

# **Morning Prayer Booklet**

**ST MARY'S  
WALTHAMSTOW**

We say Morning Prayer Monday to Friday at 8.30am.

This is both in person, in our ancient church building and live on our Facebook page.

We invite you to join us in St Mary's Church as often as you are able, as we begin the day together in stillness.

Morning Prayer is led by a member of our clergy or staff team. Each Morning Prayer gathering is about 20 minutes long and uses different liturgies according to the season of the Church calendar, along with a short reflection.

You are welcome.

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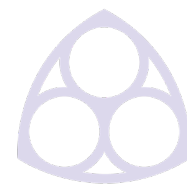
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## Morning Prayer in the Season of Advent



O Lord, open our lips  
**and our mouth shall proclaim your praise.**  
Reveal among us the light of your presence  
**that we may behold your power and glory.**

<sup>1</sup>The earth is the Lord's and all that fills it,  
the compass of the world and all who dwell therein.

<sup>2</sup>**For he has founded it upon the seas  
and set it firm upon the rivers of the deep.**

<sup>3</sup>'Who shall ascend the hill of the Lord,  
or who can rise up in his holy place?'

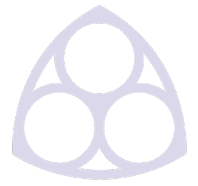
<sup>4</sup>**Those who have clean hands and a pure heart,  
who have not lifted up their soul to an idol, nor sworn  
an oath to a lie;**

<sup>5</sup>'They shall receive a blessing from the Lord, a just reward  
from the God of their salvation.'

<sup>6</sup>**Such is the company of those who seek him,  
of those who seek your face, O God of Jacob.**

<sup>7</sup> Lift up your heads, O gates; be lifted up, you everlasting  
doors; and the King of glory shall come in.

**<sup>8</sup> 'Who is the King of glory?'  
'The Lord, strong and mighty,  
the Lord who is mighty in battle.'**



<sup>9</sup> Lift up your heads, O gates; be lifted up,  
you everlasting doors; and the King of glory shall come in.

**<sup>10</sup> 'Who is this King of glory?' 'The Lord of hosts,  
he is the King of glory. '**

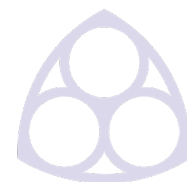
Psalm 24

**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.**



*A Song of the Wilderness*

**Lift up your voice with strength,  
O herald of good tidings.**

<sup>1</sup>The wilderness and the dry land shall rejoice,  
the desert shall blossom and burst into song.

**<sup>2</sup>They shall see the glory of the Lord,  
the majesty of our God.**

<sup>3</sup>Strengthen the weary hands,  
and make firm the feeble knees.

**<sup>4</sup>Say to the anxious, 'Be strong, fear not,  
your God is coming with judgement,  
coming with judgement to save you.'**

<sup>5</sup>Then shall the eyes of the blind be opened,  
and the ears of the deaf unstopped;

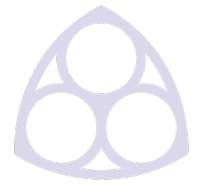
**<sup>6</sup>Then shall the lame leap like a hart,  
and the tongue of the dumb sing for joy.**

<sup>7</sup>For waters shall break forth in the wilderness,  
and streams in the desert;

**<sup>8</sup>The ransomed of the Lord shall return with singing,  
with everlasting joy upon their heads.**

<sup>9</sup>Joy and gladness shall be theirs,  
and sorrow and sighing shall flee away.

