

# St. Peter's Anglican Church Loveland, CO

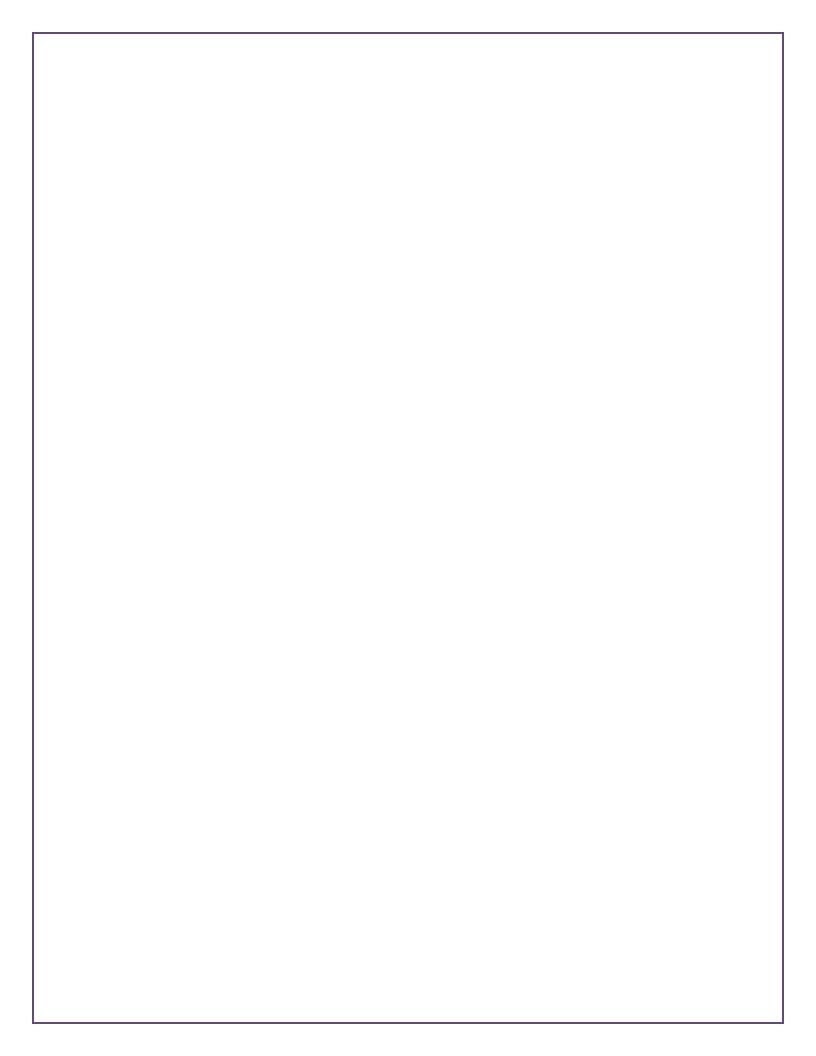
## **HOLY EUCHARIST**

2nd Sunday in Lent

### WELCOME IN THE NAME OF OUR LORD JESUS CHRIST



February 25, 2024



# Processional: Processional: The God of Abraham Praise – H #338

The God of Abraham praise, Who reigns enthroned above; Ancient of everlasting days, And God of love; To him uplift your voice, At whose supreme command From earth we rise and seek the joys At his right hand.

He by himself hath sworn;
I on his oath depend;
I shall, on eaglewings upborne,
To heav'n ascend;
I shall behold his face,
I shall his pow'r adore,
And sing the wonders of his grace
For evermore.

There dwells the Lord, our King,
The Lord, our Righteousness,
Triumphant o'er the world and sin,
The Prince of Peace;
On Zion's sacred height
His kingdom he maintains,
And, glorious with his saints in light,
For ever reigns.

The God who reigns on high The great archangels sing, And "Holy, Holy," cry, "Almighty King! Who was, and is, the same, And evermore shall be: Eternal Father, great I AM, We worship thee."

The whole triumphant host give thanks to God on high; "Hail, Father, Son, and Holy Ghost!" They ever cry; Hail, Abraham's God and mire! I join the heav'nly lays; All might and majesty are thine, And endless praise.

Celebrant: Bless the Lord who forgives all our sins.

People: His mercy endures for ever.

