



4 LENT

Fourth Sunday in Lent



RCL

COLLECT

Traditional

GRACIOUS FATHER, whose blessed Son Jesus Christ came down from heaven to be the true bread which giveth life to the world: Evermore give us this bread, that he may live in us, and we in him; who liveth and reigneth with thee and the Holy Spirit, one God, now and for ever. *Amen.*

Contemporary

GRACIOUS FATHER, whose blessed Son Jesus Christ came down from heaven to be the true bread which gives life to the world: Evermore give us this bread, that he may live in us, and we in him; who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

FIRST READING: Joshua 5:9-12

THE LORD said to Joshua, "Today I have rolled away from you the disgrace of Egypt." And so that place is called Gilgal to this day. While the Israelites were camped in Gilgal they kept the passover in the evening on the fourteenth day of the month in the plains of Jericho. On the

day after the passover, on that very day, they ate the produce of the land, unleavened cakes and parched grain. The manna ceased on the day they ate the produce of the land, and the Israelites no longer had manna; they ate the crops of the land of Canaan that year.

Refrain

Happy are they whose transgressions are forgiven; and whose sin is put away.

Psalm 32 *from BCP*

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| <p>1 Happy are they whose transgressions are forgiven, * and whose sin is put away!</p> <p>2 Happy are they to whom the LORD imputes no guilt, * and in whose spirit there is no guile!</p> <p>3 While I held my tongue, my bones withered away, * because of my groaning all day long.</p> <p>4 For your hand was heavy upon me day and night; * my moisture was dried up as in the heat of summer.</p> <p>5 Then I acknowledged my sin to you, * and did not conceal my guilt.</p> <p>6 I said, "I will confess my transgressions to the LORD." * Then you forgave me the guilt of my sin.</p> <p>7 Therefore all the faithful will make their prayers to you in time of trouble; * when</p> | <p>the great waters overflow, they shall not reach them.</p> <p>8 You are my hiding-place; you preserve me from trouble; * you surround me with shouts of deliverance.</p> <p>9 "I will instruct you and teach you in the way that you should go; * I will guide you with my eye.</p> <p>10 Do not be like horse or mule, which have no understanding; * who must be fitted with bit and bridle, or else they will not stay near you."</p> <p>11 Great are the tribulations of the wicked; * but mercy embraces those who trust in the LORD.</p> <p>12 Be glad, you righteous, and rejoice in the LORD; * shout for joy, all who are true of heart.</p> |
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