



## Morning Prayer

March 8, 2026  
The Third 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.**

**Venite**

**Psalm 95:1-7**

*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 95**

*Venite, exultemus*

**BCP p. 724**

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!  
 Harden not your hearts, as your forebears did in the wilderness, \*  
 at Meribah, and on that day at Massah, when they tempted me.  
 They put me to the test, \*  
 though they had seen my works.  
 Forty years long I detested that generation and said, \*  
 "This people are wayward in their hearts; they do not know my ways."  
 So I swore in my wrath, \*  
 "They shall not enter into my rest."

**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**

**Exodus 17:1-7**

**A Reading from the Book of Exodus.**

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the LORD?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the LORD, "What shall I do with this people? They are almost ready to stone me." The LORD said to Moses, "Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink." Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, "Is the LORD among us or not?"

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 5:1-11**

##### **A Reading from the Letter to the Romans.**

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

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**

**John 4:5-42**

### **A Reading from the Gospel According to John.**

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, "Give me a drink." (His disciples had gone to the city to buy food.) The Samaritan woman said to him, "How is it that you, a Jew, ask a drink of me, a woman of Samaria?" (Jews do not share things in common with Samaritans.) Jesus answered her, "If you knew the gift of God, and who it is that is saying to you, 'Give me a drink,' you would have asked him, and he would have given you living water." The woman said to him, "Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?" Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life." The woman said to him, "Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water." Jesus said to her, "Go, call your husband, and come back." The woman answered him, "I have no husband." Jesus said to her, "You are right in saying, 'I have no husband'; for you have had five husbands, and the one you have now is not your husband. What you have said is true!" The woman said to him, "Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem." Jesus said to her, "Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit

and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.” The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” Jesus said to her, “I am he, the one who is speaking to you.”

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” Then the woman left her water jar and went back to the city. She said to the people, “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” They left the city and were on their way to him. Meanwhile the disciples were urging him, “Rabbi, eat something.” But he said to them, “I have food to eat that you do not know about.” So the disciples said to one another, “Surely no one has brought him something to eat?” Jesus said to them, “My food is to do the will of him who sent me and to complete his work. Do you not say, ‘Four months more, then comes the harvest? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, ‘One sows and another reaps.’ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.” Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever done.” So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Savior of the world.”

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, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

### **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.**

### **A Prayer of St. Chrysostom**

**BCP p. 102**

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**

**Diocesan Service of Prayer & 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.

**Summit on the Power of Love with Bishop Michael Curry | Tues., April 21 at 6:30 p.m.; Crosstown Concourse (Memphis).** Tickets are now available for Summit on the Power of Love, a special community gathering with retired Presiding Bishop Michael Curry at Crosstown Theater in Memphis! The evening will feature a keynote address from Bishop Curry, refreshments, a joint choir led by Dr. Patrick Scott of Grace–St. Luke’s Episcopal Church, and music by the Memphis Jazz Workshop. Tickets are free, but registration is required and space is limited. The first 50 registered attendees to check in will receive a \$10 gift card to Crosstown Concourse. For more info and to register, go to [EDWTN.org/event/bpcurry2026/](https://EDWTN.org/event/bpcurry2026/).