All: Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid:

Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. *Amen*.

#### The Decalogue

Celebrant: God spoke these words and said: I am the Lord your God. You shall have no other gods but me.

People: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: You shall not make for yourself any idol.

People: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: You shall not take the Name of the Lord your God in vain.

People: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: Remember the Sabbath day and keep it holy.

People: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: Honor your father and your mother.

People: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: You shall not murder.

People: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: You shall not commit adultery.

People: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: You shall not steal.

People: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: You shall not bear false witness against your neighbor.

People: Lord, have mercy upon us, and incline our hearts to keep this law.

Celebrant: You shall not covet.

People: Lord, have mercy upon us, and write all these thy laws in our hearts, we beseech thee.

Exodus 20:1-17; Deuteronomy 5:6-21

#### The Kyrie - Kyrie Eleison, ninefold (#753)

Lord, have mercy upon us.

Lord, have mercy upon us.

Lord, have mercy upon us.

Christ, have mercy upon us.

Christ, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

Lord, have mercy upon us.

Lord, have mercy upon us.

Celebrant: The Lord be with you.

People: And with your spirit.

Celebrant: Let us pray:

#### Collect for the Day

Celebrant: 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 that may happen to the body, and from all evil thoughts that 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**.

(The people may sit.)

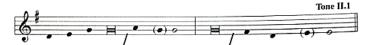
#### The First Lesson: Genesis 22:1-14

1 After these things God tested Abraham and said to him, "Abraham!" And he said, "Here I am." 2 He said, "Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt offering on one of the mountains of which I shall tell you." 3 So Abraham rose early in the morning, saddled his donkey, and took two of his young men with him, and his son Isaac. And he cut the wood for the burnt offering and arose and went to the place of which God had told him. 4 On the third day Abraham lifted up his eyes and saw the place from afar. 5 Then Abraham said to his young men, "Stay here with the donkey; I and the boy will go over there and worship and come again to you." 6 And Abraham took the wood of the burnt offering and laid it on Isaac his son. And he took in his hand the fire and the knife. So they went both of them together. 7 And Isaac said to his father Abraham, "My father!" And he said, "Here I am, my son." He said, "Behold, the fire and the wood, but where is the lamb for a burnt offering?" 8 Abraham

said, "God will provide for himself the lamb for a burnt offering, my son." So they went both of them together. 9 When they came to the place of which God had told him, Abraham built the altar there and laid the wood in order and bound Isaac his son and laid him on the altar. on top of the wood. 10 Then Abraham reached out his hand and took the knife to slaughter his son. 11 But the angel of the Lord called to him from heaven and said, "Abraham, Abraham!" And he said, "Here am." 12 He said, "Do not lay your hand on the boy or do anything to him, for now I know that you fear God, seeing you have not withheld your son, your only son, from me." 13 And Abraham lifted up his eyes and looked, and behold, behind him was a ram, caught in a thicket by his horns. And Abraham went and took the ram and offered it up as a burnt offering instead of his son. 14 So Abraham called the name of that place, "The Lord will provide"; as it is said to this day, "On the mount of the Lord it shall be provided."

Reader: The Word of the Lord.

All: Thanks be to God.



**Psalm 16** Conserva me, Domine

1 Preserve me, O God, \*

for in you have I / put my trust.

2 O my soul, you have said unto the LORD, \*

"You are my Lord; I have no good a/part **from** you."

3 All my delight is upon the saints who are on the **earth**, \*

and upon those who ex-/cel in virtue.

4 But those who run after another **god** \*

shall / have **great** trouble.

5 Their drink offerings of blood I will not **of-**fer, \* neither make mention of their names /with **my** lips.

6 The LORD himself is the portion of my inheritance and of my **cup**; \*

vou shall main/tain mv lot.

7 The boundaries have fallen for me in pleasant **pla**-ces; \* indeed, I have a goodly / her-i-tage.

8 I will thank the LORD for giving me **coun**-sel; \* my heart also chastens me in / the **night** season.

9 I have set the LORD always be-**fore** me; \* he is at my right hand; therefore I / shall **not** fall.

10 Therefore my heart is glad and my soul re-**joi**-ces. \* My flesh also shall / rest **in** hope.

11 For you shall not leave my soul in the **grave**, \* neither shall you allow your Holy One to see / corrup-tion.

12 You shall show me the path of life; in your presence is the fullness of **joy**, \* and at your right hand there is pleasure for / e-vermore.

