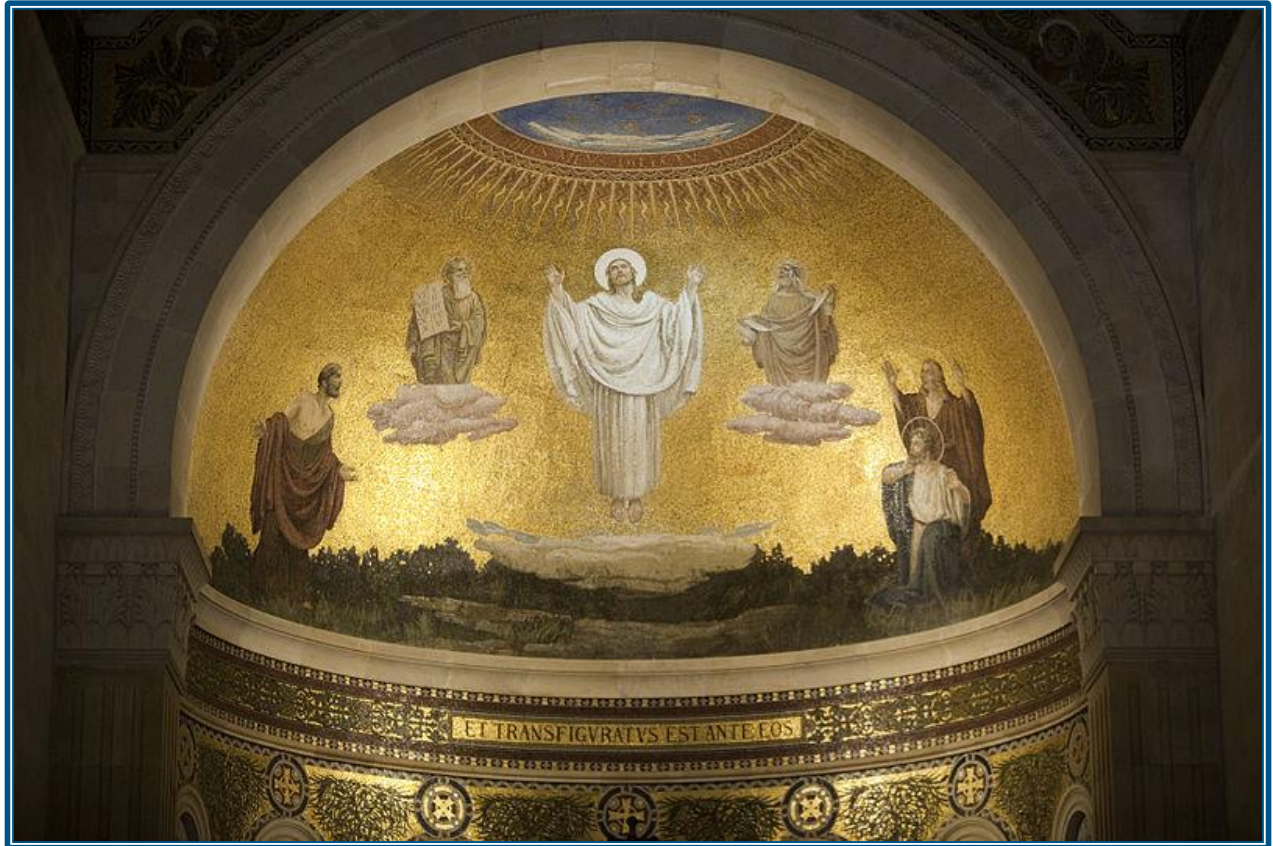


Turning Darkness Into Light

A Lenten Prayer Vigil



March 26 — March 27, 2022

10:00am to 10:00am

All Saints Church

Chevy Chase, MD

The LORD is God, and he has made his light to shine upon us.

– Psalm 118:27

From St. Patrick's Breastplate

Christ within me;
Christ above me;
Christ below me;
Christ before me;
Christ behind me;
Christ on my right;
Christ on my left;
Christ all about me

To guide, and direct me,
That each meeting will be,
Each work undertaken,
By, with, and in him
performed to his glory.

Amen.

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Introduction

Blessed is he who comes in the name of the Lord! We bless you from the house of the Lord.

The Lord is God, and he has made his light to shine upon us.

Bind the festal sacrifice with cords, up to the horns of the altar!

You are my God, and I will give thanks to you; you are my God; I will extol you.

Oh give thanks to the Lord, for he is good; for his steadfast love endures forever!

