

## Daily Morning Prayer: Rite Two

*Officiant begins with the following:*

Jesus said, 'If anyone would come after me, let him deny himself and take up his cross and follow me.'

*Mark 8:34*

### Confession of Sin

Dearly beloved, we have come together in the presence of Almighty God our heavenly Father, to set forth his praise, to hear his holy Word, and to ask, for ourselves and on behalf of others, those things that are necessary for our life and our salvation. And so that we may prepare ourselves in heart and mind to worship him, let us kneel in silence, and with penitent and obedient hearts confess our sins, that we may obtain forgiveness by his infinite goodness and mercy.

*or this*

Let us humbly confess our sins unto Almighty God.

*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.*

*The Priest alone stands and says\**

Almighty God have mercy on you, forgive you all your sins through our Lord Jesus Christ, strengthen you in all goodness, and by the power of the Holy Spirit keep you in eternal life. *Amen.*

*\*A deacon or lay person using the preceding form remains kneeling, and substitutes "us" for "you" and "our" for "your."*

### The Invitatory and Psalter

*All stand*

*Officiant* Lord, open our lips.

*People* And our mouth shall proclaim your praise.

*Officiant and People*

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever Amen.

*-or-*

Glory be to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and ever shall be, world without end. Amen.

*Then follows one of the Invitatory Psalms, Venite or Jubilate.*

*One of the following Antiphons may be sung or said with the Invitatory Psalm*

*In Lent*

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

*On other Sundays and weekdays*

Worship the Lord in the beauty of holiness: Come, let us adore him.

*The Alleluias in the following Antiphons are used only in Easter Season.*

*On Feasts of the Incarnation*

[Alleluia.] The Word was made flesh and dwelt among us: O come, let us adore him. [Alleluia.]

*On all Saints and other Major Saints' Days*

[Alleluia.] The Lord is glorious in his saints: O come, let us adore him. [Alleluia.]

## **Venite**

*Psalm 95:1-7*

Come let us sing to the Lord; \*

let us shout for joy to the Rock of our salvation.

Let us come before his presence with thanksgiving \*

and raise a loud shout to him with psalms.

[Antiphon, if used.]

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.

[Antiphon, if used.]

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!

*Then follows*

## **The Psalm or Psalms Appointed:**

### **Psalm 88**

*A Song. A Psalm of the sons of Korah. To the Chief Musician. Set to "Mahalath Leannoth." A Contemplation of Heman the Ezrahite.*

1 O LORD, God of my salvation,

I have cried out day and night before You.

2 Let my prayer come before You;

Incline Your ear to my cry.

3 For my soul is full of troubles,

And my life draws near to the grave.

4 I am counted with those who go down to the pit;

I am like a man who has no strength,

5 Adrift among the dead,

Like the slain who lie in the grave,

Whom You remember no more,

And who are cut off from Your hand.

6 You have laid me in the lowest pit,

In darkness, in the depths.

7 Your wrath lies heavy upon me,

And You have afflicted me with all Your waves. Selah

You have put away my acquaintances far from me;  
You have made me an abomination to them;  
I am shut up, and I cannot get out;

9My eye wastes away because of affliction.  
LORD, I have called daily upon You;  
I have stretched out my hands to You.

10Will You work wonders for the dead?  
Shall the dead arise and praise You? Selah

11Shall Your lovingkindness be declared in the grave?  
Or Your faithfulness in the place of destruction?

12Shall Your wonders be known in the dark?  
And Your righteousness in the land of forgetfulness?

13But to You I have cried out, O LORD,  
And in the morning my prayer comes before You.

14LORD, why do You cast off my soul?  
Why do You hide Your face from me?

15I have been afflicted and ready to die from my youth;  
I suffer Your terrors;  
I am distraught.

16Your fierce wrath has gone over me;  
Your terrors have cut me off.

17They came around me all day long like water;  
They engulfed me altogether.

18Loved one and friend You have put far from me,  
And my acquaintances into darkness.

-- [NKJV](#)

## **Psalm 91**

1He who dwells in the secret place of the Most High  
Shall abide under the shadow of the Almighty.

2I will say of the LORD, "He is my refuge and my fortress;  
My God, in Him I will trust."

3Surely He shall deliver you from the snare of the fowler  
And from the perilous pestilence.

