

Ember Friday of the First Week in Lent

(Purple)

The Introit *Ad te levavi Psalm 25:16,17, Ps 25:1-2, [15-19] Tone 1a*



Antiphon:

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.

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.

[Turn to me and have pity on me, *
for I am left alone and in misery.

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.

Look upon my enemies, for they are many, *
and they bear a violent hatred against me.

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

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!

Be merciful to your people, O Lord, and as you give them the grace to serve you, renew them by your loving kindness; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen.*

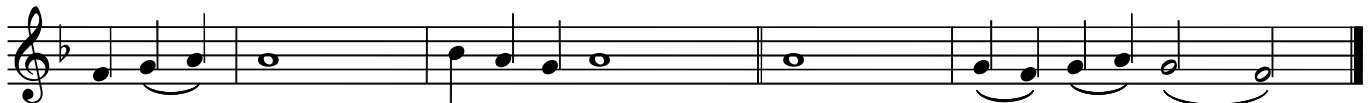
The Old Testament: **Ezekiel 18:20-28**

Thus says the Lord God: The person who sins shall die. A child shall not suffer for the iniquity of a parent, nor a parent suffer for the iniquity of a child; the righteousness of the righteous shall be his own, and the wickedness of the wicked shall be his own. But if the wicked turn away from all their sins that they have committed and keep all my statutes and do what is lawful and right, they shall surely live; they shall not die. None of the transgressions that they have committed shall be remembered against them; for the righteousness that they have done they shall live. Have I any pleasure in the death of the wicked, says the Lord GOD, and not rather that they should turn from their ways and live? But when the righteous turn away from their righteousness and commit iniquity and do the same abominable things that the wicked do, shall they live? None of the righteous deeds that they have done shall be remembered; for the treachery of which they are

guilty and the sin they have committed, they shall die. Yet you say, "The way of the Lord is unfair." Hear now, O house of Israel: Is my way unfair? Is it not your ways that are unfair? When the righteous turn away from their righteousness and commit iniquity, they shall die for it; for the iniquity that they have committed they shall die. Again, when the wicked turn away from the wickedness they have committed and do what is lawful and right, they shall save their life. Because they considered and turned away from all the transgressions that they had committed, they shall surely live; they shall not die.

The Gradual & Tract Psalm 86 2a, 6a; Ps 103:10; Ps 79:8-9

Tone Ia



Save your servant who puts his trust in you*
Give ear, O LORD, to my prayer.

Do not deal with us according to our sins, *
nor reward us according to our wickedness.

Remember not our past sins; ↓
let your compassion be swift to meet us; *
for we have been brought very low.

Here all genuflect.

Help us, O God our Savior, for the glory of your Name; *
deliver us and forgive us our sins, for your Name's sake.

The Gospel: John 5:1-15

At that time there was a festival of the Jews, and Jesus went up to Jerusalem. Now in Jerusalem by the Sheep Gate there is a pool,

called in Hebrew Beth-zatha, which has five porticoes. In these lay many invalids – blind, lame, and paralyzed. One man was there who had been ill for thirty-eight years. When Jesus saw him lying there and knew that he had been there a long time, he said to him, "Do you want to be made well?" The sick man answered him, "Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me." Jesus said to him, "Stand up, take your mat and walk." At once the man was made well, and he took up his mat and began to walk. Now that day was a sabbath. So the Jews said to the man who had been cured, "It is the sabbath; it is not lawful for you to carry your mat." But he answered them, "The man who made me well said to me, 'Take up your mat and walk.'" They asked him, "Who is the man who said to you, 'Take it up and walk'?" Now the man who had been healed did not know who it was, for Jesus had disappeared in the crowd that was there. Later Jesus found him in the temple and said to him, "See, you have been made well! Do not sin any more, so that nothing worse happens to you." The man went away and told the Jews that it was Jesus who had made him well.

The Offertory *Benedic, anima mea Psalm 103:2, 5*

Tone III



Bless the LORD, O my soul, *
and forget not all his benefits.

He satisfies you with good things, *
and your youth is renewed like an eagle's.

The Prayer over the Gifts:

Accept, we beseech you O Lord, the offering which we your servants, bring you, and graciously sanctify the gifts which are yours; 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: Psalm 6:10

Tone 1a



All my enemies shall be confounded and quake with fear; *
they shall turn back and suddenly be put to shame.

The Postcommunion:

By the grace of these Holy Mysteries, O Lord, may our sins be erased and our just desires fulfilled; 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: Graciously hear us, merciful God, and reveal to our minds the light of your grace; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen.*