



Morning Prayer Friday, March 22, 2023

Preparation

O Lord, open our lips

All and our mouth shall proclaim
your praise.

Hear our voice, O Lord, according to your faithful love,

All according to your judgement give us life.

Blessed are you, Lord God of our salvation,
to you be praise and glory for ever.

As a man of sorrows and acquainted with grief
your only Son was lifted up
that he might draw the whole world to himself.
May we walk this day in the way of the cross
and always be ready to share its weight,
declaring your love for all the world.

Blessed be God, Father, Son and Holy Spirit.

All Blessed be God for ever.

Blessed be God,
Father, Son and Holy Spirit.

All Blessed be God for ever.

A Song of Lamentation

1 Is it nothing to you, all you who pass by?
Look and see if there is any sorrow like my sorrow,

2 Which was brought upon me,
which the Lord inflicted
on the day of his fierce anger.

3 For these things I weep;
my eyes flow with tears;
for a comforter is far from me,
one to revive my courage.

4 Remember my affliction and my bitterness,
the wormwood and the gall!

5 But this I call to mind,
and therefore I have hope:

6 The steadfast love of the Lord never ceases,
his mercies never come to an end;

7 They are new every morning;
great is your faithfulness.

8 'The Lord is my portion,' says my soul,
'therefore I will hope in him.'

9 The Lord is good to those who wait for him,
to the soul that seeks him.

10 It is good that we should wait quietly
for the salvation of the Lord.

11 For the Lord will not reject for ever;
though he causes grief, he will have compassion,

12According to the abundance of his steadfast love;
for he does not willingly afflict or grieve anyone.

Lamentations 1.12, 16a,b; 3.19, 21-26, 31-33

AllGlory 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.

AllAmen.

The Word of God

Psalm 32

The Lord is my shepherd;
therefore can I lack nothing.

2He makes me lie down in green pastures
and leads me beside still waters.

ALLI will dwell in the house of the Lord forever.

3He shall refresh my soul
and guide me in the paths of righteousness for his name's sake.

4Though I walk through the valley of the shadow of death,
I will fear no evil;
for you are with me;
your rod and your staff, they comfort me.

ALLI will dwell in the house of the Lord forever.

5You spread a table before me
in the presence of those who trouble me;
you have anointed my head with oil
and my cup shall be full.

6Surely goodness and loving mercy shall follow me
all the days of my life,
and I will dwell in the house of the Lord for ever.

***ALLO God, our sovereign and shepherd,
who brought again your Son Jesus Christ
from the valley of death,
comfort us with your protecting presence
and your angels of goodness and love,
that we also may come home
and dwell with him in your house for ever.***

***All 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 Lord's Gracious Deeds

1Who is this that comes from Edom,
coming from Bozrah, his garments stained crimson?

2Who is this in glorious apparel,
marching in the greatness of his strength?

***All I will recount the gracious deeds of the Lord,
the praises of the Most High.***

3'It is I, who announce that right has won the day,
it is I,' says the Lord, 'for I am mighty to save.'

4Why are your robes all red, O Lord,
and your garments like theirs who tread the winepress?

5'I have trodden the winepress alone,
and from the peoples no one was with me.'

***All I will recount the gracious deeds of the Lord,
the praises of the Most High.***

6I will recount the gracious deeds of the Lord,
the praises of the Most High;

7All that God has done for us in his mercy,
by his many acts of love.

**All will recount the gracious deeds of the Lord,
the praises of the Most High.**

8For God said, ‘Surely, they are my people,
my children who will not deal falsely,’
and he became their Saviour in all their distress.

9So God redeemed them by his love and pity;
he lifted them up and carried them
through all the days of old.

Isaiah 63.1-3a, 7-9

**All will recount the gracious deeds of the Lord,
the praises of the Most High.**

**All 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.**

Hebrews 13: 17-end

Obey your leaders and submit to them, for they are keeping watch over your souls and will give an account. Let them do this with joy and not with sighing—for that would be harmful to you.

Pray for us; we are sure that we have a clear conscience, desiring to act honourably in all things. I urge you all the more to do this, so that I may be restored to you very soon.

