

Prayer Resources

Ordinary Time



Parish of the Holy Trinity

East Ham



Morning Prayer

Ordinary Time

Preparation

O Lord, open our lips
and our mouth shall proclaim your praise.

A Song of God's Blessing

- 1 God be gracious to us and bless us ♦
and make his face to shine upon us,
- 2 That your way may be known upon earth, ♦
your saving power among all nations.
- 3 Let the peoples praise you, O God; ♦
let all the peoples praise you.
- 4 O let the nations rejoice and be glad, ♦
for you will judge the peoples righteously
and govern the nations upon earth.
- 5 Let the peoples praise you, O God; ♦
let all the peoples praise you.
- 6 Then shall the earth bring forth her increase, ♦
and God, our own God, will bless us.
- 7 God will bless us, ♦
and all the ends of the earth shall fear him.

Psalm 67

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning, is now
and shall be for ever. Amen.**

This opening prayer may be said:

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Silence is kept.

As we rejoice in the gift of this new day,
so may the light of your presence, O God,
set our hearts on fire with love for you;
now and for ever.

Amen.

The Word of God

Psalmody

Psalm 20 or another suitable psalm:

- 1 May the Lord hear you in the day of trouble, ♦
the name of the God of Jacob defend you;
- 2 Send you help from his sanctuary ♦
and strengthen you out of Zion;
- 3 Remember all your offerings ♦
and accept your burnt sacrifice;
- 4 Grant you your heart's desire ♦
and fulfil all your mind.
- 5 May we rejoice in your salvation
and triumph in the name of our God; ♦
may the Lord perform all your petitions.
- 6 Now I know that the Lord will save his anointed; ♦
he will answer him from his holy heaven,
with the mighty strength of his right hand.

- 7 Some put their trust in chariots and some in horses, ♦
but we will call only on the name of the Lord our God.
- 8 They are brought down and fallen, ♦
but we are risen and stand upright.
- 9 O Lord, save the king ♦
and answer us when we call upon you.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning, is now
and shall be for ever. Amen.**

Canticle

A Song of the Covenant

Refrain:

**I have given you as a light to the nations,
and I have called you in righteousness.**

- 1 Thus says God, who created the heavens, ♦
who fashioned the earth and all that dwells in it;
- 2 Who gives breath to the people upon it ♦
and spirit to those who walk in it,
- 3 ‘I am the Lord and I have called you in righteousness, ♦
I have taken you by the hand and kept you;
- 4 ‘I have given you as a covenant to the people, ♦
a light to the nations, to open the eyes that are blind,
- 5 ‘To bring out the captives from the dungeon, ♦
from the prison, those who sit in darkness.
- 6 ‘I am the Lord, that is my name; ♦
my glory I give to no other.’

Isaiah 42.5-8a

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning, is now
and shall be for ever. Amen.**

**I have given you as a light to the nations,
and I have called you in righteousness.**

Scripture Reading

One of the following short readings, or the reading of the day may be used.

The reading may be followed by a time of silence.

Short readings

Sunday

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, 'Let there be light'; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

Genesis 1.1-5

Monday

If anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself.

2 Corinthians 5.17-19a

Tuesday

The man went away and told the Jews that it was Jesus who had made him well. Therefore the Jews started persecuting Jesus, because he was doing such things on the sabbath. But Jesus answered them, 'My Father

is still working, and I also am working.' For this reason the Jews were seeking all the more to kill him, because he was not only breaking the sabbath, but was also calling God his own Father, thereby making himself equal to God.

John 5.15-18

Wednesday

I, John, saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, 'See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.'

Revelation 21.1-4

Thursday

The Lord called me before I was born, while I was in my mother's womb he named me. He made my mouth like a sharp sword, in the shadow of his hand he hid me; he made me a polished arrow, in his quiver he hid me away. And he said to me, 'You are my servant, Israel, in whom I will be glorified.' But I said, 'I have laboured in vain, I have spent my strength for nothing and vanity; yet surely my cause is with the Lord, and my reward with my God.'

Isaiah 49.1b-4

Friday

Do not be wise in your own eyes; fear the Lord, and turn away from evil. It will be a healing for your flesh and a refreshment for your body. Honour the Lord with your substance and with the first fruits of all your produce; then your barns will be filled with plenty, and your vats will be bursting with wine. My child, do not despise the Lord's discipline or be weary of his reproof, for the Lord reproves the one he loves, as a father the son in whom he delights.

Proverbs 3.7-12

Saturday

Jesus said, 'The kingdom of God is as if someone would scatter seed on the ground, and would sleep and rise night and day, and the seed would sprout and grow, he does not know how. The earth produces of itself, first the stalk, then the head, then the full grain in the head. But when the grain is ripe, at once he goes in with his sickle, because the harvest has come.'

Mark 4.26-29

Responsory

Fear not, for I have redeemed you.

I have called you by name; you are mine.

Fear not, for I have redeemed you.

I have called you by name; you are mine.

When you pass through the waters, I will be with you.

When you walk through fire, you shall not be burned.

I have called you by name; you are mine.

Glory to the Father and to the Son

and to the Holy Spirit.

Fear not, for I have redeemed you.

I have called you by name; you are mine.

from Isaiah 53

Gospel Canticle

The Benedictus

Refrain:

**You promised, O God, to save us from our enemies,
from the hands of all that hate us.**

- 1 Blessed be the Lord the God of Israel,
who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour,
born of the house of his servant David.

- 3 Through his holy prophets God promised of old
to save us from our enemies,
from the hands of all that hate us,
- 4 To show mercy to our ancestors,
and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham:
to set us free from the hands of our enemies,
- 6 Free to worship him without fear,
holy and righteous in his sight
all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation
by the forgiveness of all their sins.
- 9 In the tender compassion of our God
the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the shadow of
death,
and to guide our feet into the way of peace.

