul; that we may never abandon the struggle, but that we may endure to the end, and so be saved; that we may never drop out of the race, but that we may ever press forward to the goal of our high calling; that we may never choose the cheap and passing things, and let go the precious things that last forever; that we may never take the easy way, and so leave the right way; that we may never forget that sweat is the price of all things, and that without the cross, there cannot be the crown.

So keep us and strengthen us by your grace that no disobedience and no weakness and no failure may stop us from entering into the blessedness which awaits those who are faithful in all the changes and chances of life down even to the gates of death; through Jesus Christ our Lord.
Amen

A Prayer of St. Alcuin of York (SAPB)

Eternal Light, shine into our hearts; eternal goodness, deliver us from evil; eternal power, be our support; eternal wisdom, scatter the darkness of our ignorance; eternal pity, have mercy upon us. That with all our heart and mind and soul and strength, we may seek thy face and be brought, through thine infinite mercy, to thy holy presence; through Jesus Christ our Lord. *Amen.*

For Protection (BCP)

Assist us mercifully, O Lord, in these our supplications and prayers, and dispose the way of thy servants towards the attainment of everlasting salvation; that, among all the changes and chances of this mortal life, they may ever be defended by thy gracious and ready help; through Jesus Christ our Lord. *Amen.*

A Hymn: Dear Lord and Father of Mankind

[\(Click here to listen on YouTube\)](#)

1. Dear Lord and Father of mankind,
Forgive our foolish ways!
Reclothe us in our rightful mind,
In purer lives Thy service find,
In deeper reverence, praise.

2. In simple trust like theirs who heard
Beside the Syrian sea
The gracious calling of the Lord,
Let us, like them, without a word
Rise up and follow Thee.

3. O Sabbath rest by Galilee!
O calm of hills above,
Where Jesus knelt to share with Thee
The silence of eternity
Interpreted by love!

4. Drop Thy still dews of quietness,
Till all our strivings cease;
Take from our souls the strain and stress,
And let our ordered lives confess
The beauty of Thy peace.

5. Breathe through the heats of our desire
Thy coolness and Thy balm;
Let sense be dumb, let flesh retire;
Speak through the earthquake, wind, and
fire,
O still, small voice of calm.

Praying for God's Provision



Opening Verses for Meditation

Psalm 46:1

God is our refuge and strength,
a very present help in trouble.

Matthew 6:33

Seek first the kingdom of God and his righteousness, and all these things will be added to you.

2 Peter 1:3

His divine power has given us everything we need for a godly life through our knowledge of him who called us by his own glory and goodness.

Collect for the Fourth Sunday in Lent

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.*

Lessons and Psalms

1 Kings 17:7–16

The word of the Lord came to [Elijah]: ‘Go at once to Zarephath in the region of Sidon and stay there. I have instructed a widow there to supply you with food.’ So he went to Zarephath. When he came to the town gate, a widow was there gathering sticks. He called to her and asked, ‘Would you bring me a little water in a jar so I may have a drink?’ As she was going to get it, he called, ‘And bring me, please, a piece of bread.’ ‘As surely as the Lord your God lives,’ she replied, ‘I don’t have any bread – only a handful of flour in a jar and a little olive oil in a jug. I am gathering a few sticks to take home and make a meal for myself and my son, that we may eat it – and die.’

Elijah said to her, ‘Don’t be afraid. Go home and do as you have said. But first make a small loaf of bread for me from what you have and bring it to me, and then make something for yourself and your son. **For this is what the Lord, the God of Israel, says: “The jar of flour will not be used up and the jug of oil will not run dry until the day the Lord sends rain on the land.”**’

She went away and did as Elijah had told her. So there was food every day for Elijah and for the woman and her family. For the jar of flour was not used up and the jug of oil did not run dry, in keeping with the word of the Lord spoken by Elijah.

Psalm 116:1–9

¹I love the Lord, because he has heard
my voice and my pleas for mercy.

²Because he inclined his ear to me,
therefore I will call on him as long as I live.

³The snares of death encompassed me;
the pangs of Sheol laid hold on me;
I suffered distress and anguish.

⁴Then I called on the name of the Lord:
“O Lord, I pray, deliver my soul!”

⁵Gracious is the Lord, and righteous;
our God is merciful.

⁶The Lord preserves the simple;
when I was brought low, he saved me.

⁷Return, O my soul, to your rest;
for the Lord has dealt bountifully with you.

⁸For you have delivered my soul from death,
my eyes from tears,
my feet from stumbling;

⁹I will walk before the Lord
in the land of the living.

John 6:36–51

Jesus said to them, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst. But I said to you that you have seen me and yet do not believe.

All that the Father gives me will come to me, and whoever comes to me I will never cast out. For I have come down from heaven, not to do my own will but the will of him who sent me. And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day. For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day.”