Psalm 118:26–29

Dear Faithful Prayer Warrior and Beloved Friend,

Our God is in the transformation business! This brings great hope, confidence, and even joy to my heart. The way things are – broken, unjust, painful, and hard – are not the way they will be forever. God has not left us alone; He is at work in us and around us to transform both our hearts and our world. He has brought us out of error into truth, out of sin into righteousness, and out of death into life (Eucharistic Prayer B). He also brings us out of darkness into light!

Reflecting on all the current and past events of the last two years, I think we all need a little light, don't you? Fortunately, He has already begun shining His light by giving us His Son! The Isaiah passages in this Vigil are commonly called, "The Suffering Servant Songs." These songs predict a Chosen One, the Messiah, in the form of a servant who takes on the burdens of the world and does no violence, only countering evil with goodness. Christians see this as a prediction of Jesus, who took on the sins of the world, suffered, and died, but then gloriously triumphed over the powers of sin and death, conquering them forevermore (**1 Corinthians 15:54–57**).

But His work is not over! Through the Holy Spirit, our Lord Jesus continues to transform us into His own likeness (**2 Corinthians 3:18**). As St. Athanasius said, "He became like us that we might become like Him." He continues to battle the sin in our own lives, to heal our broken hearts, to bring us hope and joy, and to lead us closer to His everlasting Kingdom where there will be no more suffering, sin, pain, or death (**Revelation 21:4**). In His Kingdom there is only life, light, joy and peace! Thanks be to God![†]

Thank you for joining together in prayer during this 24-hour period. What you are doing has eternal consequences both for you and those you pray for. If you get stumped and don't know how to pray, rest assured that the Holy Spirit is with you, empowering you, and even praying on your behalf (**Romans 8:26–27**). May you feel His presence, be filled with hope and joy, and be transformed by His grace and power, so that His light would shine in you and through you!

With the love of Christ,

BJ Buracker
Interim Rector

[†] There is a certain A-word I'd like to use here, but given that we are still in Lent, I guess I'll have to wait a few more weeks. 😊

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 God and His transforming power. In sending His Son into the world, our God has shown light into the darkness, and the darkness has not overcome it (**John 1:5**). May He now guide us as individuals and a church family into deeper intimacy with Himself and with His glorious Son, our Lord Jesus Christ!

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 will help you move from sorrowful confession of sin to joyful thanksgiving for the light and transforming power that Jesus brings to us all. Please also spend several minutes at the end of each section reflecting on what you have read, heard, and seen; and offer up to God the spontaneous prayers of your heart.

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 (where it says, “Click Here...”), 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 four main sections, each basing its themes, readings, and prayers on one of the **Suffering Servant Songs from Isaiah**. We believe this Servant is Jesus Himself, who suffered and died for our sakes that the light of His salvation might shine in our dark world. Please pray that God would fill you and all the people of All Saints Church with Christ’s light-giving and transformational grace. To Him be all the glory and praise!

Acknowledgments

This Prayer Vigil depends on the invaluable prayers, labor, and inspiration of many of our parishioners. I would like to thank especially Dan Buckingham, Earl Foote, Nancy Gray, and Mary Lee Kingsley for their assistance in compiling all the readings and prayers; Rev. Mac Stewart for providing artwork; and Peter Crisafulli and Gary Wieder for providing musical selections. Thank you also for dedicating your valuable time to join us in prayer today. May God bless you for your faithfulness and prayers. Amen!

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

A Litany of Penitence (SAPB, adapted)

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

God the Father of Heaven, *have mercy upon us.*

God the Son, Redeemer of the world, *have mercy upon us.*

God the Holy Ghost, Sanctifier of the Faithful, *have mercy upon us.*

Holy Trinity, One God, *have mercy upon us.*

Jesus, who didst come to seek and to save that which was lost, *have mercy upon us.*

Who didst promise Paradise to the Penitent Thief, *have mercy upon us.*

Who didst no sin, and yet barest our sins on the Tree, *have mercy upon us.*

Who was bruised for our iniquities, *have mercy upon us.*

Who of thy Goodness leadest us to repentance, *have mercy upon us.*

Who after repentance rememberest our sins no more, *have mercy upon us.*

From all sin, *Good Lord, deliver us.*

From a sudden and unprepared death, *Good Lord, deliver us.*

By thy Baptism and Holy Fast, *Good Lord, deliver us.*

By the Blood shed for the remission of our sins, *Good Lord, deliver us.*

In the day of tribulation and anguish, *Good Lord, deliver us.*

In the hour of death and in the day of Judgement, *Good Lord, deliver us.*

We sinners do beseech thee to hear us, that it may please thee to bring us to true repentance, *We beseech thee to hear us.*

That we may bring forth fruit worthy of repentance, *We beseech thee to hear us.*

