

# Morning Prayer for the Ninth Sunday after Pentecost (Proper 13)

*From Enriching Our Worship  
Psalm from the Saint Helena Breviary*

**August 2, 2020**

**Hymn-Levas 194**

**Lead me, guide me**

*Chorus*

*Lead me, guide me along the way,  
For if you lead me I cannot stray.  
Lord, let me walk each day with Thee.  
Lead me, oh Lord lead me.*

I am weak and I need Thy strength and power,  
To help me over my weakest hour.  
Let me through the darkness Thy face to see,  
Lead me, oh Lord lead me.     *Chorus*

Help me tread in the paths of righteousness.  
Be my aid when Satan and sin oppress.  
I am putting all my trust in Thee:  
Lead me, oh Lord lead me.     *Chorus*

I am lost if you take your hand from me,  
I am blind without Thy light to see.  
Lord just always let me thy servant be,  
Lead me, oh Lord lead me.     *Chorus*

God is Spirit, and those who worship must worship in spirit and in truth. John 4:2

**Confession**

The Minister says

Let us confess our sins to God.

*Silence may be kept.*

Minister and People

*God of all mercy,  
we confess that we have sinned against you,  
opposing your will in our lives.  
We have denied your goodness in each other,  
in ourselves, and in the world you have created.  
We repent of the evil that enslaves us, the evil we have done,  
and the evil done on our behalf.  
Forgive, restore, and strengthen us  
through our Savior Jesus Christ,  
that we may abide in your love  
and serve only your will. Amen.*

### **Absolution**

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

### Opening Versicle

Officiant            O God, let our mouth proclaim your praise.  
People                And your glory all the day long

Praise to the holy and undivided Trinity, one God: as it was in the beginning, is now, and will be for ever. Amen  
Alleluia.

The Holy One is in our midst: O come let us worship.

### **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 God's presence with thanksgiving \*  
and raise to the Lord a shout with psalms.  
For you are a great God; \*  
you are great above all gods.  
In your hand are the caverns of the earth, \*  
and the heights of the hills are yours also.  
The sea is yours, for you made it, \*  
and your hands have molded the dry land.  
Come, let us bow down and bend the knee, \*  
and kneel before the Lord our Maker.  
For you are our God,  
and we are the people of your pasture and the sheep of your hand.  
\*Oh, that today we would hearken to your voice*

### **Psalm 145: 8-9, 15-22**

8 You are gracious and full of compassion, \*  
slow to anger and of great kindness.

9 You are loving to everyone \*  
and your compassion is over all your works.

15 You uphold all those who fall; \*  
you lift up those who are bowed down.

16 The eyes of all wait upon you, O God, \*  
and you give them their food in due season.

17 You open wide your hand \*  
and satisfy the needs of every living creature.

18 You are righteous in all your ways \*  
and loving in all your works.

19 You are near to those who call upon you, \*  
to all who call upon you faithfully.

20 You fulfill the desire of those who fear you; \*  
you hear their cry and help them.

21 You preserve all those who love you, \*  
but you destroy all the wicked.

22 My mouth shall speak your praise, O God; \*  
let all flesh bless your holy Name for ever and ever.

Glory to God, Source of all being, Incarnate Word, and  
Holy Spirit,\*  
As it was in the beginning, is now, and will be forever, Amen.

### **Isaiah 55:1-5**

Thus says the Lord:

"Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labor for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David. See, I made him a witness to the peoples, a leader and commander for the peoples. See, you shall call nations that you do not know, and nations that do not know you shall run to you, because of the LORD your God, the Holy One of Israel, for he has glorified you."

Hear what the Spirit is saying to God's people.  
People *Thanks be to God.*

**Canticle A**      A Song of Wisdom      Wisdom 10:15-19,20b-21

*Wisdom freed from a nation of oppressors \*  
a holy people and a blameless race.  
She entered the soul of a servant of the Lord, \*  
withstood dread rulers with wonders and signs.  
To the saints she gave the reward of their labors, \*  
and led them by a marvelous way;  
She was their shelter by day \*  
and a blaze of stars by night.  
She brought them across the Red Sea, \*  
she led them through mighty waters;  
But their enemies she swallowed in the waves \*  
and spewed them out from the depths of the abyss.  
And then, Lord, the righteous sang hymns to your Name, \*  
and praised with one voice your protecting hand;  
For Wisdom opened the mouths of the mute, \*  
and gave speech to the tongues of a new-born people.*

### **Romans 9:1-5**

I am speaking the truth in Christ-- I am not lying; my conscience confirms it by the Holy Spirit-- I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed forever. Amen.