Isaiah 35.1,2b-4a,4c-6,10



**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.**

**Lift up your voice with strength,  
O herald of good tidings.**

*Our Scripture Reading(s) for today*

*Responsory*

Now it is time to awake out of sleep,  
**for the night is far spent and the day is at hand.**

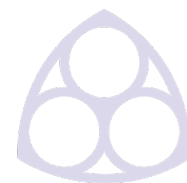
Now is our salvation nearer than when we first believed,  
**for the night is far spent.**

Let us therefore cast off the works of darkness and put on  
the armour of light,  
**for the day is at hand.**

Put on the Lord Jesus Christ  
and make no provision for the flesh,  
**for the night is far spent and the day is at hand.**

*Prayers*

*There will be a time of silence and then some guided  
prayers.*



Awaiting his coming in glory,  
as our Saviour taught us, so we pray  
**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**

May the Lord, when he comes, find us watching and  
waiting.  
**Amen.**  
Let us bless the Lord.  
**Thanks be to God.**



## Morning Prayer in the Season of Christmas

O Lord, open our lips

**and our mouth shall proclaim your praise.**

You laid the foundation of the earth

**and the heavens are the work of your hands.**

<sup>1</sup> I will greatly rejoice in the Lord, my soul shall exult in my God;

<sup>2</sup> **Who has clothed me with the garments of salvation, and has covered me with the cloak of integrity,**

<sup>3</sup> As a bridegroom decks himself with a garland, and as a bride adorns herself with her jewels.

<sup>4</sup> **For as the earth puts forth her blossom, and as seeds in the garden spring up,**

<sup>5</sup> So shall God make righteousness and praise blossom before all the nations.

<sup>6</sup> **For Zion's sake I will not keep silent, and for Jerusalem's sake I will not rest,**

<sup>7</sup> Until her deliverance shines out like the dawn, and her salvation as a burning torch.

<sup>8</sup> **The nations shall see your deliverance, and all rulers shall see your glory;**

<sup>9</sup> Then you shall be called by a new name which the mouth of God will give.

<sup>10</sup> **You shall be a crown of glory in the hand of the Lord, a royal diadem in the hand of your God.**



Isaiah 61.10,11;62. 1-3

**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.*

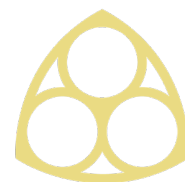
As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you; now and for ever.  
**Amen**

*Our Scripture Reading(s) for Today*

*Responsory*

The Word of life which was from the beginning  
**we proclaim to you.**

The darkness is passing away  
and the true light is already shining;



**the Word of life which was from the beginning.**

That which we heard, which we saw with our eyes,  
and touched with our hands,

**we proclaim to you.**

For our fellowship is with the Father,  
and with his Son, Jesus Christ our Lord.

**The Word of life which was from the beginning we  
proclaim to you.**

## **Gospel Canticle -The Benedictus (The Song of Zechariah)**

*Refrain:*

**To us is born a Saviour, who is Christ the Lord, and all  
the heavenly hosts now sing,  
Glory to God in the highest.**

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

<sup>2</sup> **He has raised up for us a mighty Saviour, born of the  
house of his servant David.**

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

<sup>4</sup> **To show mercy to our ancestors, and to remember his  
holy covenant.**

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

**<sup>6</sup> Free to worship him without fear,  
holy and righteous in his sight  
all the days of our life.**



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

**<sup>8</sup> To give his people knowledge of salvation by the  
forgiveness of all their sins.**

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

**<sup>10</sup> 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.**

*Refrain:*

**To us is born a Saviour, who is Christ the Lord, and all  
the heavenly hosts now sing,  
Glory to God in the highest.**

## Prayers



*There will be a time of silence  
and then some guided prayers.*

Rejoicing in the presence of God here among us, as our Saviour taught us, so we pray

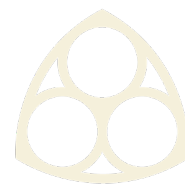
**Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,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

May God, who has called us out of darkness into his marvellous light,  
bless us and fill us with peace.

**Amen.**

Let us bless the Lord.

