

## *Morning Prayer for use on Fridays during ordinary time –*

*the Monday after Pentecost until the day before All Saints Sunday and from the 30<sup>th</sup> January until Shrove Tuesday.*

### **Preparation**

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

### ***The Venite – A Song of Triumph***

- 1 O come, let us sing to the Lord;  
 let us heartily rejoice in the rock of our salvation.
- 2 Let us come into his presence with thanksgiving  
 and be glad in him with psalms.
- 3 For the Lord is a great God  
 and a great king above all gods.
- 4 In his hand are the depths of the earth  
 and the heights of the mountains are his also.
- 5 The sea is his, for he made it,  
 and his hands have moulded the dry land.
- 6 Come, let us worship and bow down  
 and kneel before the Lord our Maker.
- 7 For he is our God;  
 we are the people of his pasture and the sheep of his hand. *Psalm 95:1-7*

**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.**

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**

*The appointed psalms are said,  
and each psalm or group of psalms may end with,*

**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.**

**A Song of Humility,**

**Refrain: Raise us up, O God, that we may live in your presence.**

1 Come, let us return to the Lord who has torn us and will heal us.

2 God has stricken us  
and will bind up our wounds.

3 After two days, he will revive us,  
and on the third day will raise us up, that we may live in his presence.

4 Let us strive to know the Lord;  
his appearing is as sure as the sunrise.

5 He will come to us like the showers,  
like the spring rains that water the earth.

6 'O Ephraim, how shall I deal with you?  
How shall I deal with you, O Judah?

7 'Your love for me is like the morning mist,  
like the dew that goes early away.

8 'Therefore, I have hewn them by the prophets,  
and my judgement goes forth as the light.

9 'For loyalty is my desire and not sacrifice,  
and the knowledge of God rather than burnt offerings. ' *Hosea 6.1-6*

**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.**

**Raise us up, O God, that we may live in your presence.**

### **Scripture Reading**

**A responsory follows**

Forsake me not, O Lord;  
be not far from me, O my God.

**Forsake me not, O Lord;  
be not far from me, O my God.**

Make haste to help me,  
O Lord of my salvation.

**Be not far from me, O my God.**  
Glory to the Father and to the Son  
and to the Holy Spirit.

**Forsake me not, O Lord;  
be not far from me, O my God.**

*from Psalm 38*

**Gospel Canticle: The Benedictus (The Song of Zechariah)**

**Refrain: Give your people knowledge of salvation, O God,  
by the forgiveness of all their sins.**

- 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.**

**Refrain: Give your people knowledge of salvation, O God,  
by the forgiveness of all their sins.**

### **Prayers**

Intercessions are offered

¶ for the day and its tasks

¶ for the world and its needs

¶ for the Church and her life

¶ The Queen, members of parliament and the armed forces

¶ Peace and justice in the world

¶ Those who work for reconciliation

¶ All whose lives are devastated by war and civil strife

¶ Prisoners, refugees and homeless people

*We may use the response,*

Lord, in your mercy. **Hear our prayer**

***The Collect of the day is said***

or

Gracious Father,  
 you gave up your Son  
 out of love for the world:  
 lead us to ponder the mysteries of his passion,  
 that we may know eternal peace  
 through the shedding of our Saviour's blood,  
 Jesus Christ our Lord.

**Amen.**

***The Lord's Prayer is said***

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.**

**A Hymn** *may be sung.*

**The Conclusion**

The Lord bless us, and preserve us from all evil,  
 and keep us in eternal life.

**Amen.**

Let us bless the Lord.

**Thanks be to God.**