Hear what the Spirit is saying to God's people.  
People *Thanks be to God.*

## Hymn 343

## Shepherd of souls, refresh and bless

Shepherd of souls, refresh and bless  
thy chosen pilgrim flock  
with manna in the wilderness,  
with water from the rock.

We would not live by bread alone,  
but by thy word of grace,  
in strength of which we travel on  
to our abiding place.

Be known to us in breaking bread,  
and do not then depart;  
Savior, abide with us, and spread  
thy table in our heart.

Lord, sup with us in love divine,  
thy Body and thy Blood,  
that living bread, that heavenly wine,  
be our immortal food.

## Matthew 14:13-21

Jesus withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the

crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

Hear what the Spirit is saying to God's people.  
People            *Thanks be to God.*

## Sermon

This story of the feeding of the five thousand is one we have heard many, many times. But for me, this time, I realized it is a very complete story of the life of Jesus Christ and what he did and still does for all of us. It is also a story of how we can emulate Christ and be Christ to our neighbors.

At the beginning of the story Jesus goes off to a deserted place by himself. There are other stories that tell of Jesus doing this. He goes off to recharge himself, to spend time in prayer and in communion with God. This way he is reminded of his roots, he is reminded of his calling and he is reminded that he is not doing all his work alone. He is reminded that God is always present with him and helps him along the way. This was a very wise thing to do on his part. And it is a very wise thing for us to do as well. How many of you start your day in prayer? Lisa Loncella was kind enough to tell me that the Forward Movement does a podcast of Morning Prayer every morning. It's called "A Morning at the Office". What a wonderful way to begin the day. During this crazy time, it is an easy way to do the morning office and I don't have to look up the readings, etc. It is already done for me. Starting the day in prayer is a wonderful way to recharge and know that God and Christ will be with me throughout the day.

When Jesus got to the office that day (the shore of the lake), he found that the crowds had followed him and were waiting to hear more of what he had to say and more of what he would do to heal the sick and give them comforting words. The story says he had compassion for them. So he did what he was called to do. He healed the sick, cast out demons and possibly even brought someone back to life. He also taught the people about the story of God. He showed what being a child of God is all about - how to love God and love their neighbors as Jesus loved all of them.

When it got late and the disciples urged Jesus to send the crowd into the nearest towns to get something to eat, he said no, you feed them. When the perplexed disciples looked at him askance, he had compassion for the crowd and his disciples. He took the five loaves of bread and the two fish, blessed them, broke them and then had the disciples distribute the food to the crowd. Amazingly, everyone had enough to eat and there were even leftovers! It is a great story.

It continues to be a story of Jesus' life and compassion and his example of being God to the people in the crowd. He started with prayer. He moved to doing his job of healing and teaching. Then he ended the day by feeding the people who trusted him till they were satisfied both in body and in spirit.

I love this story because I can use it as an example of how I can do what I am called to do and it is an example of what you can do to be an example of Christ to your neighbors.

Start the day or your time of work with prayer, either alone or with your family or co-workers. Then meet the day refreshed and with the knowledge that whatever happens, whether expected or unexpected, God is with you. You are never alone. There is always help around the corner. You can do this, with God's help.

I am a fan of the Harry Potter stories. During the last book and /or the last movie, The Deathly Hallows, Dumbledore restates the line "help will always be provided at Hogwarts for anyone who asks for it" to "help will always be provided at Hogwarts for anyone who deserves it". In our context, help will always be provided by God for anyone who asks for it. Help will always be provided by God for anyone who needs it but doesn't know to ask. The thing that is different from Hogwarts is that help will always be provided by God for anyone even if we don't deserve it. That is a big difference. God's help, God's mercy is free to everyone. Let us use it to get through the days ahead. Let us use it to stay focused on getting through the days while staying safe. Let us use it to remain calm in the face of those who do not believe either in the virus or even in God. Let us use it to reverse racism and find ways to truly love our neighbors as Christ love us. We can do this, with God's help.

Amen

## The Apostles' Creed

I believe in God, the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ, God's only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
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,  
he is seated at the right hand of the Father,  
and 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.