4He shall cover you with His feathers,  
And under His wings you shall take refuge;  
His truth shall be your shield and buckler.

5You shall not be afraid of the terror by night,  
Nor of the arrow that flies by day,

6Nor of the pestilence that walks in darkness,  
Nor of the destruction that lays waste at noonday.

A thousand may fall at your side,  
And ten thousand at your right hand;  
But it shall not come near you.

8Only with your eyes shall you look,  
And see the reward of the wicked.

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

10No evil shall befall you,  
Nor shall any plague come near your dwelling;

11For He shall give His angels charge over you,  
To keep you in all your ways.

12In their hands they shall bear you up,  
Lest you dash your foot against a stone.

13You shall tread upon the lion and the cobra,  
The young lion and the serpent you shall trample underfoot.

14"Because he has set his love upon Me, therefore I will deliver him;  
I will set him on high, because he has known My name.

15He shall call upon Me, and I will answer him;  
I will be with him in trouble;  
I will deliver him and honor him.

16With long life I will satisfy him,  
And show him My salvation."

-- [NKJV](#)

## **Psalm 92**

*A Psalm. A Song for the Sabbath day.*

1It is good to give thanks to the LORD,  
And to sing praises to Your name, O Most High;

2To declare Your lovingkindness in the morning,  
And Your faithfulness every night,

3On an instrument of ten strings,  
On the lute,  
And on the harp,  
With harmonious sound.

4For You, LORD, have made me glad through Your work;  
I will triumph in the works of Your hands.

5O LORD, how great are Your works!  
Your thoughts are very deep.

6A senseless man does not know,  
Nor does a fool understand this.

7When the wicked spring up like grass,  
And when all the workers of iniquity flourish,

It is that they may be destroyed forever.

8But You, LORD, are on high forevermore.

9For behold, Your enemies, O LORD,  
For behold, Your enemies shall perish;  
All the workers of iniquity shall be scattered.

10But my horn You have exalted like a wild ox;  
I have been anointed with fresh oil.

11My eye also has seen my desire on my enemies;  
My ears hear my desire on the wicked  
Who rise up against me.

12The righteous shall flourish like a palm tree,  
He shall grow like a cedar in Lebanon.

13Those who are planted in the house of the LORD  
Shall flourish in the courts of our God.

14They shall still bear fruit in old age;  
They shall be fresh and flourishing,

15To declare that the LORD is upright;  
He is my rock, and there is no unrighteousness in Him.

-- [NKJV](#)

*At the end of the Psalm is sung or said*

Glory to the Father, and to the Son, and to the Holy Spirit:\*  
as it was in the beginning, is now, and will be forever. Amen

*-or-*

Glory be to the Father, and to the Son, and to the Holy Spirit:\*  
as it was in the beginning, is now, and ever shall be, world without end. Amen.

## **The Lessons**

### **The Old Testament Reading**

*Reader: A Reading (Lesson) from [Genesis 47:1-26](#)*

#### **Genesis 47:1-26**

1Then Joseph went and told Pharaoh, and said, "My father and my brothers, their flocks and their herds and all that they possess, have come from the land of Canaan; and indeed they are in the land of Goshen." 2And he took five men from among his brothers and presented them to Pharaoh. 3Then Pharaoh said to his brothers, "What is your occupation?" And they said to Pharaoh, "Your servants are shepherds, both we and also our fathers." 4And they said to Pharaoh, "We have come to dwell in the land, because your servants have no pasture for their flocks, for the famine is severe in the land of Canaan. Now therefore, please let your servants dwell in the land of Goshen." 5Then Pharaoh spoke to Joseph, saying, "Your father and your brothers have come to you. 6The land of Egypt is before you. Have your father and brothers dwell in the best of the land; let them dwell in the land of Goshen. And if you know any competent men among them, then make them chief herdsmen over my livestock." 7Then Joseph brought in his father Jacob and set him before Pharaoh; and Jacob blessed Pharaoh. 8Pharaoh said to Jacob, "How old are you?" 9And Jacob said to Pharaoh, "The days of the years of my pilgrimage are one hundred and thirty years; few and evil have been the days of the years of my life, and they have not attained to the days of the years of the life of my fathers in the days of their pilgrimage." 10So Jacob blessed Pharaoh, and went out from before Pharaoh. 11And Joseph situated his father and his brothers, and gave them a possession in the land of Egypt, in the best of the land, in the land of Rameses, as Pharaoh had commanded. 12Then Joseph provided his father, his brothers, and all his father's household with bread, according to the number in their families. 13Now there was no bread in all the land; for the famine was very severe, so that the land of Egypt and the land of Canaan languished because of the famine. 14And Joseph gathered up all the money that was found in the land of Egypt and in the land