That we may resist the wiles of the devil, *We beseech thee to hear us.*

That we may work out our salvation with fear and trembling, *We beseech thee to hear us.*

Lamb of God, that takest away the sins of the world, *have mercy upon us.*

Lamb of God, that takest away the sins of the world, *have mercy upon us.*

Lamb of God, that takest away the sins of the world, *grant us thy peace.*

O God, who desirest not the death of a sinner; mercifully look on the weakness of our mortal nature and of thy great mercy accept our repentance, that through thy pity we may obtain remissions of our sins, steadfastness in thy service, and finally the reward that thou has promised to those that persevere. Through Christ our Lord. *Amen.*

Opening Prayers

Collect for the Renewal of Life (BCP)

O God, the King eternal, whose light divides the day from the night and turns the shadow of death into the morning: Drive far from us all wrong desires, incline our hearts to keep your law, and guide our feet into the way of peace; that, having done your will with cheerfulness during the day, we may, when night comes, rejoice to give you thanks, through Jesus Christ our Lord.

A 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

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.*

Joy out of Suffering



Opening Verses for Meditation

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.

Matthew 5:11–12

“Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

Artwork: Bartolomé Esteban Murillo, *Liberation of St. Peter* (1665-1667): Hermitage Museum, St. Petersburg.

James 1:2–8

²Count it all joy, my brothers, when you meet trials of various kinds, ³for you know that the testing of your faith produces steadfastness. ⁴And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing.

Lessons and Psalms

The 1st Servant Song: Isaiah 42:1-9

¹Behold my servant, whom I uphold,
my chosen, in whom my soul delights;
I have put my Spirit upon him;
he will bring forth justice to the nations.

²He will not cry aloud or lift up his voice,
or make it heard in the street;

³a bruised reed he will not break,
and a faintly burning wick he will not
quench;
he will faithfully bring forth justice.

⁴He will not grow faint or be discouraged
till he has established justice in the earth;
and the coastlands wait for his law.

⁵Thus says God, the LORD,
who created the heavens and stretched
them out,
who spread out the earth and what
comes from it,
who gives breath to the people on it
and spirit to those who walk in it:

⁶"I am the LORD; I have called you in
righteousness;
I will take you by the hand and keep you;
I will give you as a covenant for the people,
a light for the nations,

⁷ to open the eyes that are blind,
to bring out the prisoners from the
dungeon,
from the prison those who sit in
darkness.

⁸I am the LORD; that is my name;
my glory I give to no other,
nor my praise to carved idols.

⁹Behold, the former things have come to
pass,
and new things I now declare;
before they spring forth
I tell you of them."

2 Corinthians 4:7–18

⁷But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. ⁸We are afflicted in every way, but not crushed; perplexed, but not driven to despair; ⁹persecuted, but not forsaken; struck down, but not destroyed; ¹⁰always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies. ¹¹For we who live are always being given over to death for Jesus' sake, so that the life of Jesus also may be manifested in our mortal flesh. ¹²So death is at work in us, but life in you.

¹³Since we have the same spirit of faith according to what has been written, “I believed, and so I spoke,” we also believe, and so we also speak, ¹⁴knowing that he who raised the Lord Jesus will raise us also with Jesus and bring us with you into his presence. ¹⁵For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God.

¹⁶So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. ¹⁷For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, ¹⁸as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

Psalm 6

¹O Lord, rebuke me not in your anger,
nor discipline me in your wrath.

²Be gracious to me, O Lord, for I am
languishing;
heal me, O Lord, for my bones are
troubled.

³My soul also is greatly troubled.
But you, O Lord—how long?

⁴Turn, O Lord, deliver my life;
save me for the sake of your steadfast
love.

⁵For in death there is no remembrance of
you;
in Sheol who will give you praise?

⁶I am weary with my moaning;
every night I flood my bed with tears;
I drench my couch with my weeping.

⁷My eye wastes away because of grief;
it grows weak because of all my foes.

⁸Depart from me, all you workers of evil,
for the Lord has heard the sound of my
weeping.

⁹The Lord has heard my plea;
the Lord accepts my prayer.

¹⁰All my enemies shall be ashamed and
greatly troubled;
they shall turn back and be put to shame
in a moment.

Collects and Prayers

Collect for Friday Mornings (BCP)

Almighty God, whose most dear Son went not up to joy before he first 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, who lives and reigns with you and the Holy Spirit, one God forever and ever. Amen.