**Thanks be to God.**



## Morning Prayer in the Season of Epiphany

O Lord, open our lips  
**and our mouth shall proclaim your praise.**  
Your light springs up for the righteous  
**and all the peoples have seen your glory.**

<sup>1</sup>O be joyful in the Lord, all the earth;  
serve the Lord with gladness  
and come before his presence with a song.

<sup>2</sup>**Know that the Lord is God;**  
**it is he that has made us and we are his;**  
**we are his people and the sheep of his pasture.**

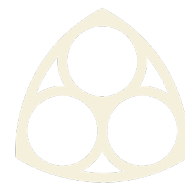
<sup>3</sup>Enter his gates with thanksgiving  
and his courts with praise;  
give thanks to him and bless his name.

<sup>4</sup>**For the Lord is gracious; his steadfast love is**  
**everlasting, and his faithfulness endures from**  
**generation to generation.**

Psalms 100

**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**

## **A Song of the New Jerusalem**

**Above you the Holy One arises,  
and above you God's glory appears.**

<sup>1</sup>Arise, shine out, for your light has come,  
the glory of the Lord is rising upon you.

**<sup>2</sup>Though night still covers the earth,  
and darkness the peoples;**

<sup>3</sup>Above you the Holy One arises,  
and above you God's glory appears.

**<sup>4</sup>The nations will come to your light,  
and kings to your dawning brightness.**

<sup>5</sup>Your gates will lie open continually,  
shut neither by day nor by night.

**<sup>6</sup>The sound of violence shall be heard no longer in your  
land,**

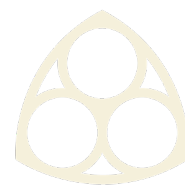
**or ruin and devastation within your borders.**

<sup>7</sup>You will call your walls, Salvation,  
and your gates, Praise.

**<sup>8</sup>No more will the sun give you daylight,  
nor moonlight shine upon you;**

<sup>9</sup>But the Lord will be your everlasting light,  
your God will be your splendour.

**<sup>10</sup>For you shall be called the city of God,  
the dwelling of the Holy One of Israel.**



Isaiah 60.1-3,11a,18,19,14b

**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.**

**Above you the Holy One arises,  
and above you God's glory appears.**

*Our Scripture Reading(s) for Today*

*Responsory*

O worship the Lord in the beauty of holiness;  
**let the whole earth tremble before him.**

Tell it out among the nations that the Lord is King.

**O worship the Lord in the beauty of holiness.**

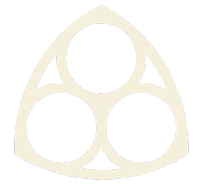
Tell out his salvation from day to day.



**Let the whole earth tremble before him.**

Declare his glory among the nations  
and his wonders among all peoples.

**O worship the Lord in the beauty of holiness; let the  
whole earth tremble before him.**



## **Prayers**

*There will be a time of silence  
and then some guided prayers.*

Believing the promises of God,  
Let us pray with confidence as our Saviour has taught us

**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.**

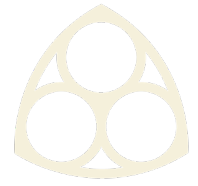
**Amen.**

May Christ, who sends us to the nations,  
Give us the power of His Spirit.

**Amen.**

Let us bless the Lord.

**Thanks be to God.**



## Morning Prayer in the Season of Lent



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

Hear our voice, O Lord, according to your faithful love,  
**according to your judgement give us life.**

### A Song of Penitence

<sup>1</sup> Have mercy on me, O God, in your great goodness;  
according to the abundance of your compassion blot out  
my offences.

<sup>2</sup> **Wash me thoroughly from my wickedness  
and cleanse me from my sin.**

<sup>3</sup> For I acknowledge my faults  
and my sin is ever before me.

<sup>4</sup> **Against you only have I sinned  
and done what is evil in your sight,**

<sup>5</sup> So that you are justified in your sentence  
and righteous in your judgement.