All: Glory be to the Father, and to the Son, And to the / Ho-ly Ghost As it was in the beginning, is now, and shall be fore/ver. A-men.

#### The Second Lesson: Romans 8:31-39

31 What then shall we say to these things? If God is for us, who can be against us? 32 He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things? 33 Who shall bring any charge against God's elect? It is God who justifies. 34 Who is to condemn? Christ Jesus is the one who died-more than that, who was raisedwho is at the right hand of God, who indeed is interceding for us. 35 Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? 36 As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered." 37 No, in all these things we are more than conquerors through him who loved us. 38 For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, 39 nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Reader: The Word of the Lord.

All: Thanks be to God.

(Please stand as you are able.)

#### Lord, Who Throughout These Forty Days-H # 98 (V. 1-3)

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

As thou with Satan didst contend, And didst the vict'ry win, O give us strength in thee to fight, In thee to conquer sin. As thou didst hunger bear and thirst, So teach us, gracious Lord, To die to self, and chiefly live By thy most holy Word.

Deacon or Priest: The Holy Gospel of our Lord, Jesus Christ according to Mark.

All: Glory to you, Lord Christ.

#### The Holy Gospel: Mark 8:31-38

31 And he began to teach them that the Son of Man must suffer many things and be rejected by the elders and the chief priests and the scribes and be killed, and after three days rise again. 32 And he said this plainly. And Peter took him aside and began to rebuke him. 33 But turning and seeing his disciples, he rebuked Peter and said, "Get behind me, Satan! For you are not setting your mind on the things of God, but on the things of man." 34 And calling the crowd to him with his disciples, he said to them, "If anyone would come after me, let him deny himself and take up his cross and follow me. 35 For whoever would save his life will lose it, but whoever loses his life for my sake and the gospel's will save it. 36 For what does it profit a man to gain the whole world and forfeit his soul? 37 For what can a man give in return for his soul? 38 For whoever is ashamed of me and of my words in this adulterous and sinful generation, of him will the Son of Man also be ashamed when he comes in the glory of his Father with the holy angels."

Deacon or Priest: The Gospel of the Lord.

All: Praise to you, Lord Christ.

#### Lord, Who Throughout These Forty Days-H # 98 (V. 4-5)

And thro' these days of penitence, And thro' thy Passiontide, Yea, evermore, in life and death, Jesus! With us abide.

Abide with us, that so this life, Of suff'ring overpast, An Easter of unending joy We may attain at last!

#### The Sermon

Deacon or Priest: Let us confess our faith in the words of the Nicene Creed.

All: We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, visible and invisible.

We believe in one Lord, Jesus Christ, the onlybegotten Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven, was incarnate from the Holy Spirit and the Virgin Mary, and was made man. For our sake he was crucified under Pontius Pilate: he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshiped and glorified, who has spoken through the prophets. We believe in one holy catholic and apostolic Church. We acknowledge one Baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. *Amen*.

(Please kneel, stand, or sit as you are able.)

#### Prayers of the People

Deacon or Priest: Let us pray for the Church and for the world, saying, "hear our prayer."

Intercessor: Almighty and everliving God, we are taught by your holy Word to offer prayers and supplications and to give thanks for all people. We humbly ask you mercifully to receive our prayers. Inspire continually the universal Church with the spirit of truth, unity, and concord; and grant that all who confess your holy Name may agree in the truth of your holy Word, and live in unity and godly love.

(Please offer your prayers, either out loud or silently.) Intercessor: Lord, in your mercy:

#### People: Hear our prayer.

*Intercessor*: We pray that you will lead the nations of the world in the way of righteousness; and so guide and

direct their leaders, especially our President Joseph and our Governor Jared, that your people may enjoy the blessings of freedom and peace. Grant that our leaders may impartially administer justice, uphold integrity and truth, restrain wickedness and vice, and protect true religion and virtue.

