

## **Psalms, readings and collect**

**Date:** 22<sup>nd</sup> March - Lent V A

*Obviously on Sundays, people will use the Act of Spiritual Communion; but for those who wish to say an evening office, provision is included here.*

### **Office**

#### **Psalm:**

(86) BOW down thine ear, O Lord, and hear me : for I am poor, and in misery.  
2 Preserve thou my soul, for I am holy : my God, save thy servant that putteth his trust in thee.  
3 Be merciful unto me, O Lord : for I will call daily upon thee.  
4 Comfort the soul of thy servant : for unto thee, O Lord, do I lift up my soul.  
5 For thou, Lord, art good and gracious : and of great mercy unto all them that call upon thee.  
6 Give ear, Lord, unto my prayer : and ponder the voice of my humble desires.  
7 In the time of my trouble I will call upon thee : for thou hearest me.  
8 Among the gods there is none like unto thee, O Lord : there is not one that can do as thou doest.  
9 All nations whom thou hast made shall come and worship thee, O Lord : and shall glorify thy Name.  
10 For thou art great, and doest wondrous things : thou art God alone.  
11 Teach me thy way, O Lord, and I will walk in thy truth : O knit my heart unto thee, that I may fear thy Name.  
12 I will thank thee, O Lord my God, with all my heart : and will praise thy Name for evermore.  
13 For great is thy mercy toward me : and thou hast delivered my soul from the nethermost hell.  
14 O God, the proud are risen against me : and the congregations of naughty men have sought after my soul, and have not set thee before their eyes.  
15 But thou, O Lord God, art full of compassion and mercy : long-suffering, plenteous in goodness and truth.  
16 O turn thee then unto me, and have mercy upon me : give thy strength unto thy servant, and help the son of thine handmaid.  
17 Shew some token upon me for good, that they who hate me may see it and be ashamed : because thou, Lord, hast holpen me and comforted me.  
Glory be to the Father and to the Son: and to the Holy Ghost.  
As it was in the beginning, is now and ever shall be: world without end. Amen.

#### **Reading:**

A Reading from the Book of the Prophet Ezekiel.

Thus says the Lord GOD: Behold, I will open your graves, and raise you from your graves, O my people; and I will bring you home into the land of Israel. And you shall know that I am the LORD, when I open your graves, and raise you from your graves, O my people. And I will put my Spirit within you, and you shall live, and I will place you in your own land; then you shall know that I, the LORD, have spoken, and I have done it, says the LORD."

### **Collect of the day:**

We beseech Thee, Almighty God, mercifully to look upon Thy people; that by Thy great goodness they may be governed and preserved evermore, both in body and soul; in and through Jesus Christ, Thy Son our Lord, Who liveth and reigneth with Thee in the unity of the Holy Ghost; God, throughout all ages world without end. Amen.

## **Act of Spiritual Communion**

### **Collect:**

Merciful God, You showed Your Glory to our fallen race by sending Your Son to confound the powers of death. Call us forth from sin's dark tomb; break the bonds which hold us, that we may believe and proclaim Christ, the Cause of our freedom and the Source of life; Who is alive and reigns with You and the Holy Spirit, God, throughout all ages world without end. Amen.

### **First Reading:**

A Reading from the Letter of Saint Paul to the Church in Rome.

Those who are in the flesh cannot please God. But you are not in the flesh, you are in the Spirit, if in fact the Spirit of God dwells in you. Any one who does not have the Spirit of Christ does not belong to him. But if Christ is in you, although your bodies are dead because of sin, your spirits are alive because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit which dwells in you.

### **Psalm:**

Out of the depths have I cried to you, O Lord; Lord, hear my voice; ♦ let your ears consider well the voice of my supplication.

If you, Lord, were to mark what is done amiss, ♦ O Lord, who could stand?

But there is forgiveness with you, ♦ so that you shall be feared.

I wait for the Lord; my soul waits for him; ♦ in his word is my hope.

My soul waits for the Lord, more than the night watch for the morning, ♦ more than the night watch for the morning.

O Israel, wait for the Lord, ♦ for with the Lord there is mercy;

With him is plenteous redemption ♦ and he shall redeem Israel from all their sins.

### **Gospel:**

A Reading from the Gospel according to Saint John.

The sisters of Lazarus sent to Jesus, saying, "Lord, he whom you love is ill." But when Jesus heard it he said, "This illness is not unto death; it is for the glory of God, so that the Son of God may be glorified by means of it." Now Jesus loved Martha and her sister and Laz'arus. So when he heard that he was ill, he stayed two days longer in the place where he was. Then after this he said to the disciples, "Let us go into Judea again." When Jesus came, he found that Laz'arus had already been in the tomb four days. When Martha heard that Jesus was

coming, she went and met him, while Mary sat in the house. Martha said to Jesus, "Lord, if you had been here, my brother would not have died. And even now I know that whatever you ask from God, God will give you." Jesus said to her, "Your brother will rise again." Martha said to him, "I know that he will rise again in the resurrection at the last day." Jesus said to her, "I am the resurrection and the life; he who believes in me, though he die, yet shall he live, and whoever lives and believes in me shall never die. Do you believe this?" She said to him, "Yes, Lord; I believe that you are the Christ, the Son of God, he who is coming into the world." When Jesus saw her weeping, and the Jews who came with her also weeping, he was deeply moved in spirit and troubled; and he said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus wept. So the Jews said, "See how he loved him!" But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?" Then Jesus, deeply moved again, came to the tomb; it was a cave, and a stone lay upon it. Jesus said, "Take away the stone." Martha, the sister of the dead man, said to him, "Lord, by this time there will be an odor, for he has been dead four days." Jesus said to her, "Did I not tell you that if you would believe you would see the glory of God?" So they took away the stone. And Jesus lifted up his eyes and said, "Father, I thank thee that thou hast heard me. I knew that thou hearest me always, but I have said this on account of the people standing by, that they may believe that thou didst send me." When he had said this, he cried with a loud voice, "Laz'arus, come out." The dead man came out, his hands and feet bound with bandages, and his face wrapped with a cloth. Jesus said to them, "Unbind him, and let him go." Many of the Jews therefore, who had come with Mary and had seen what he did, believed in him.