of Canaan, for the grain which they bought; and Joseph brought the money into Pharaoh's house. 15So when the money failed in the land of Egypt and in the land of Canaan, all the Egyptians came to Joseph and said, "Give us bread, for why should we die in your presence? For the money has failed." 16Then Joseph said, "Give your livestock, and I will give you bread for your livestock, if the money is gone." 17So they brought their livestock to Joseph, and Joseph gave them bread in exchange for the horses, the flocks, the cattle of the herds, and for the donkeys. Thus he fed them with bread in exchange for all their livestock that year. 18When that year had ended, they came to him the next year and said to him, "We will not hide from my lord that our money is gone; my lord also has our herds of livestock. There is nothing left in the sight of my lord but our bodies and our lands. 19Why should we die before your eyes, both we and our land? Buy us and our land for bread, and we and our land will be servants of Pharaoh; give us seed, that we may live and not die, that the land may not be desolate." 20Then Joseph bought all the land of Egypt for Pharaoh; for every man of the Egyptians sold his field, because the famine was severe upon them. So the land became Pharaoh's. 21And as for the people, he moved them into the cities, from one end of the borders of Egypt to the other end. 22Only the land of the priests he did not buy; for the priests had rations allotted to them by Pharaoh, and they ate their rations which Pharaoh gave them; therefore they did not sell their lands. 23Then Joseph said to the people, "Indeed I have bought you and your land this day for Pharaoh. Look, here is seed for you, and you shall sow the land. 24And it shall come to pass in the harvest that you shall give one-fifth to Pharaoh. Four-fifths shall be your own, as seed for the field and for your food, for those of your households and as food for your little ones." 25So they said, "You have saved our lives; let us find favor in the sight of my lord, and we will be Pharaoh's servants." 26And Joseph made it a law over the land of Egypt to this day, that Pharaoh should have one-fifth, except for the land of the priests only, which did not become Pharaoh's. -- [NKJV](#)

*Reader:*The Word of the Lord.

*Answer:* Thanks be to God.

## **10 The Second Song of Isaiah** *Quaerite Dominum*

*Isaiah 55:6-11*

Seek the Lord while he wills to be found; \*  
call upon him when he draws near.  
Let the wicked forsake their ways \*  
and the evil ones their thoughts;  
And let them turn to the Lord, and he will have compassion, \*  
and to our God, for he will richly pardon.  
For my thoughts are not your thoughts,\*  
nor your ways my ways, says the Lord.  
For as the heavens are higher than the earth,\*  
so are my ways higher than your ways,  
and my thoughts than your thoughts.  
For as rain and snow fall from the heavens \*  
and return not again, but water the earth,  
Bringing forth life and giving growth, \*  
seed for sowing and bread for eating,  
So is my word that goes forth from my mouth; \*  
it will not return to me empty;  
But it will accomplish that which I have purposed, \*  
and prosper in that for which I sent it.  
Glory be to the Father, and to the Son, and to the Holy Spirit: \*  
as it was in the beginning, is now, and ever shall be,  
world without end. Amen.

## **The New Testament Reading**

*Reader:* A Reading (Lesson) from [1Corinthians 9:16-27](#)

### **1 Corinthians 9:16-27**

16For if I preach the gospel, I have nothing to boast of, for necessity is laid upon me; yes, woe is me if I do not preach the gospel! 17For if I do this willingly, I have a reward; but if against my will, I have been entrusted with a stewardship. 18What is my reward then? That when I preach the gospel, I may present the gospel of Christ without charge, that I may not abuse my authority in the gospel. 19For though I am free from all men, I have made myself a servant to all, that I might win the more; 20and to the Jews I became as a Jew, that I might win Jews; to those who are under the law, as under the law, that I might win those who are under the law; 21to those who are without law, as without law (not being without law toward God, but under law toward Christ), that I might win those who are without law; 22to the weak I became as weak, that I might win the weak. I have become all things to all men, that I might by all means save some. 23Now this I do for the gospel's sake, that I may be partaker of it with you. 24Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. 25And everyone who

competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. 26Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. 27But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified. -- [NKJV](#)

*Reader:* The Word of the Lord.

