



MORNING PRAYER

INVOCATION

O Lord open our lips; and our mouths shall proclaim your praise.
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.**

PSALMODY AND SCRIPTURE

There are four options to use or rotate through the week

OPTION 1

PSALM 43

1. Give judgement for me O God, take up my cause against an ungodly people: deliver me from deceitful and wicked men.
 2. For you are God my refuge, why have you turned me away: why must I go like a mourner because the enemy oppresses me?
 3. O send out your light and your truth and let them lead me: let them guide me to your holy hill and to your dwelling.
 4. Then I shall go to the altar of God, to God my joy and my delight: and to the harp I shall sing your praises O God my God.
 5. Why are you so full of heaviness my soul: and why so unquiet within me?
 6. O put your trust in God: for I will praise him yet who is my deliverer and my God.
- Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning is now, and shall be forever.

READING

Lamentations 3.22–25

or the Reading set in the Weekly Sheet

The Lord's true love is surely not spent, nor has his compassion failed, they are new every morning, so great is his constancy. The Lord, I say, is all that I have; therefore I will wait for him patiently. The Lord is good to those who look for him, to all who seek him.

Now go to Canticle and Prayer

OPTION 2

PSALM 46

1. God is our refuge and strength: a very present help in trouble.
 2. Therefore we will not fear, though the earth be moved: and though the mountains are shaken in the midst of the sea;
 3. Though the waters rage and foam: and though the mountains quake at the rising of the sea.
 4. The Lord of hosts is with us: the God of Jacob is our stronghold.
 5. 'Be still, and know that I am God: I will be exalted among the nations, I will be exalted upon the earth.'
 6. The Lord of hosts is with us: the God of Jacob is our stronghold.
- 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.

READING

2 Corinthians 4.5–6

or the Reading set in the Weekly Sheet

It is not ourselves that we proclaim; we proclaim Christ Jesus as Lord, and ourselves as your servants for Jesus' sake. For the same God who said, 'Out of darkness let light shine,' has caused his light to shine within us, to give the light of revelation — the revelation of the glory of God in the face of Jesus Christ.

Now go to Canticle and Prayer

OPTION 3

PSALM 63

1. God you are my God: eagerly will I seek you.
 2. My soul thirsts for you, my flesh longs for you: as a dry and thirsty land where no water is.
 3. So it was when I beheld you in the sanctuary: and saw your power and your glory.
 4. For your unchanging goodness is better than life: therefore my lips shall praise you.
 5. And so I will bless you as long as I live: and in your name will I lift my hands on high.
 6. My longing shall be satisfied as with marrow and fatness: my mouth shall praise you with exultant lips.
- 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.

READING

Ephesians 5.9,13,14

or the Reading set in the Weekly Sheet

Live like those who are at home in daylight, for where light is, there all goodness springs up, all justice and truth. Everything, when once the light has shown it up, is illumined, and everything thus illumined is all light. And so the hymn says: 'Awake, sleeper, rise from the dead, and Christ will shine upon you.'

OPTION 4 PSALM 145

1. Your kingdom is an everlasting kingdom: and your dominion endures through all generations.
2. The Lord upholds all those who stumble: and raises up those that are bowed down.
3. The eyes of all look to you in hope: and you give them their food in due season;
4. You open wide your hand: and fill all things living with your bounteous gift.
5. The Lord is just in all his ways: and faithful in all his dealings.
6. The Lord is near to all who call upon him: to all who call upon him in truth.

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.

READING Hosea 6.1–3 or the Reading set in the Weekly Sheet

Come, let us return to the Lord; for he has torn us and will heal us, he has struck us and he will bind up our wounds; after two days he will revive us, on the third day he will restore us, that in his presence we may live. Let us humble ourselves, let us strive to know the Lord, whose justice dawns like morning light, and its dawning is as sure as the sunrise. It will come to us like a shower, like spring rains that water the earth.

CANTICLE The Benedictus

1. Blessed be the Lord the God of Israel: for he 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 he promised of old: that he would save us from our enemies, from the hands of all that hate us.
4. He promised to show mercy to our fathers: and to remember his holy covenant.
5. This was the oath he 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. You my 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.

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.

Silence / private prayers

KYRIE

Lord, have mercy upon us. Christ, have mercy upon us. Lord, have mercy upon us.

THE LORD'S PRAYER

Our Father in heaven, hallowed be your name,
your kingdom come, your will be done, on earth as in heaven.
Give us today our daily bread.
Forgive us our sins as we forgive those who sin against us.
Do not bring us to the time of trial but deliver us from evil.
For the kingdom, the power and the glory are yours, now and for ever. Amen.

CLOSING COLLECT The weekly Collect can be used first, in addition to the Collect for Morning Prayer

God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning;
and for the joy of spending this day in your service,
so that when evening comes, we may once more give you thanks,
through Jesus Christ, your Son, our Lord. Amen.

