**Saint John’s Episcopal Church  
Morning Prayer**

**Lent 3**

If we say we have no sin, we deceive ourselves, and the truth

is not in us, but if we confess our sins, God, who is faithful

and just, will forgive our sins and cleanse us from all

unrighteousness. *I John 1:8, 9*

**Confession of Sin**

*Leader says*

Let us confess our sins against God and our neighbor.

Leader 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 leader stands and says*

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.**

**Psalm 95**

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 1st Lesson Exodus 17:1-7**

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.**

**Canticle 14 A Song of Penitence** *(Prayer of Manasseh 1-2 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.**

**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 2nd Lesson Romans 5:1-11**

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&#39;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.**

**20 Glory to God** *(Gloria in excelsis)*

Glory to God in the highest, and peace to his people on earth.

Lord God, heavenly King, almighty God and Father,

we worship you, we give you thanks,

we praise you for your glory.

Lord Jesus Christ, only Son of the Father,

Lord God, Lamb of God,

you take away the sin of the world: have mercy on us;

you are seated at the right hand of the Father: receive our prayer.

For you alone are the Holy One, you alone are the Lord,

you alone are the Most High, Jesus Christ, with the Holy Spirit,

in the glory of God the Father. Amen.

**The Gospel John 4:5-42**

The Holy Gospel of our Lord Jesus Christ according to John.

**Glory to you, Lord Christ.**

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 Gospel of the Lord.

**Praise to you, Lord Christ.**

**The Sermon** Rev. Cathey Dowdle

**The Apostles Creed**

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**

**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.**

**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 with your Holy Spirit.

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.**

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.**

**Prayers of the People**

Jesus Christ, you traveled through towns and villages “curing every disease and

illness.” At your command, the sick were made well. Come to our aid now, in the

midst of the global pandemic of the coronavirus, that we may experience your healing

love.

Heal those who are sick with the virus. May they regain their

strength and health through quality medical care. Lord in your mercy, **Hear us.**

Heal us from our fear, which prevents nations from working together and neighbors

from helping one another. Lord in your mercy, **Hear us.**

Heal us from our pride, which can make us claim invulnerability to a disease that

knows no borders. Lord in your mercy, **Hear us.**

Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow.

Be with all those who have been quarantined or restricted in their movements. Grant them patience, health and reassurance during their time of isolation and waiting.

We pray, **Grant them your peace.**

Be with those whose livelihoods or finances are or will be negatively affected by this

virus. Give them the wherewithal to find the resources they need to take care of

themselves and their families. We pray, **Grant them your peace.**

Be with our elderly and immunocompromised. Help us to be mindful and vigilant of

their vulnerabilities; and guide us to avoid carelessness so that they may remain

whole. We pray, **Grant them your peace.**

Be with the homeless in our neighborhood and across our planet. May they be shown

kindness and care in this time of fear and insecurity. We pray, **Grant them your**

**peace.**

Be with those who feel overwhelmed by the torrent of media coverage and

information. Help them to discern what is important to know and what to set aside.

We pray, **Grant them your peace.**

Be with those who have died from the virus. May they be at eternal rest with you. We

pray, **Grant them your peace.**

Be with the families of those who are sick or have died. As they worry and grieve,

defend them from illness and despair. We pray, **Grant them your peace.**

Be with the doctors, nurses, researchers and all medical professionals who seek to

heal and help those affected and who put themselves at risk in the process. May they

know your protection. We pray, **Grant them your peace.**

Be with our local, state, national and world leaders. Give them the foresight to act

with charity and true concern for the well-being of all they are meant to serve. Give

them the wisdom to invest in long-term solutions that will help prepare for and deal

with outbreaks and its challenges. Above all, give them the courage to work together

for the greater good. We pray, **Grant them your peace.**

Whether we are at home, or in the community; surrounded by many people suffering

from this illness or only a few, Jesus Christ, stay with us as we endure and mourn,

persist and prepare. We pray, **Grant us your peace.**

Lord Jesus Christ, give us courage to hope for better times.

Help us to be vigilant and generous.

Make us courageous to continue to be your hands in our community.

Teach us to pray honestly and expectantly,

and when our prayers seem to fail,

bring us to pray again and again;

for you are our help and our shield,

now and forever. **Amen.**

**The General Thanksgiving**

**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**

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.**

Let us bless the Lord.   
**Thanks be to God!**

Glory to God whose power, working in us, can do infinitely

more than we can ask or imagine: Glory to him from

generation to generation in the Church, and in Christ Jesus

for ever and ever. **Amen.**  *Ephesians 3:20, 21*