A Prayer for those who Suffer for the Sake of Conscience (BCP)

O God our Father, whose Son forgave his enemies while he was suffering shame and death: Strengthen those who suffer for the sake of conscience. When they are accused, save them from speaking in hate; when they are rejected, save them from bitterness; when they are imprisoned, save them from despair; give grace to respect their witness and to discern the truth, that our society may be cleansed and strengthened. This we ask for the sake of Jesus, our merciful and righteous judge. Amen.

Collect for Mission (BCP)

Lord Jesus Christ, you stretched out your arms of love on the hard wood of the cross that everyone might come within the reach of your saving embrace. So clothe us in your Spirit that we, reaching out our hands in love, may bring those who do not know you to the knowledge and love of you, for the honor and love of your name. Amen.

A Prayer for Recovery from Sickness

O God, the strength of the weak and the comfort of sufferers: Mercifully accept our prayers, and grant to your servants – who suffer in mind, body, or spirit – the help of your power, that their sickness may be turned into health, and our sorrow into joy; through Jesus Christ our Lord. *Amen.*

A Song: Stand in Your Love

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

When darkness tries to roll over my bones
When sorrow comes to steal the joy I own
When brokenness and pain is all I know
I won't be shaken, no, I won't be shaken

'Cause my fear doesn't stand a chance
When I stand in Your love
My fear doesn't stand a chance
When I stand in Your love
My fear doesn't stand a chance
When I stand in Your love

Shame no longer has a place to hide
And I am not a captive to the lies
I'm not afraid to leave my past behind
Oh, I won't be shaken, no, I won't be shaken

There's power that can break off every chain
There's power that can empty out a grave
There's resurrection power that can save
There's power in Your name, power in Your name

Please now take 2–3 minutes to offer up to God the Prayers of Your Heart, remembering that He can bring joy even out of suffering.

God Brings Salvation



Opening Verses for Meditation

Psalm 27:1

The Lord is my light and my salvation; whom shall I fear?
The Lord is the stronghold of my life; of whom shall I be afraid?
For my father and my mother have forsaken me, but the Lord will take me in.

Joel 2:32

And it shall come to pass that everyone who calls on the name of the Lord shall be saved.

Jeremiah 31:17

¹⁷There is hope for your future, declares the Lord, and your children shall come back to their own country.

Acts 4:12

There is salvation in no one else, except Jesus, for there is no other name under heaven given among men by which we must be saved.

Titus 2:11

For the grace of God has appeared, bringing salvation for all people,

Artwork: Phillippe de Champaigne, *The Presentation of the Christ Child in the Temple* (1648); Royal Museum of Fine Arts, Belgium.

Lessons and Psalms

The 2nd Servant Song: Isaiah 49:1–13

¹ Listen to me, O coastlands,
and give attention, you peoples from afar.
The Lord called me from the womb,
from the body of my mother he named my name.

² He made my mouth like a sharp sword;
in the shadow of his hand he hid me;
he made me a polished arrow;
in his quiver he hid me away.

³ And he said to me, “You are my servant,
Israel, in whom I will be glorified.”

⁴ But I said, “I have labored in vain;
I have spent my strength for nothing and vanity;
yet surely my right is with the Lord,
and my recompense with my God.”

⁵ And now the Lord says,
he who formed me from the womb to be his servant,
to bring Jacob back to him;
and that Israel might be gathered to him—
for I am honored in the eyes of the Lord,
and my God has become my strength—

⁶ he says:
“It is too light a thing that you should be my servant
to raise up the tribes of Jacob
and to bring back the preserved of Israel;
I will make you as a light for the nations,
that my salvation may reach to the end of the earth.”

⁷ Thus says the Lord,
the Redeemer of Israel and his Holy One,
to one deeply despised, abhorred by the nation,
the servant of rulers:
“Kings shall see and arise;
princes, and they shall prostrate themselves;
because of the Lord, who is faithful,
the Holy One of Israel, who has chosen you.”

⁸ Thus says the Lord:
“In a time of favor I have answered you;
in a day of salvation I have helped you;
I will keep you and give you
as a covenant to the people,
to establish the land,
to apportion the desolate heritages,

⁹ saying to the prisoners, ‘Come out,’
to those who are in darkness, ‘Appear.’
They shall feed along the ways;
on all bare heights shall be their pasture;

¹⁰ they shall not hunger or thirst,
neither scorching wind nor sun shall strike them,
for he who has pity on them will lead them,
and by springs of water will guide them.

¹¹ And I will make all my mountains a road,
and my highways shall be raised up.

¹² Behold, these shall come from afar,
and behold, these from the north and from the west,
and these from the land of Syene.”

¹³Sing for joy, O heavens, and exult, O earth;
break forth, O mountains, into singing!

For the Lord has comforted his people
and will have compassion on his afflicted.

