



Morning Prayer

February 22, 2026
The First Sunday in Lent

“I will arise and go to my father, and I will say to him, “Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.” *Luke 15:18, 19*

Confession of Sin

Let us confess our sins against God and our neighbor.

Silence may be kept.

Officiant and People together, all kneeling

Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbors as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name. Amen.

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

Invitatory and Psalter

BCP p. 80

All stand

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

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

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

Come, let us sing to the Lord; *
 let us shout for joy to the Rock of our salvation.
 Let us come before his presence with thanksgiving *
 and raise a loud shout to him with psalms.
 For the Lord is a great God, *
 and a great King above all gods.
 In his hand are the caverns of the earth, *
 and the heights of the hills are his also.
 The sea is his, for he made it, *
 and his hands have molded the dry land.
 Come, let us bow down, and bend the knee, *
 and kneel before the Lord our Maker.
 For he is our God, and we are the people of his pasture and the sheep of his hand. *
 Oh, that today you would hearken to his voice!

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

Psalm 32

Beati quorum

BCP p. 624

Happy are they whose transgressions are forgiven, *
 and whose sin is put away!
 Happy are they to whom the LORD imputes no guilt, *
 and in whose spirit there is no guile!
 While I held my tongue, my bones withered away, *
 because of my groaning all day long.
 For your hand was heavy upon me day and night; *
 my moisture was dried up as in the heat of summer.
 Then I acknowledged my sin to you, *
 and did not conceal my guilt.
 I said, "I will confess my transgressions to the LORD." *
 Then you forgave me the guilt of my sin.
 Therefore all the faithful will make their prayers to you in time of trouble; *
 when the great waters overflow, they shall not reach them.
 You are my hiding-place; you preserve me from trouble; *
 you surround me with shouts of deliverance.
 "I will instruct you and teach you in the way that you should go; *
 I will guide you with my eye.
 Do not be like horse or mule, which have no understanding; *
 who must be fitted with bit and bridle, or else they will not stay near you."
 Great are the tribulations of the wicked; *
 but mercy embraces those who trust in the LORD.
 Be glad, you righteous, and rejoice in the LORD; *
 shout for joy, all who are true of heart.

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

The Lessons

The First Lesson

Genesis 2:15-17; 3:1-7

A Reading from the Book of Genesis.

The LORD God took the man and put him in the garden of Eden to till it and keep it.

And the LORD God commanded the man, “You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.”

Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, “Did God say, ‘You shall not eat from any tree in the garden?’” The woman said to the serpent, “We may eat of the fruit of the trees in the garden; but God said, ‘You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.’” But the serpent said to the woman, “You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.”

So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

The Word of the Lord.

Thanks be to God.

14. A Song of Penitence

Kyrie Pantokrator

Prayer of Manasseh 1-2, 4, 6-7, 11-15

O Lord and Ruler of the hosts of heaven, *
God of Abraham, Isaac, and Jacob, and of all their righteous offspring:
You made the heavens and the earth, *
with all their vast array.
All things quake with fear at your presence; *
they tremble because of your power.
But your merciful promise is beyond all measure; *
it surpasses all that our minds can fathom.
O Lord, you are full of compassion, *
long-suffering, and abounding in mercy.
You hold back your hand; *
you do not punish as we deserve.
In your great goodness, Lord, you have promised forgiveness to sinners, *
that they may repent of their sin and be saved.
And now, O Lord, I bend the knee of my heart, *
and make my appeal, sure of your gracious goodness.
I have sinned, O Lord, I have sinned, *
and I know my wickedness only too well.
Therefore I make this prayer to you: *
Forgive me, Lord, forgive me.
Do not let me perish in my sin, *
nor condemn me to the depths of the earth.
For you, O Lord, are the God of those who repent, *
and in me you will show forth your goodness.
Unworthy as I am, you will save me, in accordance with your great mercy, *
and I will praise you without ceasing all the days of my life.
For all the powers of heaven sing your praises, *
and yours is the glory to ages of ages. Amen.

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

The Second Lesson

Romans 5:12-19

A Reading from the Letter to the Romans.

As sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned— sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death

exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

The Word of the Lord.

Thanks be to God.

16. The Song of Zechariah

Benedictus Dominus Deus

Luke 1:68-79

Blessed be the Lord, the God of Israel; *
he has come to his people and set them free.
He has raised up for us a mighty savior, *
born of the house of his servant David.
Through his holy prophets he promised of old, that he would save us from our enemies, *
from the hands of all who hate us.
He promised to show mercy to our fathers *
and to remember his holy covenant.
This was the oath he swore to our father Abraham, *
to set us free from the hands of our enemies,
Free to worship him without fear, *
holy and righteous in his sight all the days of our life.
You, my child, shall be called the prophet of the Most High, *
for you will go before the Lord to prepare his way,
To give his people knowledge of salvation *
by the forgiveness of their sins.
In the tender compassion of our God *
the dawn from on high shall break upon us,
To shine on those who dwell in darkness and the shadow of death, *
and to guide our feet into the way of peace.

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

The Gospel

Matthew 4:1-11

A Reading from the Gospel According to Matthew.

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him.

The Word of the Lord.

Thanks be to God.

The Sermon

The Apostles' Creed

BCP p. 96

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. **Amen.**

The Prayers

BCP p. 97

Officiant The Lord be with you.
People **And also with you.**
Officiant Let us pray.

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.**

Suffrages 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 Collect of the Day

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan; Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Seasonal Collect

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

A Collect for Sundays

O God, you make us glad with the weekly remembrance of the glorious resurrection of your Son our Lord: Give us this day such blessing through our worship of you, that the week to come may be spent in your favor; through Jesus Christ our Lord. **Amen.**

A Prayer for Mission

Almighty and everlasting God, by whose Spirit the whole body of your faithful people is governed and sanctified: Receive our supplications and prayers which we offer before you for all members of your holy Church, that in their vocation and ministry they may truly and devoutly serve you; through our Lord and Savior Jesus Christ. **Amen.**

Here may be sung a hymn or anthem.

Authorized intercessions and thanksgivings may follow.

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

The General Thanksgiving

BCP p. 101

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.**

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. **Amen.**

Then may be said

Let us bless the Lord.
Thanks be to God.

The Officiant may then conclude with one of the following

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. **Amen.**

Romans 15:13

ANNOUNCEMENTS

Confirmation & Baptism Classes | Wednesdays, February 25 - March 25; 7:00-8:15 p.m. (Virtual). Deepen your faith and explore the Episcopal tradition through a diocese-wide series of Confirmation and Baptism Classes offered on Zoom, culminating in the Easter Vigil at St. Mary's Cathedral on April 4, 2026 at 5 p.m. Led by the Revs. Noah Campbell, Hester Mathes, and Drew Woodruff, these Wednesday evening Zoom sessions provide a welcoming and thoughtful space to learn, reflect, and connect with others from across the diocese. Classes are open to all, not only those seeking Confirmation or Baptism. Whether you are new to the Episcopal Church, returning after time away, preparing for a sacramental milestone, or seeking a refresher on the foundations of the faith, you are welcome. This series is especially well-suited for individuals and congregations that do not have local Confirmation classes. Each class will conclude with a brief Compline service beginning at 8 p.m. Registration closes TODAY, Feb. 22. Please contact the Rev. Noah Campbell with any questions: ncampbell@stmarysmemphis.org. Register: <https://tinyurl.com/EDWTNConfirmation>

Diocesan Service of Prayers & Lament | Mon., March 30 at 6 p.m.; Barth House Episcopal Center. At the encouragement of Presiding Bishop Sean Rowe, dioceses across The Episcopal Church will mark the Monday of Holy Week with a public service of prayer and lament. The Episcopal Diocese of West Tennessee will gather for this solemn service on Monday, March 30, 2026, at 6 p.m. at the Barth House. All are invited to come and pray as we enter more deeply into the sacred days of Holy Week—holding before God the griefs of our world and the hope we proclaim in Christ. Barth House Episcopal Center: 409 Patterson St., Memphis, TN 38111.