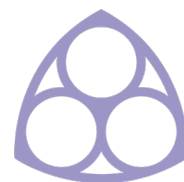
<sup>6</sup> **Cast me not away from your presence  
and take not your holy spirit from me.**

<sup>7</sup> Give me again the joy of your salvation  
and sustain me with your gracious spirit;

<sup>8</sup> **Then shall I teach your ways to the wicked and sinners  
shall return to you.**

<sup>9</sup> Deliver me from my guilt, O God,

the God of my salvation,  
and my tongue shall sing of your righteousness.



Psalm 51.1-5, 12-15

**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.**

*Our Scripture Reading(s) for Today*

*Responsory*

To you, O Lord, I lift up my soul;  
**O my God, in you I trust.**  
You are the God of my salvation,  
**To you, O Lord, I lift up my soul.**

In you I hope all the day long.

**O my God, in you I trust.**

Remember, Lord, your compassion and love,  
for they are from everlasting.

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

**O my God, in you I trust.**



## **The Benedictus (The Song of Zechariah)**

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

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

**<sup>2</sup> He has raised up for us a mighty Saviour, born of the  
house of his servant David.**

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

**<sup>4</sup> To show mercy to our ancestors, and to remember his  
holy covenant.**

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

**<sup>6</sup> 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.**

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



## **Prayers**

*There will be a time of silence,  
and then some guided prayers.*

Trusting in the compassion of God, as our Saviour taught us, so we pray

**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.**

May God our Redeemer show us compassion and love.

**Amen.**

Let us bless the Lord.

**Thanks be to God.**



## Morning Prayer in the Season of Easter

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

In your resurrection, O Christ,  
**let heaven and earth rejoice. Alleluia**

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

As once you ransomed your people from Egypt  
and led them to freedom in the promised land,  
so now you have delivered us from the dominion of  
darkness and brought us into the kingdom of your risen  
Son.

May we, the first fruits of your new creation,  
rejoice in this new day you have made,  
and praise you for your mighty acts.

Blessed be God, Father, Son and Holy Spirit.

**Blessed be God for ever.**

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 Song of Moses and Miriam

**In your unfailing love, O Lord,  
you lead the people whom you have redeemed.  
Alleluia.**

<sup>1</sup>I will sing to the Lord, who has triumphed gloriously,  
the horse and his rider he has thrown into the sea.

**<sup>2</sup>The Lord is my strength and my song  
and has become my salvation.**

<sup>3</sup>This is my God whom I will praise,  
the God of my forebears whom I will exalt.

**<sup>4</sup>The Lord is a warrior,  
the Lord is his name.**

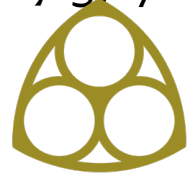
<sup>5</sup>Your right hand, O Lord, is glorious in power:  
your right hand, O Lord, shatters the enemy.

**<sup>6</sup>At the blast of your nostrils, the sea covered them;  
they sank as lead in the mighty waters.**

<sup>7</sup>In your unfailing love, O Lord,  
you lead the people whom you have redeemed.

**<sup>8</sup>And by your invincible strength  
you will guide them to your holy dwelling.**

<sup>9</sup>You will bring them in and plant them, O Lord,  
in the sanctuary which your hands have established.



**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.**

**In your unfailing love, O Lord,  
you lead the people whom you have redeemed.  
Alleluia.**

*Our Scripture Reading(s) for Today*

*Responsory*

Death is swallowed up in victory.

**Where, O death, is your sting?**

Christ is risen from the dead,  
the first fruits of those who have fallen asleep.

**Death is swallowed up in victory.**

The trumpet will sound  
and the dead shall be raised.

**Where, O death, is your sting?**

We shall not all sleep,  
but we shall be changed.

**Death is swallowed up in victory.**

**Where, O death, is your sting?**

## Prayers

*There will be a time of silence  
and then some guided prayers.*



Rejoicing in God's new creation,  
let us pray with confidence as our Saviour has taught us.