Luke 2:25–40

²⁵Now there was a man in Jerusalem, whose name was Simeon, and this man was righteous and devout, waiting for the consolation of Israel, and the Holy Spirit was upon him. ²⁶And it had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Christ. ²⁷And he came in the Spirit into the temple, and when the parents brought in the child Jesus, to do for him according to the custom of the Law, ²⁸he took him up in his arms and blessed God and said,

²⁹"Lord, now you are letting your servant depart in peace,
according to your word;

³⁰for my eyes have seen your salvation

³¹that you have prepared in the presence of all peoples,

³²a light for revelation to the Gentiles,
and for glory to your people Israel."

³³And his father and his mother marveled at what was said about him. ³⁴And Simeon blessed them and said to Mary his mother, "Behold, this child is appointed for the fall and rising of many in Israel, and for a sign that is opposed ³⁵(and a sword will pierce through your own soul also), so that thoughts from many hearts may be revealed."

³⁶And there was a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She was advanced in years, having lived with her husband seven years from when she was a virgin, ³⁷and then as a widow until she was eighty-four. She did not depart from the temple, worshiping with fasting and prayer night and day. ³⁸And coming up at that very hour she began to give thanks to God and to speak of him to all who were waiting for the redemption of Jerusalem.

³⁹And when they had performed everything according to the Law of the Lord, they returned into Galilee, to their own town of Nazareth. ⁴⁰And the child grew and became strong, filled with wisdom. And the favor of God was upon him.

Psalm 3:1 – 8

¹ O Lord, how many are my foes!

Many are rising against me;

² many are saying of my soul,

“There is no salvation for him in God.”

³ But you, O Lord, are a shield about me,
my glory, and the lifter of my head.

⁴ I cried aloud to the Lord,
and he answered me from his holy hill.

⁵ I lay down and slept;

I woke again, for the Lord sustained me.

⁶ I will not be afraid of many thousands of
people

who have set themselves against me all
around.

⁷ Arise, O Lord!

Save me, O my God!

For you strike all my enemies on the cheek;
you break the teeth of the wicked.

⁸ Salvation belongs to the Lord;

your blessing be on your people!

Collects and Prayers

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; [especially those for whom our prayers are desired]; 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 (BCP)

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.

Of the Reign of Christ (BCP)

Almighty and everlasting God, whose will it is to restore all things in thy well-beloved Son, the King of kings and Lord of lords: Mercifully grant that the peoples of the earth, divided and enslaved by sin, may be freed and brought together under his most gracious rule; who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. Amen.

A Canticle: Nunc Dimittis or the Song of Simeon

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

Lord, now let thy servant depart in peace,
according to thy word;

For mine eyes have seen thy salvation,
which thou hast prepared before the face of all people,

To be a light to lighten the Gentiles,
and to be the glory of thy people Israel.

**Please now take 2–3 minutes to offer up to God the Prayers of
Your Heart, asking Him to show His salvation to those who need
to hear it most.**

God's Light for the World



Opening Verses for Meditation

Isaiah 54:17

No weapon that is fashioned against you shall succeed, and you shall refute every tongue that rises against you in judgment. This is the heritage of the servants of the LORD and their vindication from me, declares the LORD."

John 8:12

Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life."

Matthew 5:16

In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

Artwork: Sebastiano Ricci, *Christ Healing the Blind Man* (1712–1716): Scottish National Gallery, Edinburgh.

Ephesian 5:8–10

At one time you were darkness, but now you are light in the Lord. Walk as children of light (for the fruit of light is found in all that is good and right and true), and try to discern what is pleasing to the Lord.

Revelation 21:23

New Jerusalem has no need of sun or moon to shine on it, for the glory of God gives it light, and its lamp is the Lamb.

Lessons and Psalms

The 3rd Servant Song: Isaiah 50:4–10

⁴The Lord GOD has given me
the tongue of those who are taught,
that I may know how to sustain with a word
him who is weary.
Morning by morning he awakens;
he awakens my ear
to hear as those who are taught.

⁵The Lord GOD has opened my ear,
and I was not rebellious;
I turned not backward.

⁶I gave my back to those who strike,
and my cheeks to those who pull out the beard;
I hid not my face
from disgrace and spitting.

⁷But the Lord GOD helps me;
therefore I have not been disgraced;
therefore I have set my face like a flint,

and I know that I shall not be put to shame.

⁸ He who vindicates me is near.
Who will contend with me?
Let us stand up together.
Who is my adversary?
Let him come near to me.

⁹Behold, the Lord GOD helps me;
who will declare me guilty?
Behold, all of them will wear out like a garment;
the moth will eat them up.