Now may the God of peace, who brought back from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, make you complete in everything good so that you may do his will, working among us that which is pleasing in his sight, through Jesus Christ, to whom be the glory for ever and ever. Amen.

I appeal to you, brothers and sisters, bear with my word of exhortation, for I have written to you briefly. I want you to know that our brother Timothy has been set free;

and if he comes in time, he will be with me when I see you. Greet all your leaders and all the saints. Those from Italy send you greetings. Grace be with all of you.

We adore you, O Christ, and we bless you;

All by your holy cross, you have redeemed the world.

God chose what is weak in the world to shame the strong.

All We adore you, O Christ, and we bless you.

We preach Christ crucified,
the power of God and the wisdom of God.

All By your holy cross, you have redeemed the world.

God forbid that I should glory,
save in the cross of our Lord Jesus Christ.

All We adore you, O Christ, and we bless you;

by your holy cross, you have redeemed the world.

cf 1 Corinthians 1 and Galatians 6

The Benedictus (The Song of Zechariah)

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.

**All The word of the cross is folly
to those who are perishing,
but to those who are being saved
it is the power of God.**

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.

7And you, child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare his way,

8To give his people knowledge of salvation
by the forgiveness of all their sins.

ALLThe word of the cross is folly
to those who are perishing,
but to those who are being saved
it is the power of God.

9In the tender compassion of our God
the dawn from on high shall break upon us,

10To 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

ALL*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.*

Prayers

In penitence and faith let us make our prayer to the
God and ask for his mercy and grace.

God the Father,
ALLhave mercy upon us.

God the Son,
ALLhave mercy upon us.

God the Holy Spirit,
ALLhave mercy upon us.

Holy, blessed and glorious Trinity,
ALLhave mercy upon us.

In every age you have raised up holy men and women
to reflect the light of Christ and to teach us the way of holiness.

We thank you for those who have been teachers in the school of Christ: give understanding to those who study the faith that the Church has handed on, and clarity to those who communicate the gospel in a changing world

...

Lord, hear us.

A//Lord, graciously hear us.

We thank you for those who are shepherds of your people: give a pastoral heart to our deacons and pastoral team, and the needful gifts to all your people in their ministry ...

Lord, hear us.

A//Lord, graciously hear us.

We thank you for those who have been Christian rulers in the world, and for those who carried the good news to lands where it had not been before: give wisdom to all who have power and influence among the nations, and establish God's sovereignty among people of every race ...

Lord, hear us.

A//Lord, graciously hear us.

We thank you for those in our congregation who lived out their vocation in family life: give your grace to all who nurture children and all who care for the elderly, and enfold in your love all your sons and daughters

Lord, hear us.

A//Lord, graciously hear us.

We thank you for those who have brought wholeness through the medicine of the gospel: give skill to all who minister healing and reconciliation in your name, and comfort all who cry out to you from any sort of distress ...

Lord, hear us.

A//Lord, graciously hear us.

We thank you for the noble army of martyrs by the shedding of whose blood the Church has been enriched:

keep under your protection those who are persecuted for the cause of Christ, and acknowledge, we pray, those who have passed through death trusting your promises ...

Lord, hear us.

A//Lord, graciously hear us.

Hasten, Lord, the day when people will come from east and west,
from north and south,
and sit at table in your kingdom,
and we shall see your Son in his glory

All Holy God,
holy and strong,
holy and immortal,
have mercy upon us.

Let us commend the world, for which Christ
suffered, to the mercy and protection of God.

***Feel free to turn on your microphone and offer short prayers. Silence is also
welcome and meaningful***

The Collect

Most merciful God,
who by the death and resurrection of your Son
Jesus Christ
delivered and saved the world:
grant that by faith in him who suffered on the cross
we may triumph in the power of his victory;
through Jesus Christ your Son our Lord,
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, as our
Saviour taught us, so we pray

All 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. Lead us not into
temptation but deliver us from
evil. For the kingdom, the
power, and the glory are yours
now and for ever. Amen.

The Conclusion

May God our Redeemer show us compassion and love.

AllAmen.

Let us bless the Lord.

AllThanks be to God.