

Morning Prayer for Sundays

O Lord, open our lips

All: and our mouth shall proclaim your praise.

Give us the joy of your saving help

All: and sustain us with your life-giving Spirit.

We have come together in the name of Christ
to offer our praise and thanksgiving,
to hear and receive God's holy word,
to pray for the needs of the world,
and to seek the forgiveness of our sins,
that by the power of the Holy Spirit
we may give ourselves to the services of God.

Confession

Jesus says, "Repent for the kingdom of heaven is close at hand."
So let us turn away from our sin and turn to Christ,
confessing our sins in penitence and faith.

**All: Lord God
we have sinned against you;
we have done evil in your sight.
We are sorry and repent.
Have mercy on us according to your love.
Wash away our wrongdoing and cleanse us from our sin.
Renew a right spirit within us
and restore us to the joy of your salvation;
through Jesus Christ our Lord. Amen.**

May the Father of all mercies
cleanse us from our sins,
and restore us in his image
to the praise and glory of his name,
through Jesus Christ our Lord.

All: Amen

Blessed is the Lord,

All: for he has heard the voice of our prayer;

therefore shall our hearts dance for joy
All: and in our song will we praise our God.

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

**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.**

Bible Reading

This is the word of the Lord,

All: Thanks be to God.

Awake, O sleeper, and arise from the dead.

All: And Christ shall give you light.

You have died and your life is hid with Christ in God.

All: Awake, O sleeper, and arise from the dead.

Set your minds on things that are above,
not on things that are on the earth.

All: And Christ shall give you light.

When Christ our life appears, you will appear with him in glory.

All: Awake, O sleeper, and arise from the dead, and Christ shall give you light.

The Benedictus

- 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.
- 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.

The Creed

- All:** I believe in God the Father Almighty,
creator of heaven and earth.
- I believe in Jesus Christ, His only Son, our Lord;

**who was conceived by the Holy Spirit;
 born of the Virgin Mary;
 suffered under Pontius Pilate;
 was crucified, died and was buried;
 he descended to the dead;**

**on the third day He rose again;
 he ascended into heaven;
 he is seated on the right hand of the Father;
 and he will come to judge the living and the dead.**

**I believe in the Holy Spirit;
 the Holy Catholic Church,
 the Communion of Saints;
 the Forgiveness of sins;
 the Resurrection of the body;
 and the life everlasting.
 Amen.**

Prayers

Collects

3rd October	10th October	17th October	24th October	31st October
God, our judge and saviour, teach us to be open to your truth and to trust in your love, that we may live each day with confidence in the salvation which is given through Jesus Christ our Lord.	Faithful Lord, whose steadfast love never ceases and whose mercies never come to an end: grant us the grace to trust you and to receive the gifts of your love, new every morning, in Jesus Christ our Lord.	God, our light and our salvation: illuminate our lives, that we may see your goodness in the land of the living, and looking on your beauty may be changed into the likeness of Jesus Christ our Lord.	Almighty God, in whose service lies perfect freedom: teach us to obey you with loving hearts and steadfast wills; through Jesus Christ our Lord.	Merciful God, teach us to be faithful in change and uncertainty, that trusting in your word and obeying your will we may enter the unfailing joy of Jesus Christ our Lord.

Intercessions

Let us pray to God the Father,
who has reconciled all things to himself in Christ:

For peace among the nations,
that God may rid the world of violence
and let peoples grow in justice and harmony

For those who serve in public office,
that they may work for the common good

For Christian people everywhere,
that we may joyfully proclaim and live our faith in Jesus Christ

For those who suffer from hunger, sickness or loneliness,
that the presence of Christ may bring them
health and wholeness

Let us commend ourselves, and all for whom we pray,
so the mercy and protection of God

Gathering our prayers into one,
as our Saviour has 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 grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with us all evermore.
Amen.**

Morning Prayer Sunday 3rd October

Psalm 125

Those who trust in the Lord are like Mount Zion,
which cannot be moved, but abides forever.
As the mountains surround Jerusalem,
so the Lord surrounds his people,
from this time on and forevermore.
For the scepter of wickedness shall not rest
on the land allotted to the righteous,
so that the righteous might not stretch out
their hands to do wrong.
Do good, O Lord, to those who are good,
and to those who are upright in their hearts.
But those who turn aside to their own crooked ways
the Lord will lead away with evildoers.
Peace be upon Israel!