¹⁰Who among you fears the LORD
and obeys the voice of his servant?
**Let him who walks in darkness
and has no light
trust in the name of the LORD
and rely on his God.**

1 John 1:5–9

⁵This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. ⁶If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. ⁷But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. ⁸If we say we have no sin, we deceive ourselves, and the truth is not in us. ⁹**If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.**

Psalm 91

¹He who dwells in the shelter of the Most High
will abide in the shadow of the Almighty.

²I will say to the LORD, "My refuge and my fortress,
my God, in whom I trust."

³For he will deliver you from the snare of the fowler
and from the deadly pestilence.

⁴He will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.

⁵You will not fear the terror of the night,
nor the arrow that flies by day,

⁶nor the pestilence that stalks in darkness,
nor the destruction that wastes at noonday.

⁷A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.

⁸You will only look with your eyes
and see the recompense of the wicked.

⁹Because you have made
the LORD your dwelling place—
the Most High, who is my refuge—

¹⁰no evil shall be allowed to befall you,
no plague come near your tent.

¹¹For he will command his angels
concerning you
to guard you in all your ways.

¹²On their hands they will bear you up,
lest you strike your foot against a stone.

¹³You will tread on the lion and the adder;
the young lion and the serpent you
will trample underfoot.

¹⁴"Because he holds fast to me in love, I will
deliver him;
I will protect him, because he knows my
name.

¹⁵When he calls to me, I will answer him;
I will be with him in trouble;
I will rescue him and honor him.

¹⁶With long life I will satisfy him
and show him my salvation."

Prayers and Collects

A Prayer 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 Prayer 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 Prayer for Peace in Ukraine (The Ukrainian Catholic National Shrine of the Holy Family)

Heavenly Father, Your Son taught us "Blessed are the Peacemakers for they shall be called Children of God." In this time of great worry, we fervently pray that Your Holy Spirit sustain all the people of Ukraine to be vigilant and dedicated to peace and justice. Grant their leaders wisdom and prudence. Yet, may they also have the strength and perseverance to defend their land from all adversity and foreign attacks. Help us all to live according to your Divine Will.

O God, our Father, in the days to come, we beseech you to comfort the suffering, heal the wounded, and accept the souls of the faithful departed into Your Heavenly Kingdom. We ask also that the Most Holy Mother of God extend her blessed mantle of protection over our Ukraine. Amen.

A Canticle: The Third Song of Isaiah

[\(Click Here to Listen on YouTube\)](#)

Arise, shine, for your light has come, *
and the glory of the Lord has dawned
upon you.
For behold, darkness covers the land; *
deep gloom enshrouds the peoples.
But over you the Lord will rise, *
and his glory will appear upon you.
Nations will stream to your light, *
and kings to the brightness of your
dawning.
Your gates will always be open; *
by day or night they will never be shut.

They will call you, The City of the Lord, *
The Zion of the Holy One of Israel.
Violence will no more be heard in your
land, *
ruin or destruction within your borders.
You will call your walls, Salvation, *
and all your portals, Praise.
The sun will no more be your light by day; *
by night you will not need the brightness
of the moon.
The Lord will be your everlasting light, *
and your God will be your glory.

**Please now take 2–3 minutes to offer up to God the Prayers of
Your Heart, asking Him to shine the Light of His Gospel,
wherever there is darkness.**

The Redeeming Work of Christ



Opening Verses for Meditation

2 Corinthians 5:21

For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

2 Samuel 22:32–34

“For who is God, but the Lord? And who is a rock, except our God? This God is my strong refuge and has made my way blameless. He made my feet like the feet of a deer and set me secure on the heights.

1 Corinthians 15:57

But thanks be to God, who gives us the victory through our Lord Jesus Christ.

Artwork: Antonio Pellegrini, *The Raising of the Young Man from Nain from the Dead* (1720): Santa Maria del Giglio, Venice.

Lessons and Psalms

The 4th Servant Song: Isaiah 52:13 — 53:12

^{52:13} Behold, my servant shall act wisely;
he shall be high and lifted up,
and shall be exalted.

¹⁴ As many were astonished at you—
his appearance was so marred, beyond
human semblance, and his form beyond
that of the children of mankind—

¹⁵ so shall he sprinkle many nations.
Kings shall shut their mouths because of him,
for that which has not been told them they see,
and that which they have not heard they
understand.

^{53:1} Who has believed what he has heard
from us?
And to whom has the arm of
the Lord been revealed?

² For he grew up before him like a young
plant,
and like a root out of dry ground;
he had no form or majesty that we should
look at him,
and no beauty that we should desire
him.