**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.**

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

**Amen.**

Let us bless the Lord. Alleluia, alleluia.

**Thanks be to God. Alleluia, alleluia.**

## Morning Prayer Ascension Day until Pentecost



O Lord, open our lips

**and our mouth shall proclaim your praise.**

Send your Holy Spirit Upon us,

**And clothe us with power from on high. Alleluia**

Blessed are you, creator God,

to you be praise and glory for ever.

As your Spirit moved over the face of the waters bringing  
light and life to your creation,

pour out your spirit on us today

that we may walk as children of light

and by your grace reveal your presence.

Blessed be God, Father, Son and Holy Spirit.

**Blessed be God for ever.**

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.**



**A Song of Ezekiel**  
**The Spirit of God fills the whole world. Alleluia.**

<sup>1</sup> I will take you from the nations,  
and gather you from all the countries.

<sup>2</sup> **I will sprinkle clean water upon you,  
and you shall be clean from all your uncleannesses.**

<sup>3</sup> A new heart I will give you, and put a new spirit within  
you,

<sup>4</sup> **And I will remove from your body the heart of stone  
and give you a heart of flesh.**

<sup>5</sup> You shall be my people, and I will be your God.

Ezekiel 36.24-26, 28b

**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 Spirit of God fills the whole world. Alleluia.**

*Our Scripture Reading(s) for Today*

*Responsory*

Come, Holy Spirit, fill the hearts of your people  
**and kindle in us the fire of your love.**

All who are led by the Spirit of God  
are children of God and fellow-heirs with Christ.

**Come, Holy Spirit, fill the hearts of your people.**

Renew the face of your creation, Lord,  
pouring on us the gifts of your Spirit,  
**and kindle in us the fire of your love.**

For the creation waits with eager longing  
for the glorious liberty of the children of God. **Come,  
Holy Spirit, fill the hearts of your people and kindle in  
us the fire of your love.**



**Romans 8**

## **The Benedictus (The Song of Zechariah)**

**Christ has gone up on high  
and has led captivity captive. Alleluia.**

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

<sup>2</sup> **He has raised up for us a mighty Saviour,  
born of the house of his servant David.**

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

<sup>4</sup> **To show mercy to our ancestors,  
and to remember his holy covenant.**

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

<sup>6</sup> **Free to worship him without fear,  
holy and righteous in his sight**



**all the days of our life.**

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

**<sup>8</sup> To give his people knowledge of salvation by the forgiveness of all their sins.**

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

**<sup>10</sup> 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.**

**Christ has gone up on high  
and has led captivity captive. Alleluia.**

### **Prayers**

*There will be a time of silence and then some guided prayers.*

**Being made one by the power of the Spirit,  
as our Saviour taught us, so we pray  
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.**

May the Spirit kindle in us the fire of God's love.

**Amen.**

Let us bless the Lord. Alleluia, alleluia.

**Thanks be to God. Alleluia, alleluia.**





## Morning Prayer in Ordinary Time A

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

<sup>1</sup> O come, let us sing to the Lord;  
let us heartily rejoice in the rock of our salvation.

<sup>2</sup> **Let us come into his presence with thanksgiving  
and be glad in him with psalms.**

<sup>3</sup> For the Lord is a great God  
and a great king above all gods.

<sup>4</sup> **In his hand are the depths of the earth  
And the heights of the mountain are his also**

<sup>5</sup> The sea is his for he made it,  
And his hands have moulded the dry land.

<sup>6</sup> **Come, let us worship and bow down  
and kneel before the Lord our Maker.**

<sup>7</sup> For he is our God;  
we are the people of his pasture and the sheep of his  
hand.

Psalm 95

**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.**

*Our Scripture Reading(s) for Today*

*Responsory*

Lord, you will guide me with your counsel  
and afterwards receive me with glory.

