

An Order of Morning Prayer

If possible turn off anything that makes a noise, and get rid of any other distractions and light a candle.

If you are with another person, one can lead and the other respond, if you are alone say all the parts yourself

Acclamation at the dawning of the Day

O Lord, open our lips

All and our mouth shall proclaim your praise.

**All May Christ the daystar dawn in our hearts
and triumph over the shades of night.**

Blessed are you, creator of all,
to you be praise and glory for ever.
As your dawn renews the face of the earth
bringing light and life to all creation,
may we rejoice in this day you have made;
as we wake refreshed from the depths of sleep,
open our eyes to behold your presence
and strengthen our hands to do your will,
that the world may rejoice and give you praise.

Blessed be God, Father, Son and Holy Spirit.

All Blessed be God for ever.

after Lancelot Andrewes (1626)

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.

All Amen.

Psalm 19

The heavens are telling the glory of God
and the firmament proclaims his handiwork.

2 One day pours out its song to another
and one night unfolds knowledge to another.

3 They have neither speech nor language
and their voices are not heard,

4 Yet their sound has gone out into all lands
and their words to the ends of the world.

5 In them has he set a tabernacle for the
sun,
that comes forth as a bridegroom out of his
chamber
and rejoices as a champion to run his course.

6 It goes forth from the end of the
heavens

and runs to the very end again,
and there is nothing hidden from its
heat.

7 The law of the Lord is perfect, reviving
the soul;

the testimony of the Lord is sure
and gives wisdom to the simple.

8 The statutes of the Lord are right and
rejoice the heart;

the commandment of the Lord is pure
and gives light to the eyes.

9 The fear of the Lord is clean and endures for ever;
the judgements of the Lord are true and righteous altogether.

10 More to be desired are they than gold,
more than much fine gold,
sweeter also than honey,
dripping from the honeycomb.

11 By them also is your servant taught
and in keeping them there is great reward.

12 Who can tell how often they offend?
O cleanse me from my secret faults!
13 Keep your servant also from presumptuous sins
lest they get dominion over me;
so shall I be undefiled,
and innocent of great offence.

14 Let the words of my mouth and the meditation of my heart be acceptable in your sight,
O Lord, my strength and my redeemer

**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.**

Old Testament Reading

Isaiah 43.1-7

But now thus says the Lord,
he who created you, O Jacob,
he who formed you, O Israel:
Do not fear, 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;
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.
For I am the Lord your God,
the Holy One of Israel, your Saviour.
I give Egypt as your ransom,
Ethiopia and Seba in exchange for you.

Because you are precious in my sight,
 and honoured, and I love you,
I give people in return for you,
 nations in exchange for your life.
Do not fear, for I am with you;
 I will bring your offspring from the east,
 and from the west I will gather you;
I will say to the north, 'Give them up',
 and to the south, 'Do not withhold;
bring my sons from far away
 and my daughters from the end of the earth—
everyone who is called by my name,
 whom I created for my glory,
 whom I formed and made.'

Canticle

Refrain:

**All Full of compassion and mercy and love
is God, the Most High, the Almighty.**

1 Lord almighty and God of our ancestors,
you who made heaven and earth in all their
glory:

2 All things tremble with awe at your
presence,
before your great and mighty power.

3 Immeasurable and unsearchable is your
promised mercy,
for you are God, Most High.

4 You are full of compassion, long-suffering
and very merciful,
and you relent at human suffering.

5 O God, according to your great goodness,
you have promised forgiveness for
repentance
to those who have sinned against you.

6 The sins I have committed against you
are more in number than the sands of the
sea.

7 I am not worthy to look up to the height of
heaven,
because of the multitude of my iniquities.

8 And now I bend the knee of my heart
before you,
imploring your kindness upon me.

9 I have sinned, O God, I have sinned,
and I acknowledge my transgressions.

10 Unworthy as I am, you will save me,
according to your great mercy.

11 For all the host of heaven sings your
praise,
and your glory is for ever and ever.

**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.**

***All* Full of compassion and mercy and love
is God, the Most High, the Almighty.**

New Testament Reading

Ephesians 2.8-14

For by grace you have been saved through faith, and this is not your own doing; it is the gift of God—not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

So then, remember that at one time you Gentiles by birth, called ‘the uncircumcision’ by those who are called ‘the circumcision’—a physical circumcision made in the flesh by human hands—remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us.

To you, O Lord, I lift up my soul;

All O my God, in you I trust.

You are the God of my salvation,

All To you, O Lord, I lift up my soul.

In you I hope all the day long.

All O my God, in you I trust.

Remember, Lord, your compassion and love,

for they are from everlasting.

All To you, O Lord, I lift up my soul;

O my God, in you I trust.

Benedictus

All Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

1Blessed be the Lord the God of Israel, who has come to his people and set them free.

2He has raised up for us a mighty Saviour, born of the house of his servant David.

3Through his holy prophets God promised of old to save us from our enemies, from the hands of all that hate us,

4To show mercy to our ancestors, and to remember his holy covenant.

5This was the oath God swore to our father Abraham: to set us free from the hands of our enemies,

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.

**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.**

All Blessed are those who hunger and thirst for righteousness,
for they shall be satisfied.

Intercessions, we pray for:

Lent

- ¶ Those preparing for baptism and confirmation
- ¶ Those serving through leadership
- ¶ Those looking for forgiveness
- ¶ Those misled by the false gods of this present age
- ¶ All who are hungry

Collect

Merciful Lord,
absolve your people from their offences,
that through your bountiful goodness
we may all be delivered from the chains of those sins
which by our frailty we have committed;
grant this, heavenly Father,
for Jesus Christ's sake, our blessed Lord and Saviour,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

All Amen.

- Trusting in the compassion of God,
let us pray with confidence as our Saviour has taught us
- ***All 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.

May God our Redeemer show us compassion and love.

All Amen.

Let us bless the Lord.

All Thanks be to God.