So the Jews grumbled about him, because he said, “I am the bread that came down from heaven.” They said, “Is not this Jesus, the son of Joseph, whose father and mother we know? How does he now say, ‘I have come down from heaven?’” Jesus answered them, “Do not grumble among yourselves. No one can come to me unless the Father who sent me draws him. And I will raise him up on the last day. It is written in the Prophets, ‘And they will 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 he who is from God; he has seen the Father. Truly, truly, I say to you, whoever believes has eternal life. **I am the bread of life. Your fathers 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. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh.**”

Collects and Prayers

For the Parish (SAPB)

Almighty and everlasting God, hear our prayers and grant to this parish all things necessary for its spiritual well-being: enlighten and guide our leaders, our clergy, wardens, and vestry; strengthen and increase the faithful, visit and relieve the sick, turn and renew the hard-hearted or careless, bring again those who have wandered; remove from us anything that resists your grace or hinders your purposes; make all of us one united voice to sing your praise and to give witness to your goodness; through Jesus Christ our Lord. *Amen.*

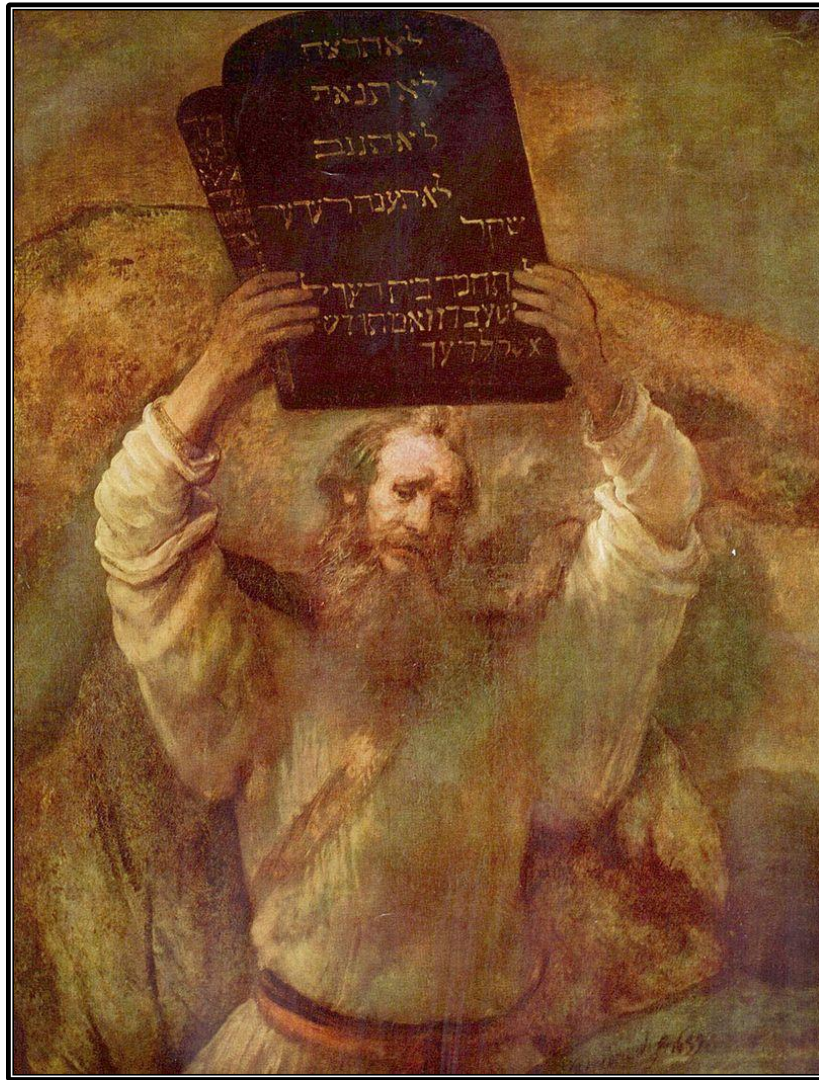
For Those We Love (BCP)

Almighty God, we entrust all who are dear to us to thy never-failing care and love, for this life and the life to come, knowing that thou art doing for them better things than we can desire or pray for; through Jesus Christ our Lord. *Amen.*

For Social Service (BCP)

Heavenly Father, whose blessed Son came not to be served but to serve: Bless all who, following in his steps, give themselves to the service of others; that with wisdom, patience, and courage, they may minister in his Name to the suffering, the friendless, and the needy; for the love of him who laid down his life for us, your Son our Savior Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Praying for Obedience



Opening Verses for Meditation

John 14:3

If you love me, you will keep my commandments.

John 15:12

This is my commandment, that you love one another as I have loved you.

Deuteronomy 6:18

And you shall do what is right and good in the sight of the Lord, that it may go well with you, and that you may go in and take possession of the good land that the Lord swore to give to your fathers.