Officiant	Hear our cry, O God.
People	And listen to our prayer.
Officiant	Let us pray.

As our Savior Christ  
has taught us,  
we now pray,

*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.*

V. Look upon your congregation;

R. Give to your people the blessing of peace.

V. Declare your glory among the nations;

R. And your wonders among all peoples.

V. Do not let the oppressed be shamed and turned away;

R. Never forget the lives of your poor.

V. Continue your loving-kindness to those who know you;

R. And your favor to those who are true of heart.

V. Satisfy us by your loving-kindness in the morning;

R. So shall we rejoice and be glad all the days of our life.

*The collect of the day*

Let your continual mercy, O Lord, cleanse and defend your Church; and, because it cannot continue in safety without your help, protect and govern it always by your goodness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

## **Form I**

Leader

With all our heart and with all our mind, let us pray to the Lord, saying "Lord, have mercy."

For the peace from above, for the loving-kindness of God, and for the salvation of our souls, let us pray to the Lord.

*Lord, have mercy.*

For the peace of the world, for the welfare of the Holy Church of God, and for the unity of all peoples, let us pray to the Lord.

*Lord, have mercy.*

For Michael, our Presiding Bishop, Dorsey, our Bishop, and for all the clergy and people, let us pray to the Lord.

*Lord, have mercy.*

For our Donald, our President, for Tom, our Governor, for the leaders of the nations, and for all in authority, let us pray to the Lord.

*Lord, have mercy.*

For this city of Johnstown and its surrounding area, for every city and community, and for those who live in them, let us pray to the Lord.

*Lord, have mercy.*

For seasonable weather, and for an abundance of the fruits of the earth, let us pray to the Lord.

*Lord, have mercy.*

For the good earth which God has given us, and for the wisdom and will to conserve it, let us pray to the Lord.

*Lord, have mercy.*

For those who travel on land, on water, in the air, or through outer space, let us pray to the Lord.

*Lord, have mercy.*

For the aged and infirm, for the widowed and orphans, and for the sick and the suffering, let us pray to the Lord.

*Lord, have mercy.*

For \_\_\_\_\_, let us pray to the Lord.

*Lord, have mercy.*

For the poor and the oppressed, for the unemployed and the destitute, for prisoners and captives, and for all who remember and care for them, let us pray to the Lord.

*Lord, have mercy.*

For all who have died in the hope of the resurrection, and for all the departed, let us pray to the Lord.

*Lord, have mercy.*

For deliverance from all danger, violence, oppression, and degradation, let us pray to the Lord.

*Lord, have mercy.*

That we may end our lives in faith and hope, without suffering and without reproach, let us pray to the Lord.

*Lord, have mercy.*

Defend us, deliver us, and in thy compassion protect us, O Lord, by thy grace.

*Lord, have mercy.*

In the communion of St. Mark and of all the saints, let us commend ourselves, and one another, and all our life, to Christ our God.

*To thee, O Lord our God.*

Lord, hear the prayers of your people; and what we have asked faithfully, grant that we may obtain effectually, to the glory of your Name; through Jesus Christ our Lord. *Amen.*

## **Hymn 522**

## **Glorious things of thee are spoken**

1. Glorious things of thee are spoken,  
Zion, city of our God;  
One whose word cannot be broken  
formed thee for a strong abode.

On the Rock of Ages founded,  
what can shake thy sure repose?  
With salvation's walls surrounded,  
thou mayst smile at all thy foes.

2. See the streams of living waters,  
springing from eternal love,  
well supply thy sons and daughters,  
and all fear of want remove.  
Who can faint while such a river  
ever will their thirst assuage?  
Grace, which like the Lord, the giver,  
never fails from age to age.

3. Round each habitation hovering,  
see the cloud and fire appear,  
for a glory and a covering,  
showing that the Lord is near.  
Thus they march, the pillar leading  
light by night and shade by day  
daily on the manna feeding  
which God gives them when they pray.

4. Blessed inhabitants of Zion,  
Washed in the Redeemer's blood;  
Jesus, Whom their souls rely on,  
Makes them kings and priests to God  
'Tis His love His people raises,  
Over self to reign as kings  
And as priests His solemn praises  
Each for a thank offering bring.

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to God from generation to generation in the Church, and in Christ Jesus for ever and ever.

Amen.

Ephesians 3:20,21