(Please offer your prayers, either out loud or silently.) Intercessor: Lord, in your mercy:

#### People: Hear our prayer.

Intercessor: Give grace, heavenly Father, to all Bishops, Priests, and Deacons, and especially to your servants: our Archbishop, Foley Beach; our Bishop, Bill Atwood; our Rector, Father Matt Rucker, and our assisting clergy: Father Bill Easterling, and Deacon Larry Doyle. that by their life and teaching, they may proclaim your true and life-giving Word, and rightly and duly administer your holy Sacraments. And to all your people give your heavenly grace, especially to this Congregation, that with reverent and obedient hearts we may hear and receive your holy Word, and serve you in holiness and righteousness all the days of our lives.

(Please offer your prayers, either out loud or silently.) Intercessor: Lord, in your mercy:

#### People: Hear our prayer.

*Intercessor*: Prosper, we pray, all those who proclaim the Gospel of your kingdom throughout the world, and strengthen us to fulfill your great commission, making disciples of all nations, baptizing them and teaching them to obey all that you have commanded.

(Please offer your prayers, either out loud or silently.) Intercessor: Lord, in your mercy:

#### People: Hear our prayer.

*Intercessor*: We ask you in your goodness, O Lord, to comfort and sustain all who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity.

(Please offer your prayers, either out loud or silently.) Intercessor: Lord, in your mercy:

#### People: Hear our prayer.

*Intercessor*: We remember before you all your servants who have departed this life in your faith and fear, that your will for them may be fulfilled; and we ask you to give us grace to follow the good examples of all your saints, that we may share with them in your heavenly kingdom.

(Please offer your prayers, either out loud or silently.) Intercessor: Lord, in your mercy:

#### People: Hear our prayer.

*Intercessor*: For all the blessings of this life and for the many reasons we have to give thanks, especially for those celebrating *Birthdays*: Jennifer Thye (02/26), Thomas Maeda (02/26), Karen Soriano (Zeteo) (02/29), Lynda Stoops (03/01), Douglas Hutchinson (03/02), Libby McKamie (03/02).

(Please offer your prayers, either out loud or silently.) Intercessor: Lord, in your mercy:

#### People: Hear our prayer.

(Additional petitions may be made during this moment of silence.)

Deacon or Priest: Heavenly Father, grant these our prayers for the sake of Jesus Christ, our only Mediator and Advocate, who lives and reigns with you in the unity of the Holy Spirit, one God, now and for ever. **Amen.** 

Deacon or Priest: Let us humbly confess our sins to Almighty God.

All: Almighty God, Father of our Lord Jesus Christ, maker and judge of us all: We acknowledge and lament our many sins and offenses, which we have committed by thought, word, and deed against your divine majesty, provoking most justly your righteous anger against us. We are deeply sorry for these our transgressions; the burden of them is more than we can bear. Have mercy upon us, Have mercy upon us, most merciful Father; for your Son our Lord Jesus Christ's sake, forgive us all that is past; and grant that we may evermore serve and please you in newness of life, to the honor and glory of your Name; through Jesus Christ our Lord. Amen.

Celebrant: Almighty God, our heavenly Father, who in his great mercy has promised forgiveness of sins to all those who sincerely repent and with true faith turn to him, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and bring you to everlasting life; through Jesus Christ our Lord. Amen.

Hear the Word of God to all who truly turn to him:

Come to me, all who labor and are heavy laden, and I will give you rest.

Matthew 11:28

God so loved the world, that he gave his onlybegotten Son, that whoever believes in him should not perish but have eternal life. *John 3:16* 

The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners.

I Timothy 1:15

If anyone sins, we have an advocate with the Father, Jesus Christ the righteous. He is the propitiation for our sins, and not for ours only, but also for the sins of the whole world.

I John 2:1-2

(Please stand as you are able.)

#### The Peace

Celebrant: The peace of the Lord be always with you.

All: And with your spirit.

#### The Offering

"Walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God". Ephesians 5:2

(Please stand as you are able.)

#### Offertory: Before The Throne of God Above – H #453

Before the throne of God above
I have a strong and perfect plea,
A great high priest whose name is Love,
Who ever lives and pleads for me.
My name is graven on his hands,
My name is written on his heart.
I know that while in heav'n he stands,
No tongue can bid me thence depart,
No tongue can bid me thence depart.

When Satan tempts me to despair, And tells me of the guilt within, Upward I look and see him there Who make an end to all my sin. Because the sinless Savior died, My sinful soul is counted free. For God Just is satisfied To look on him and pardon me, To look on him and pardon me.