³ He was despised and rejected by men,
a man of sorrows and acquainted
with grief;
and as one from whom men hide their
faces
he was despised, and we esteemed him
not.

⁴ Surely he has borne our griefs
and carried our sorrows;
yet we esteemed him stricken,
smitten by God, and afflicted.

⁵ 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.

⁶ 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.

⁷ 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.

⁸ 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?

⁹ 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.

¹⁰ Yet it was the will of the Lord to crush
him;
he has put him to grief;
when his soul makes an offering for guilt,
he shall see his offspring; he shall
prolong his days;

the will of the Lord shall prosper in his hand.

¹¹Out of the anguish of his soul he shall see and be satisfied;
by his knowledge shall the righteous one, my servant,
make many to be accounted righteous,
and he shall bear their iniquities.

¹²Therefore I will divide him a portion with the many,
and he shall divide the spoil with the strong,
because he poured out his soul to death
and was numbered with the transgressors;
yet he bore the sin of many,
and makes intercession for the transgressors.

John 3:14–20

Jesus said, "As Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, ¹⁵that whoever believes in him may have eternal life. ¹⁶For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. ¹⁷For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him." ¹⁸Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only Son of God. ¹⁹And this is the judgment: the light has come into the world, and people loved the darkness rather than the light because their works were evil. ²⁰For everyone who does wicked things hates the light and does not come to the light, lest his works should be exposed. ²¹But whoever does what is true comes to the light, so that it may be clearly seen that his works have been carried out in God."

Psalm 130

¹Out of the depths I cry to you, O Lord!

² O Lord, hear my voice!
Let your ears be attentive
to the voice of my pleas for mercy!

³If you, O Lord, should mark iniquities,
O Lord, who could stand?

⁴But with you there is forgiveness,
that you may be feared.

⁵I wait for the Lord, my soul waits,
and in his word I hope;

⁶my soul waits for the Lord
more than watchmen for the morning,
more than watchmen for the morning.

⁷O Israel, hope in the Lord!
For with the Lord there is steadfast love,
and with him is plentiful redemption.

⁸And he will redeem Israel
from all his iniquities.

Prayers and Collects

A Prayer of Praise (Ruth Myer)

I love You, Father, because You first loved me and sent Your Son to atone for my sins. And I stand amazed that Jesus, who by nature had always been God, did not cling to His rights as Your equal... that He laid aside all His privileges, to be born as a human being... that He totally humbled Himself, submitting to the death of a common criminal, enduring infinite humiliation and pain... that on the cross You laid on Him the compressed weight of all my sin and guilt and shame, of all my griefs and sorrows, and He became sin for me, dying the death I deserved.

And how much I praise You that it was impossible for death to hold Him in its power... that you raised Him from the dead to be my Savior, to make me righteous in Your sight... that You highly exalted Him,, giving Him a position infinitely superior to any conceivable command, authority, power, or control, both natural and supernatural. Thank You that He is the Great High Priest... that he is able to save me completely, for He lives forever and prays for me, and for all of us who have come to You through Him. I glorify You, my Father, with gratefulness and joy.

And I bow at the feet of Him who was dead, and is now alive forever and ever. I exalt Him, I yield myself to Him, for He is worthy of the total response of my being: "Worthy is the Lamb that was slain to receive power and riches and wisdom and might and honor and glory and blessing." Amen!

A Prayer of Thanksgiving (Ruth Myer)

Thank you that on the cross Jesus bore the guilt of all my sins, including past and present future ones. How grateful I am that You crossed out the whole debt against me in your account books. You nailed the account books to the cross, and closed the account. Amen.

A Song: What is our Hope in Life and Death?

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

What is our hope in life and death?
Christ alone, Christ alone.
What is our only confidence?
That our souls to him belong.
Who holds our days within his hand?
What comes, apart from his command?
And what will keep us to the end?
The love of Christ, in which we stand.

O sing hallelujah!
Our hope springs eternal;
O sing hallelujah!
Now and ever we confess
Christ our hope in life and death.

What truth can calm the troubled soul?
God is good, God is good.
Where is his grace and goodness known?
In our great Redeemer's blood.
Who holds our faith when fears arise?
Who stands above the stormy trial?
Who sends the waves that bring us nigh
Unto the shore, the rock of Christ?

Unto the grave, what shall we sing?
"Christ, he lives; Christ, he lives!"
And what reward will heaven bring?
Everlasting life with him.
There we will rise to meet the Lord,
Then sin and death will be destroyed,
And we will feast in endless joy,
When Christ is ours forevermore.

Please now take 2–3 minutes to offer up to God the Prayers of Your Heart, reflecting on the true joy that comes from knowing that Christ has loved us and redeemed us!