Artwork: *Moses Breaking the Tablets of the Law*, Rembrandt, oil on canvas, Gemäldegalerie, Berlin. 1659

Collect for the Fifth Sunday in Lent

O Almighty God, who alone canst order the unruly wills and affections of sinful men: Grant unto thy people that they may love the thing which thou commandest, and desire that which thou dost promise; that so, among the sundry and manifold changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. *Amen.*

Lessons and Psalms

Deuteronomy 28:1–6

If you faithfully obey the voice of the Lord your God, being careful to do all his commandments that I command you today, the Lord your God will set you high above all the nations of the earth. **And all these blessings shall come upon you and overtake you, if you obey the voice of the Lord your God.** Blessed shall you be in the city, and blessed shall you be in the field. Blessed shall be the fruit of your womb and the fruit of your ground and the fruit of your cattle, the increase of your herds and the young of your flock. Blessed shall be your basket and your kneading bowl. Blessed shall you be when you come in, and blessed shall you be when you go out.

Psalm 73:14–28

¹⁴For all the day long I have been stricken
and rebuked every morning.

¹⁵If I had said, "I will speak thus,"
I would have betrayed the generation of
your children.

¹⁶But when I thought how to understand
this,
it seemed to me a wearisome task,

¹⁷until I went into the sanctuary of God;
then I discerned their end.

¹⁸Truly you set them in slippery places;
you make them fall to ruin.

¹⁹How they are destroyed in a moment,
swept away utterly by terrors!

²⁰Like a dream when one awakes,
O Lord, when you rouse yourself, you
despise them as phantoms.

²¹When my soul was embittered,
when I was pricked in heart,

²²I was brutish and ignorant;
I was like a beast toward you.

²³Nevertheless, I am continually with you;
you hold my right hand.

²⁴You guide me with your counsel,
and afterward you will receive me to
glory.

²⁵Whom have I in heaven but you?
And there is nothing on earth that I desire
besides you.

²⁶ My flesh and my heart may fail,
but God is the strength of my heart and
my portion forever.

²⁷ For behold, those who are far from you
shall perish;

you put an end to everyone who is
unfaithful to you.

²⁸ But for me it is good to be near God;
I have made the Lord God my refuge,
that I may tell of all your works.

2 John 1:6–9

And this is love, that we walk according to his commandments; this is the commandment, just as you have heard from the beginning, so that you should walk in it. For many deceivers have gone out into the world, those who do not confess the coming of Jesus Christ in the flesh. Such a one is the deceiver and the antichrist. Watch yourselves, so that you may not lose what we have worked for, but may win a full reward. Everyone who goes on ahead and does not abide in the teaching of Christ, does not have God. Whoever abides in the teaching has both the Father and the Son.

Collects and Prayers

A Prayer of Self-Dedication (BCP)

Almighty and eternal God, so draw our hearts to you, so guide our minds, so fill our imaginations, so control our wills, that we may be wholly yours, utterly dedicated unto you; and then use us, we pray you, as you will, and always to your glory and the welfare of your people; through our Lord and Savior Jesus Christ. Amen.

Obedience (George Herbert)

O let thy sacred will
All thy delight in me fulfill!
Let me not think an action mine own way,
But as thy love shall sway,
Resigning up the rudder to thy skill.

A Prayer for All Sorts and Conditions of People (BCP)

O God, the Creator and Preserver of all mankind, we humbly beseech you for all sorts and conditions of men; that you would be pleased to make your ways known to them, your saving health to all nations. More especially we pray for your holy Church universal; that it may be so guided and governed by your good Spirit, that all who profess and call themselves Christians may be led into the way of truth, and hold the faith in unity of spirit, in the bond of peace, and in righteousness of life. Finally, we commend to your fatherly goodness all those who are any ways afflicted, or distressed, in mind, body, or estate; that it may please you to comfort and relieve them, according to their several necessities; giving them patience under their sufferings, and a happy issue out of all their afflictions. And this we beg for Jesus Christ's sake. *Amen*

Concluding Reflections

From the Catechism

God the Son

Q. What do we mean when we say that Jesus is the only Son of God?

A. We mean that Jesus is the only perfect image of the Father, and shows us the nature of God.

Q. What is the nature of God revealed in Jesus?

A. God is love.

Q. Why did he take our human nature?

A. The divine Son became human, so that in him human beings might be adopted as children of God, and be made heirs of God's kingdom.

Q. What is the great importance of Jesus' suffering and death?

A. By his obedience, even to suffering and death, Jesus made the offering which we could not make; in him we are freed from the power of sin and reconciled to God.

Closing Prayers

Psalm 103:1–10

¹Bless the LORD, O my soul,
and all that is within me,
bless his holy name!

²Bless the LORD, O my soul,
and forget not all his benefits,

³who forgives all your iniquity,
who heals all your diseases,

⁴who redeems your life from the pit,
who crowns you with steadfast love and
mercy,

⁵who satisfies you with good
so that your youth is renewed like the
eagle's.

⁶The LORD works righteousness
and justice for all who are oppressed.

⁷He made known his ways to Moses,
his acts to the people of Israel.

⁸The LORD is merciful and gracious,
slow to anger and abounding in steadfast
love.

⁹He will not always chide,
nor will he keep his anger forever.

¹⁰He does not deal with us according to our
sins,
nor repay us according to our iniquities.

A Prayer Attributed to St. Francis ([click here to listen to it sung by parishioner Cynthia Bryant](#))

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

