**A Blessing for those competing in marathons or other endurance competitions, & their families**

**Opening Acclamation**

*Presider* Blessed be the one, holy, and living God.

*People* Glory to God forever and ever.

**Opening Collect** (Proper 26)

Almighty and merciful God, it is only by your gift that your faithful people offer you true and laudable service: Grant that we may run without stumbling to obtain your heavenly promises; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

**Lessons**

***A Reading from the Prophet, Isaiah 40:25-31***

To whom then will you compare me, or who is my equal? says the Holy One.

Lift up your eyes on high and see:  Who created these?

He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing.

Why do you say, O Jacob, and speak, O Israel, ‘My way is hidden from the Lord, and my right is disregarded by my God’? Have you not known? Have you not heard?

The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

**Psalm 20**

*Presider*: The Lord answer you in the day of trouble!

    The name of the God of Jacob protect you!

*People*: May he send you help from the sanctuary,

    and give you support from Zion.

*Presider*: May he remember all your offerings,

    and regard with favor your burnt sacrifices.

*People*: May he grant you your heart’s desire,

    and fulfill all your plans.

*Presider*: May we shout for joy over your victory,

   and in the name of our God set up our banners.

*People*: May the Lord fulfil all your petitions.

*Presider*: Now I know that the Lord will help his anointed;

    he will answer him from his holy heaven

    with mighty victories by his right hand.

*People*: Some take pride in chariots, and some in horses,

    but our pride is in the name of the Lord our God.

*Presider*: They will collapse and fall,

    but we shall rise and stand upright.

*Presider*: Give victory to the king, O Lord;

    answer us when we call.\*

***A Reading from the Letter to the Hebrews 12:1-2***

     Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

***A Reading from the Gospel according to St. John 20:1-10***

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, “They have taken the Lord out of the tomb, and we do not know where they have laid him.” Then Peter and the other disciple set out and went toward the tomb. ***The two were running together, but the other disciple outran Peter and reached the tomb first.*** He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus’ head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead. Then the disciples returned to their homes.

**Homily**

**Prayers of the People**

* *For Families* *Book of Common Prayer, p. 828*
* *For Travelers Book of Common Prayer, p. 830*
* *A General Thanksgiving Book of Common Prayer, p. 836*
* *The Lord's Prayer Book of Common Prayer, p. 364*

**Anointing with Holy Oil & Prayer of Blessing**

\_\_\_\_\_, I anoint you with this Holy Oil in the Name of the Father, and of the Son, and of the Holy Spirit; beseeching our Lord, Jesus Christ to surround you and uphold with his grace, that you may know the strength and power of His Love. *Amen*.

**The Dismissal**

*Presider:* Let us go forth, rejoicing in the power of the Spirit!

*People*: Thanks be to God!