**Lord, you will guide me with your counsel and  
afterwards receive me with glory.**

For I am always with you;  
you hold me by my right hand.

**And afterwards receive me with glory.**

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

**Lord, you will guide me with your counsel and  
afterwards receive me with glory.**





## The Benedictus (The Song of Zechariah)

**You have set us free to worship you without fear,  
holy and righteous in your sight.**

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

<sup>2</sup> **He has raised up for us a mighty Saviour,  
born of the house of his servant David.**

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

<sup>4</sup> **To show mercy to our ancestors,  
and to remember his holy covenant.**

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

<sup>6</sup> **Free to worship him without fear,  
holy and righteous in his sight  
all the days of our life.**

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

<sup>8</sup> **To give his people knowledge of salvation  
by the forgiveness of all their sins.**

<sup>9</sup> 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.**

**You have set us free to worship you without fear,  
holy and righteous in your sight.**

### **Prayers**

*There will be a time of silence and then some guided prayers.*

As our Saviour taught us, so we pray.

**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 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.**

## Morning Prayer in Ordinary Time B

O Lord, open our lips

**and our mouth shall proclaim your praise.**



<sup>1</sup> Bless the Lord, O my soul,  
and all that is within me bless his holy name.

<sup>2</sup> **Bless the Lord, O my soul,  
and forget not all his benefits;**

<sup>3</sup> Who forgives all your sins  
and heals all your infirmities;

<sup>4</sup> **Who redeems your life from the Pit  
and crowns you with faithful love and compassion;**

<sup>5</sup> Who satisfies you with good things,  
so that your youth is renewed like an eagle's.

<sup>6</sup> **The Lord executes righteousness  
and judgement for all who are oppressed.**

<sup>7</sup> He made his ways known to Moses  
and his works to the children of Israel.

<sup>8</sup> **The Lord has established his throne in heaven,  
and his kingdom has dominion over all.**

<sup>9</sup> Bless the Lord, you angels of his,  
you mighty ones who do his bidding  
and hearken to the voice of his word.

<sup>10</sup> **Bless the Lord, all you his hosts,  
you ministers of his who do his will.**

<sup>11</sup> Bless the Lord, all you works of his,  
in all places of his dominion;  
bless the Lord, O my soul.

**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.**

## **A Song of Deliverance**

**All the earth, shout and sing for joy,  
for great in your midst is the Holy One.**

<sup>1</sup>Behold, God is my salvation;

I will trust and will not be afraid;

<sup>2</sup>**For the Lord God is my strength and my song,**

**and has become my salvation.'**

<sup>3</sup>With joy you will draw water  
from the wells of salvation.

<sup>4</sup>**On that day you will say,**

**'Give thanks to the Lord, call upon his name;**

<sup>5</sup>'Make known his deeds among the nations,  
proclaim that his name is exalted.

<sup>6</sup>**'Sing God's praises, who has triumphed gloriously; let**

**this be known in all the world.**

<sup>7</sup>‘Shout and sing for joy, you that dwell in Zion,  
for great in your midst is the Holy One of Israel. ’

Isaiah 12.2-6

**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.**

**All the earth, shout and sing for joy, for great in your  
midst is the Holy One.**

*Our Scripture Reading(s) for Today*

*Responsory*

Open my eyes, O Lord  
that I may see the wonders of your law.

**Open my eyes, O Lord  
that I may see the wonders of your law.**

Lead me in the path of your commandments  
**that I may see the wonders of your law.**

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

**Open my eyes, O Lord  
that I may see the wonders of your law.**

Psalm 119



## Prayers

*There will be a time of silence  
and then some guided prayers.*



As our Saviour taught us,  
so we pray.

**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 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.**



## Morning Prayer in Ordinary Time C

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

<sup>1</sup> God be gracious to us and bless us  
and make his face to shine upon us,  
<sup>2</sup> **That your way may be known upon earth,  
your saving power among all nations.**

<sup>3</sup> Let the peoples praise you, O God;  
let all the peoples praise you.