Behold him there! The risen Lamb, My perfect, spotless Righteousness, The great unchangeable I AM, The King of glory and of grace! One with himself, I cannot die: My soul is purchased by his blood; My life is hid with Christ on high, With Christ my Savior and my God, With Christ my Savior and my God.

Celebrant: Yours, O Lord, is the greatness, and the power, and the glory, and the victory, and the majesty: for everything in heaven and on earth is yours; yours is the Kingdom, O Lord, and you are exalted as Head above all. All things come from you, O Lord,

People: And of your own have we given you.

1 Chronicles 29:11, 14

#### The Great Thanksgiving

Celebrant: The Lord be with you. People: And with your spirit. Celebrant: Lift up your hearts.

People: We lift them up to the Lord.

Celebrant: Let us give thanks to the Lord Our God. People: It is right to give him thanks and praise.

Celebrant: It is right, our duty and our joy, always and everywhere to give thanks to you, Father Almighty, Creator of heaven and earth.

(Proper Preface) You bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who for ever sing this hymn to proclaim the glory of your Name:

#### Sanctus with Benedictus (#756)

Holy, holy, holy Lord, God of hosts, Heav'n and earth are full of thy glory: Glory be to thee, O Lord Most High.

Blessed is he that cometh in the name of the Lord. Hosanna in the highest.

(*The people may kneel, stand, or sit.*)

Celebrant: All praise and glory is yours, O God our heavenly Father, for in your tender mercy, you gave your only Son Jesus Christ to suffer death upon the Cross for our redemption. He made there, by his one oblation of himself once offered, a full, perfect, and sufficient sacrifice, oblation, and satisfaction, for the sins of the whole world; and he instituted, and in his Holy Gospel commanded us to continue, a perpetual memory of his precious death and sacrifice, until his coming again.

So now, O merciful Father, in your great goodness, we ask you to bless and sanctify, with your Word and Holy Spirit, these gifts of bread and wine, that we, receiving them according to your Son our Savior Jesus Christ's holy institution, in remembrance of his death and passion, may be partakers of his most blessed Body and Blood.

For on the night that he was betrayed, our Lord Jesus Christ took bread; and when he had given thanks, he broke it, and gave it to his disciples, saying, "Take, eat; this is my Body, which is given for you: Do this in remembrance of me."

Likewise, after supper, Jesus took the cup, and when he had given thanks, he gave it to them, saying, "Drink this, all of you; for this is my Blood of the New Covenant, which is shed for you, and for many, for the forgiveness of sins: Whenever you drink it, do this in remembrance of me."

Therefore, O Lord and heavenly Father, according to the institution of your dearly beloved Son our Savior Jesus Christ, we your humble servants celebrate and make here before your divine Majesty, with these holy gifts, the memorial your Son commanded us to make; remembering his blessed passion and precious death, his mighty resurrection and glorious ascension, and his promise to come again.

And we earnestly desire your fatherly goodness mercifully to accept this, our sacrifice of praise and thanksgiving; asking you to grant that, by the merits and death of your Son Jesus Christ, and through faith in his Blood, we and your whole Church may obtain forgiveness of our sins, and all other benefits of his passion.

And here we offer and present to you, O Lord, ourselves, our souls and bodies, to be a reasonable, holy, and living sacrifice. We humbly pray that all who partake of this Holy Communion may worthily receive the most precious Body and Blood of your Son Jesus Christ, be filled with your grace and heavenly benediction, and be made one body with him, that he may dwell in us, and we in him.

And although we are unworthy, because of our many sins, to offer you any sacrifice, yet we ask you to accept this duty and service we owe, not weighing our merits, but pardoning our offenses, through Jesus Christ our Lord.

By him, and with him, and in him, in the unity of the Holy Spirit, all honor and glory is yours, Almighty Father, now and for ever. *Amen*.

Celebrant: And now as our Savior Christ has taught us, we are bold to pray:

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, forever and ever. Amen.

Celebrant: Christ our Passover is sacrificed for us. **People:** Therefore, let us keep the feast.

(Please kneel or stand as you are able.)

