

Ember Wednesday of the First Week in Lent

(Purple)

The Introit *Ad te levavi Psalm 25: 5, 19, 21; Ps 25:1-2*

Tone 1a



Antiphon:

Remember, O LORD, your compassion and love, *
for they are from everlasting.

Protect my life and deliver me; *
let me not be put to shame, for I have trusted in you.

Deliver Israel, O God, *
out of all his troubles.

Psalm:

To you, O LORD, I lift up my soul;↓
my God, I put my trust in you; *
let me not be humiliated,
nor let my enemies triumph over me.

Let none who wait for you be put to shame; *
let the treacherous be disappointed in their schemes.

Gloria Patri:

Glory to the Father and to the Son and to the Holy Spirit*
as it was in the beginning is now and ever
for all ages of ages .Amen

The Kyrie

The Collect

Let us pray...Let us kneel...Arise!

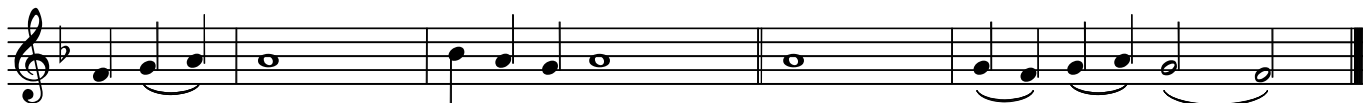
Mercifully hear our prayers, we beseech you O Lord; and stretch forth the right hand of your majesty against all things hostile to us; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen.*

The Old Testament: *Exodus 24, 12-18*

In those days the Lord said to Moses: "Come up to me on the mountain, and wait there; and I will give you the tablets of stone, with the law and the commandment, which I have written for their instruction." So Moses set out with his assistant Joshua, and Moses went up into the mountain of God. To the elders he had said, "Wait here for us, until we come to you again; for Aaron and Hur are with you; whoever has a dispute may go to them." Then Moses went up on the mountain, and the cloud covered the mountain. The glory of the LORD settled on Mount Sinai, and the cloud covered it for six days; on the seventh day he called to Moses out of the cloud. Now the appearance of the glory of the LORD was like a devouring fire on the top of the mountain in the sight of the people of Israel. Moses entered the cloud, and went up on the mountain. Moses was on the mountain for forty days and forty nights.

The Gradual *Ad te levavi Psalm 25:16, 17*

Tone Ia



The sorrows of my heart have increased; *
bring me out of my troubles.

Look upon my adversity and misery *
and forgive me all my sin.

The Second Collect

Let us pray...Let us kneel...Arise!

We beseech you, O Lord, to look favorably upon your people, who mortify themselves in the flesh through abstinence; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen.*

The Second Old Testament: I Kings 19:3-8

In those days, Elijah was afraid; he got up and fled for his life, and came to Beer-sheba, which belongs to Judah; he left his servant there. But he himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O LORD, take away my life, for I am no better than my ancestors." Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the LORD came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

The Tract Ad te levavi Psalm 25:16b, 17, 1-2

Tone 1a



Bring me out of my troubles, O Lord, *
Look upon my adversity and misery,
and forgive me all my sin.

To you, O LORD, I lift up my soul;↓
my God, I put my trust in you; *
let me not be humiliated,
nor let my enemies triumph over me.

Let none who wait for you be put to shame; *
let the treacherous be disappointed in their schemes.

The Gospel: [Matthew 12:38-50](#)

At that time some of the scribes and Pharisees said to him, "Teacher, we wish to see a sign from you." But he answered them, "An evil and adulterous generation asks for a sign, but no sign will be given to it except the sign of the prophet Jonah. For just as Jonah was three days and three nights in the belly of the sea monster, so for three days and three nights the Son of Man will be in the heart of the earth. The people of Nineveh will rise up at the judgment with this generation and condemn it, because they repented at the proclamation of Jonah, and see, something greater than Jonah is here! The queen of the South will rise up at the judgment with this generation and condemn it, because she came from the ends of the earth to listen to the wisdom of Solomon, and see, something greater than Solomon is here! "When the unclean spirit has gone out of a person, it wanders through waterless regions looking for a resting place, but it finds none. Then it says, 'I will return to my house from which I came.' When it comes, it finds it empty, swept, and put in order. Then it goes and brings along seven other spirits more evil than itself, and they enter and live there; and the last state of that person is worse than the first. So will it be also with this evil generation." While he was still speaking to the crowds, his mother and his brothers were standing outside, wanting to speak to him. Someone told him, "Look, your mother and your brothers are standing outside, wanting to speak to you." But to the one who had

told him this, Jesus replied, "Who is my mother, and who are my brothers?" And pointing to his disciples, he said, "Here are my mother and my brothers! For whoever does the will of my Father in heaven is my brother and sister and mother."

The Offertory

Psalm 119:47, 48

Tone III



I delight in your commandments, *
which I have always loved.

I will lift up my hands to your commandments, *
and I will meditate on your statutes.

The Prayer over the Gifts:

O Lord, we offer you this sacrifice of atonement, that you would mercifully absolve our sins and direct our faltering hearts; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen.*

The Preface of Lent

It is truly right and just, our joy and helpful to salvation, that we, always and everywhere give thanks to you, Father Almighty, Creator of heaven and earth.

Who, because we are fasting, curb our vices, uplift our mind, and bestow your strength and grace through Jesus Christ our Lord:

Through whom the angels praise your majesty,
Dominations adore it, and Powers tremble,
the heavens and the armies of angels in unison with the
blessed Seraphim, extol it with exceeding joy.

We beseech you to grant that our voices be united with
theirs, while with humble praise we sing:

The Communion: *Verba mea auribus: Psalm 5:2*

Tone 1a



Hearken to my cry for help, my King and my God, *
for I make my prayer to you.

The Postcommunion:

O Lord, by receiving your Holy Mysteries, may we be cleansed of
our secret sins and delivered from the snares of our enemies;
through Jesus Christ your Son, our Lord, who lives and reigns with
you and the Holy Spirit, God, for all ages of ages. *Amen.*

The Prayer over the People:

The priest stretches forth his hands and gives this blessing:

Deacon: Bow down your heads before the Lord!

Priest: O Lord, we beseech you, shed light upon our minds by the
brightness of your glory, so that we may see what we must do, and
have the strength to do what is right; through Jesus Christ your
Son, our Lord, who lives and reigns with you and the Holy Spirit,
God, for all ages of ages. *Amen.*