<sup>4</sup> **O let the nations rejoice and be glad,  
for you will judge the peoples righteously  
and govern the nations upon earth.**

<sup>5</sup> Let the peoples praise you, O God;  
let all the peoples praise you.

<sup>6</sup> **Then shall the earth bring forth her increase,  
and God, our own God, will bless us.**

<sup>7</sup> 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.**

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.**



### **Psalm of the day**

*At the end of the Psalm, we say:*

**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.**

### *Our Scripture Reading(s) for Today*

#### *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.**

## Prayers



*There will be a time of silence,  
and then some guided prayers.*

As our Saviour taught us, so we pray.

**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 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.**

## Morning Prayer in Ordinary Time D



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

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.**

*Our Scripture Reading(s) for Today*

*Responsory*

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.

## Prayers

*There will be a time of silence,  
and then some guided prayers.*



As our Saviour taught us, so we pray.

**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 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.**

## Morning Prayer in the Season of All Saints Until Advent



O Lord, open our lips  
**and our mouth shall proclaim your praise.**  
Your faithful servants bless you.  
**They make known the glory of your kingdom.**

<sup>1</sup> As the deer longs for the water brooks,  
so longs my soul for you, O God.

<sup>2</sup> **My soul is athirst for God, even for the living God;  
when shall I come before the presence of God?**

<sup>3</sup> My tears have been my bread day and night,  
while all day long they say to me, 'Where is now your  
God?'

<sup>4</sup> **Now when I think on these things, I pour out my soul:  
how I went with the multitude  
and led the procession to the house of God,**

<sup>5</sup> With the voice of praise and thanksgiving,  
among those who kept holy day.

<sup>6</sup> **Why are you so full of heaviness, O my soul,  
and why are you so disquieted within me?**

<sup>7</sup> O put your trust in God;  
for I will yet give him thanks,  
who is the help of my countenance, and my God.

Psalm 42.1-7



**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.

## **A Song of the New Creation**

**I will make a way in the wilderness,  
and rivers in the desert.**

<sup>1</sup> 'I am the Lord, your Holy One,  
the Creator of Israel, your King.'

<sup>2</sup> **Thus says the Lord, who makes a way in the sea,  
a path in the mighty waters,**

<sup>3</sup> 'Remember not the former things,  
nor consider the things of old.

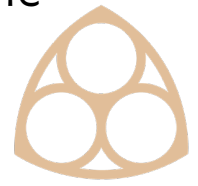
<sup>4</sup> **Behold, I am doing a new thing;  
now it springs forth, do you not perceive it?**



<sup>5</sup> 'I will make a way in the wilderness and rivers in the desert,

to give drink to my chosen people,

<sup>6</sup> **'The people whom I formed for myself,  
that they might declare my praise.'**



Isaiah 43.15, 16, 18, 19, 20, 21

**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 will make a way in the wilderness,  
and rivers in the desert.**

*Our Scripture Reading(s) for today*

*Responsory*

I will sing for ever of your love, O Lord,  
**my lips shall proclaim your faithfulness.**

The heavens bear witness to your wonders;

**I will sing for ever of your love, O Lord.**

The assembly of your saints proclaims your truth;

**my lips shall proclaim your faithfulness.**

Righteousness and justice are the foundation of your throne; steadfast love and faithfulness go before you.

**I will sing for ever of your love, O Lord,  
my lips shall proclaim your faithfulness.**

Psalm 89

## **Prayers**



*There will be a time of silence,  
and then some guided prayers.*

Uniting our prayers with the whole company of heaven, as  
our Saviour taught us, so we pray

**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.**

May Christ, who has opened the kingdom of heaven, bring  
us to reign with him in glory.

**Amen.**

Let us bless the Lord.

**Thanks be to God.**