*Answer:* Thanks be to God.

### **18 A Song to the Lamb** *Dignus es*

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

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

### **The Gospel**

*Reader:* A reading from the Gospel according to St. Mark.

#### **Mark 6:47-56**

47Now when evening came, the boat was in the middle of the sea; and He was alone on the land. 48Then He saw them straining at rowing, for the wind was against them. Now about the fourth watch of the night He came to them, walking on the sea, and would have passed them by. 49And when they saw Him walking on the sea, they supposed it was a ghost, and cried out; 50for they all saw Him and were troubled. But immediately He talked with them and said to them, "Be of good cheer! It is I; do not be afraid." 51Then He went up into the boat to them, and the wind ceased. And they were greatly amazed in themselves beyond measure, and marveled. 52For they had not understood about the loaves, because their heart was hardened. 53When they had crossed over, they came to the land of Gennesaret and anchored there. 54And when they came out of the boat, immediately the people recognized Him, 55ran through that whole surrounding region, and began to carry about on beds those who were sick to wherever they heard He was. 56Wherever He entered, into villages, cities, or the country, they laid the sick in the marketplaces, and begged Him that they might just touch the hem of His garment. And as many as touched Him were made well. -- [NKJV](#)

*Reader:* The Word of the Lord.

*People:* Thanks be to God.

### **The Apostles' Creed**

*Officiant and People together, all standing*

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 Holy Spirit  
and born of the Virgin Mary.  
He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended to the dead.  
On the third day he rose again.  
He ascended into heaven,  
and is seated at the right hand of the Father.  
He will come again to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,

the forgiveness of sins,  
the resurrection of the body, and the life everlasting. Amen.

### **The Prayers**

*The People stand or kneel*

*Officiant*

The Lord be with you.

*People*

And also with you.

*Officiant*

Let us pray.

*Officiant and People*

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.

Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.

*Then follows one of*

*these sets of Suffrages*

#### **A**

V. Show us your mercy, O Lord;  
R. And grant us your salvation.  
V. Clothe your ministers with righteousness;  
R. Let your people sing with joy.  
V. Give peace, O Lord, in all the world;  
R. For only in you can we live in safety.  
V. Lord, keep this nation under your care;  
R. And guide us in the way of justice and truth.  
V. Let your way be known upon earth;  
R. Your saving health among all nations.  
V. Let not the needy, O Lord, be forgotten;  
R. Nor the hope of the poor be taken away.  
V. Create in us clean hearts, O God;  
R. And sustain us by your Holy Spirit.

#### **B**

V. Save your people, Lord, and bless your inheritance;  
R. Govern and uphold them, now and always.  
V. Day by day we bless you;  
R. We praise your name for ever.  
V. Lord, keep us from all sin today;  
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 Officiant then says the following Collects*

**The Collect of the Day:**

*A Collect for Fridays*

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

*Then, unless the Eucharist or a form of general intercession is to follow, the following prayer for mission is added.*

*Prayer for Mission*

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh, and hasten the coming of your kingdom; through Jesus Christ our Lord. *Amen.*

*Here may be sung a hymn or anthem.*

*Authorized intercessions and thanksgivings may follow.*

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

**The General Thanksgiving**

*Officiant and People*

Almighty God, Father of all mercies,  
we your unworthy servants give you humble thanks  
for all your goodness and loving-kindness  
to us and to all whom you have made.  
We bless you for our creation, preservation,  
and all the blessings of this life;  
but above all for your immeasurable 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 pray, give us such an awareness of your mercies,  
that with truly thankful hearts we may show forth your praise,  
not only with our lips, but in our lives,  
by giving up our selves to your service,  
and by walking before you  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with you and the Holy Spirit, be honor and glory throughout all ages. *Amen.*

**A Prayer of St. Chrysostom**

*Officiant*

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.*

*Officiant concludes with:*

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*