Luke 1.68-79

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning, is now
and shall be for ever. Amen.**

**You promised, O God, to save us from our enemies,
from the hands of all that hate us.**

Intercessions are offered which may include:

- ¶ *The day and its tasks, the world and its needs, the Church and her life*
- ¶ *The people of God, that they may proclaim the risen Lord*
- ¶ *God's creation, that the peoples of the earth may meet their responsibility to care*
- ¶ *Those in despair and darkness, that they may find the hope and light of Christ*
- ¶ *Those in fear of death, that they may find faith through the resurrection*
- ¶ *Prisoners and captives*

These responses may be used:

Lord, in your mercy
hear our prayer.

(or)

Lord, hear us.
Lord, graciously hear us.

Silence may be kept

The Collect

This, or the collect of the week may be used

Almighty and everlasting God,
by whose Spirit the whole body of the Church
is governed and sanctified:
hear our prayer which we offer for all your faithful people,
that in their vocation and ministry
they may serve you in holiness and truth
to the glory of your name;
through our Lord and Saviour Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.

The Lord's Prayer

Let us pray with confidence as our Saviour has taught us

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.**

The Conclusion

May the risen Christ grant us the joys of eternal life.
Amen.

Let us bless the Lord.
Thanks be to God.

Night Prayer (Compline)

Preparation

The Lord almighty grant us a quiet night and a perfect end.
Amen.

Our help is in the name of the Lord
who made heaven and earth.

A period of silence for reflection on the past day may follow.

Words of penitence

**Most merciful God,
we confess to you,
before the whole company of heaven and one another,
that we have sinned in thought, word and deed
and in what we have failed to do.
Forgive us our sins,
heal us by your Spirit
and raise us to new life in Christ.
Amen.**

○ God, make speed to save us.
○ Lord, make haste to help us.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning, is now
and shall be for ever. Amen.**

Before the ending of the day,
Creator of the world, we pray
That you, with steadfast love, would keep
Your watch around us while we sleep.

From evil dreams defend our sight,
From fears and terrors of the night;
Tread underfoot our deadly foe
That we no sinful thought may know.

O Father, that we ask be done
Through Jesus Christ, your only Son;
And Holy Spirit, by whose breath
Our souls are raised to life from death.

The Word of God

Psalmody

Psalm 91

- 1 Whoever dwells in the shelter of the Most High ♦
and abides under the shadow of the Almighty,
- 2 Shall say to the Lord, 'My refuge and my stronghold, ♦
my God, in whom I put my trust.'
- 3 For he shall deliver you from the snare of the fowler ♦
and from the deadly pestilence.
- 4 He shall cover you with his wings
and you shall be safe under his feathers; ♦
his faithfulness shall be your shield and buckler.
- 5 You shall not be afraid of any terror by night, ♦
nor of the arrow that flies by day;

- 6 Of the pestilence that stalks in darkness, ♦
nor of the sickness that destroys at noonday.
- 7 Though a thousand fall at your side
and ten thousand at your right hand, ♦
yet it shall not come near you.
- 8 Your eyes have only to behold ♦
to see the reward of the wicked.
- 9 Because you have made the Lord your refuge ♦
and the Most High your stronghold,
- 10 There shall no evil happen to you, ♦
neither shall any plague come near your tent.
- 11 For he shall give his angels charge over you, ♦
to keep you in all your ways.
- 12 They shall bear you in their hands, ♦
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder; ♦
the young lion and the serpent you shall trample underfoot.
- 14 Because they have set their love upon me,
therefore will I deliver them; ♦
I will lift them up, because they know my name.
- 15 They will call upon me and I will answer them; ♦
I am with them in trouble,
I will deliver them and bring them to honour.
- 16 With long life will I satisfy them ♦
and show them my salvation.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning, is now
and shall be for ever. Amen.**

Scripture Reading

You, O Lord, are in the midst of us and we are called by your name;
leave us not, O Lord our God.

Jeremiah 14.9

Responsory

Into your hands, O Lord, I commend my spirit.

Into your hands, O Lord, I commend my spirit.

For you have redeemed me, Lord God of truth.

I commend my spirit.

Glory to the Father and to the Son and to the Holy Spirit.

Into your hands, O Lord, I commend my spirit.

Keep me as the apple of your eye.

Hide me under the shadow of your wings.

Gospel Cantic

The Nunc Dimittis (Song of Simeon) is said or sung.

**Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace.**

- 1 Now, Lord, you let your servant go in peace: ♦
your word has been fulfilled.
- 2 My own eyes have seen the salvation ♦
which you have prepared in the sight of every people;
- 3 A light to reveal you to the nations ♦
and the glory of your people Israel.

Luke 2.29-32

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning, is now
and shall be for ever. Amen.**

**Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace.**

Prayers

Intercessions and thanksgivings may be offered here.

The Collect

Silence may be kept.

Visit this place, O Lord, we pray,
and drive far from it the snares of the enemy;
may your holy angels dwell with us and guard us in peace,
and may your blessing be always upon us;
through Jesus Christ our Lord.

Amen.

The Lord's Prayer

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.**

The Conclusion

In peace we will lie down and sleep;
for you alone, Lord, make us dwell in safety.

Abide with us, Lord Jesus,
for the night is at hand and the day is now past.

As the night watch looks for the morning,
so do we look for you, O Christ.

[Come with the dawning of the day
and make yourself known in the breaking of the bread.]

The Lord bless us and watch over us;
the Lord make his face shine upon us and be gracious to us;
the Lord look kindly on us and give us peace.
Amen.

Let us bless the Lord.
Thanks be to God.

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