

LENT



Midweek of Lent 1 RETURN TO PRAYER

The season of Lent is a time for self-examination and repentance, and it is a time for prayer. “Prayer is the soul’s sincere desire . . . the Christian’s vital breath,” penned hymnwriter James Montgomery (TLH 454:1, 5). But sometimes that holy conversation is interrupted or sidelined from a place of priority in our lives. Even our Lord’s closest disciples did not serve Him faithfully as watchers and prayers with Jesus in the Garden of Gethsemane. In this holy season, we return to prayer, treasuring the opportunity to pray without ceasing and leading prayerful lives that reflect the mercy of our heavenly Father, who hears our supplications and responds to them in love.

Stand

P O Lord, open my lips,

C **and my mouth will declare Your praise.**

P Make haste, O God, to deliver me;

C **make haste to help me, O Lord.**

C **Glory be to the Father and to the Son and to the Holy Spirit;
as it was in the beginning, is now, and will be forever. Amen.
Praise to You, O Christ, Lamb of our salvation.**

FIRST READING

Genesis 32:22–30

P A reading from Genesis, the thirty-second chapter.

²² The same night he arose and took his two wives, his two female servants, and his eleven children, and crossed the ford of the Jabbok. ²³ He took them and sent them across the stream, and everything else that he had. ²⁴ And Jacob was left alone. And a man wrestled with him until the breaking of the day. ²⁵ When the man saw that He did not prevail against Jacob, He touched his hip socket, and Jacob's hip was put out of joint as He wrestled with him. ²⁶ Then He said, "Let Me go, for the day has broken." But Jacob said, "I will not let You go unless You bless me." ²⁷ And He said to him, "What is your name?" And he said, "Jacob." ²⁸ Then He said, "Your name shall no longer be called Jacob, but Israel, for you have striven with God and with men, and have prevailed." ²⁹ Then Jacob asked Him, "Please tell me Your name." But He said, "Why is it that you ask My name?" And there He blessed him. ³⁰ So Jacob called the name of the place Peniel, saying, "For I have seen God face to face, and yet my life has been delivered."

P O Lord, have mercy on us.

C **Thanks be to God.**

SECOND READING

Romans 8:22–28

P A reading from Romans, the eighth chapter.

²² For we know that the whole creation has been groaning together in the pains of childbirth until now. ²³ And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. ²⁴ For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? ²⁵ But if we hope for what we do not see, we wait for it with patience.

²⁶ Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit Himself intercedes for us with groanings too deep for words. ²⁷ And He who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

²⁸ We know that for those who love God all things work together for good, for those who are called according to His purpose.

P O Lord, have mercy on us.

C **Thanks be to God.**

HOLY GOSPEL

Matthew 26:36–46

P A reading from St. Matthew, the twenty-sixth chapter.

³⁶ Then Jesus went with them to a place called Gethsemane, and He said to His disciples, "Sit here, while I go over there and pray." ³⁷ And taking with Him Peter and the two sons of Zebedee, He began to be sorrowful and troubled. ³⁸ Then He said to them,

“My soul is very sorrowful, even to death; remain here, and watch with Me.”³⁹ And going a little farther He fell on His face and prayed, saying, “My Father, if it be possible, let this cup pass from Me; nevertheless, not as I will, but as You will.”⁴⁰ And He came to the disciples and found them sleeping. And He said to Peter, “So, could you not watch with Me one hour?⁴¹ Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.”⁴² Again, for the second time, He went away and prayed, “My Father, if this cannot pass unless I drink it, Your will be done.”⁴³ And again He came and found them sleeping, for their eyes were heavy.⁴⁴ So, leaving them again, He went away and prayed for the third time, saying the same words again.⁴⁵ Then He came to the disciples and said to them, “Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners.⁴⁶ Rise, let us be going; see, My betrayer is at hand.”

P O Lord, have mercy on us.

C **Thanks be to God.**

LENT RESPONSORY

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P Deliver me, O Lord, my God, for You are the God of my salvation.

C **Rescue me from my enemies, protect me from those who rise against me.**

P In You, O Lord, do I put my trust, leave me not, O Lord, my God.

C **Rescue me from my enemies, protect me from those who rise against me.**

P Deliver me, O Lord, my God, for You are the God of my salvation.

C **Rescue me from my enemies, protect me from those who rise against me.**

SERMON

LORD’S PRAYER

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C **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.

BENEDICAMUS

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P Let us bless the Lord.

C **Thanks be to God.**

BENEDICTION

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P The grace of our Lord T Jesus Christ and the love of God and the communion of the Holy Spirit be with you all.

C **Amen.**