#### Prayer of Humble Access

All: We do not presume to come to this your table, O merciful Lord, trusting in our own righteousness, but in your abundant and great mercies. We are not worthy so much as to gather up the crumbs under your table; but you are the same Lord whose character is always to have mercy. Grant us, therefore, gracious Lord, so to eat the flesh of your dear Son Jesus Christ, and to drink his blood, that our sinful bodies may be made clean by his body, and our souls washed through his most precious blood, and that we may evermore dwell in him, and he in us. Amen.

Agnus Dei (#758)

O Lamb of God, that takest away the sins of the world, Have mercy upon us. O Lamb of God, that takest away the sins of the world, Have mercy upon us.

O Lamb of God, that takest away the sins of the world, Grant us thy peace.

*Celebrant*: The gifts of God for the People of God. Take them in remembrance that Christ died for you, and feed on him in your hearts by faith, with thanksgiving.

(You may kneel, stand, or sit during Communion.)

#### Communion Hymns

#### O Lord, Hear My Prayer (Taizé)

O Lord, hear my prayer O Lord, hear my prayer,

When I call, answer me!

O Lord, hear my prayer

O Lord, hear my prayer,

Come and listen to me!

The Lord is my song,

The Lord is my praise:

All my hope comes from God.

The Lord is my song,

The Lord is my praise:

God, the well-spring of life.

#### Crucem Tuam (Taizé)

Crucem tuam adoramus Domine,

Resurrectionem tuam laudamus Domine.

Laudamus et glorificamus.

Resurrectionem tuam laudamus Domine.

(O Lord, your cross, we adore and glorify,

For your holy resurrection, we praise you Lord of life.

We praise you and we glorify you.

For your holy resurrection, we praise you Lord of life.)

#### Jesus, Remember Me (Taizé)

Jesus, remember me

When you come into your kingdom.

Jesus, remember me

When you come into your kingdom.

#### Sing to Jesus (Ortega)

Come and see, look on this mystery The Lord of the universe, nailed to a tree Christ our God, spilling His Holy blood Bowing in anguish, His sacred head

Sing to Jesus, Lord of our shame Lord of our sinful hearts, He is our great redeemer Sing to Jesus, honor His name Sing of His faithfulness, pouring His life out unto death

Come you weary and He will give you rest Come you who mourn, lay on His breast Christ who died, risen in Paradise Giver of mercy, Giver of life

Sing to Jesus His is the throne Now and forever, He is the King of Heaven Sing to Jesus, we are His own Now and forever sing for the love our God has shown

Sing to Jesus, Lord of our shame Lord of our sinful hearts, He is our great redeemer Sing to Jesus, honor His name

Sing to Jesus His is the throne Now and forever, He is the King of Heaven Sing to Jesus, we are His own Now and forever, sing for the love our God has shown

#### Post Communion Prayer

Celebrant: Let us pray.

All: Almighty and everliving God, we thank you for feeding us, in these holy mysteries, with the spiritual food of the most precious Body and Blood of your Son our Savior Jesus Christ; and for assuring us, through this Sacrament, of your favor and goodness towards us: that we are true members of the mystical body of your Son, the blessed company of all faithful people; and are also heirs, through hope, of your everlasting kingdom. And we humbly ask you, heavenly Father, to assist us with your grace, that we may continue in that holy fellowship, and do all the good works that you have prepared for us to walk in; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be all honor and glory, now and for ever. Amen.

#### The Blessing

Celebrant: The peace of God, which passes all understanding, keep your hearts and minds in the knowledge and love of God, and of his Son Jesus

Christ our Lord; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you, and remain with you always. *Amen*.

#### Recessional: Kind Maker of The World – H # 96

Kind Maker of the world, O hear The fervent pray'r, with many a tear Poured forth by all the penitent Who keep this holy fast of Lent!

Each heart is manifest to thee; Thou knowest our infirmity; Now we repent, and seek thy face; Grant unto us thy pard'ning grace.

Spare us, O Lord, who now confess Our sins and all our wickedness, And, for the glory of thy name, Our weaken'd souls to health reclaim.

Give us the self-control that springs From abstinence in outward things, That from each stain and spot of sin, Our souls may keep the fast within.

Grant, O thou blessed Trinity, Grant, O unchanging Unity, That this our fast of forty days May work our profit and thy praise!

#### The Dismissal

Deacon or Priest: Let us go forth in the name of Christ.

People: Thanks be to God