Concluding Reflections

A Morning Litany (SAPB, adapted)

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Come Holy Spirit, and fill the hearts of thy faithful people,
and kindle in them the fire of thy love.

Holy Father, who watchest over thy children by night and by day, *have mercy and save me.*

Blessed Jesus, our Food and our Stay, *have mercy and save me.*

Sweet Spirit, Light and Guide of our souls, *have mercy and save me.*

Glorious Holy Trinity, Abyss of Love, *have mercy and save me.*

Holy, Blessed and Glorious Trinity, *I adore thee.*

In thy perfect Beauty, *I adore thee.*

In thy boundless Power, *I adore thee.*

With the Holy Mother, *I adore thee.*

With the Holy Angels, *I adore thee.*

With the Blessed Saints, *I adore thee.*

In union with every Eucharist which is offered today, *I adore thee.*

On all near and dear to me, especially... *send thy blessing, O Lord.*

On every person I will encounter this day, *send thy blessing, O Lord.*

On all nations and those in authority, *send thy blessing, O Lord.*

On all caught in war, famine, or disaster, *send thy blessing, O Lord.*

On those who protect our nations and cities, *send thy blessing, O Lord.*

On the church throughout the world, *send thy blessing, O Lord.*

On our Parish and Diocese, its clergy and people, *send thy blessing, O Lord.*

On schools, colleges, universities, and seminaries, *send thy blessing, O Lord.*

On religious orders, *send thy blessing, O Lord.*

On those in danger by reason of labor or travel, *send thy blessing, O Lord.*

On homes and families, children and parents, *send thy blessing, O Lord.*

On those who are lonely or bereaved, *send thy blessing, O Lord.*

On those who are ill or in pain and on those care for them, *send thy blessing, O Lord.*

To all who die today, *Give true contrition and receive their souls.*

To the faithful departed, *Grand light and peace.*

In my daily temptations, *Good Lord, deliver me.*

When I forget thee, *Recall me to thyself.*

In any danger of soul or body, *Preserve and defend me.*

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

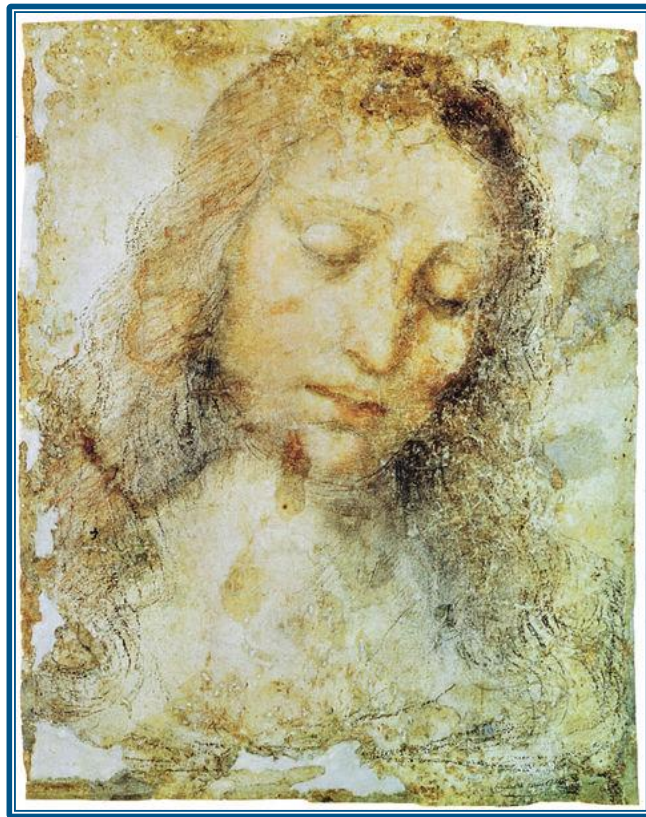
Closing Prayers

The General Thanksgiving (BCP)

Almighty God, Father of all mercies, we thine unworthy servants do give thee most humble and hearty thanks for all thy goodness and loving-kindness to us and to all men. We bless thee for our creation, preservation, and all the blessings of this life; but above all for thine inestimable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we beseech thee, give us that due sense of all thy mercies, that our hearts may be unfeignedly thankful; and that we show forth thy praise, not only with our lips, but in our lives, by giving up our selves to thy service, and by walking before thee in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honor and glory, world without end. *Amen.*

A Prayer Attributed to St. Francis (BCP)

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.*



Artwork: Leonard da Vinci, *The Head of Christ* (~1494): Pinacoteca di Brera, Milan.