Psalm 126

When the Lord restored the fortunes of Zion,
we were like those who dream.
Then our mouth was filled with laughter,
and our tongue with shouts of joy;
then it was said among the nations,
“The Lord has done great things for them.”
The Lord has done great things for us,
and we rejoiced.

Restore our fortunes, O Lord,
like the watercourses in the Negeb.
May those who sow in tears
reap with shouts of joy.
Those who go out weeping,
bearing the seed for sowing,
shall come home with shouts of joy,
carrying their sheaves.

Morning Prayer Sunday 10th October

Psalm 127

Unless the Lord builds the house,
those who build it labor in vain.

Unless the Lord guards the city,
the guard keeps watch in vain.

It is in vain that you rise up early
and go late to rest,
eating the bread of anxious toil;
for he gives sleep to his beloved.

Sons are indeed a heritage from the Lord,
the fruit of the womb a reward.

Like arrows in the hand of a warrior
are the sons of one's youth.

Happy is the man who has
his quiver full of them.

He shall not be put to shame
when he speaks with his enemies in the gate.

Matthew 11:20-30

Then he began to reproach the cities in which most of his deeds of power had been done, because they did not repent. "Woe to you, Chorazin! Woe to you, Bethsaida! For if the deeds of power done in you had been done in Tyre and Sidon, they would have repented long ago in sackcloth and ashes. But I tell you, on the day of judgment it will be more tolerable for Tyre and Sidon than for you. And you, Capernaum,

will you be exalted to heaven?

No, you will be brought down to Hades.

For if the deeds of power done in you had been done in Sodom, it would have remained until this day. But I tell you that on the day of judgment it will be more tolerable for the land of Sodom than for you."

At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my

Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Morning Prayer Sunday 17th October

Psalm 141

I call upon you, O Lord; come quickly to me;
give ear to my voice when I call to you.
Let my prayer be counted as incense before you,
and the lifting up of my hands as an evening sacrifice.

Set a guard over my mouth, O Lord;
keep watch over the door of my lips.
Do not turn my heart to any evil,
to busy myself with wicked deeds
in company with those who work iniquity;
do not let me eat of their delicacies.

Let the righteous strike me;
let the faithful correct me.
Never let the oil of the wicked anoint my head,
for my prayer is continually against their wicked deeds.
When they are given over to those who shall condemn them,
then they shall learn that my words were pleasant.
Like a rock that one breaks apart and shatters on the land,
so shall their bones be strewn at the mouth of Sheol.

But my eyes are turned toward you, O God, my Lord;
in you I seek refuge; do not leave me defenseless.
Keep me from the trap that they have laid for me,
and from the snares of evildoers.
Let the wicked fall into their own nets,
while I alone escape.

Matthew 12:1-21

At that time Jesus went through the grainfields on the sabbath; his disciples were hungry, and they began to pluck heads of grain and to eat. When the Pharisees saw it, they said to him, "Look, your disciples are doing what is not lawful to do on the sabbath." He said to them, "Have you not read what David did when he and his companions were hungry? He entered the house of God and ate the bread of the Presence, which it was not lawful for him or his companions to eat, but only for the priests. Or have you not read in the law that on the sabbath the priests in the temple break the sabbath and yet are guiltless? I tell you, something greater than the temple is here. But if you had known what this means, 'I desire

mercy and not sacrifice,' you would not have condemned the guiltless. For the Son of Man is lord of the sabbath."

He left that place and entered their synagogue; a man was there with a withered hand, and they asked him, "Is it lawful to cure on the sabbath?" so that they might accuse him. He said to them, "Suppose one of you has only one sheep and it falls into a pit on the sabbath; will you not lay hold of it and lift it out? How much more valuable is a human being than a sheep! So it is lawful to do good on the sabbath." Then he said to the man, "Stretch out your hand." He stretched it out, and it was restored, as sound as the other. But the Pharisees went out and conspired against him, how to destroy him.

When Jesus became aware of this, he departed. Many crowds followed him, and he cured all of them, and he ordered them not to make him known. This was to fulfill what had been spoken through the prophet Isaiah:

"Here is my servant, whom I have chosen,
my beloved, with whom my soul is well pleased.
I will put my Spirit upon him,
and he will proclaim justice to the Gentiles.
He will not wrangle or cry aloud,
nor will anyone hear his voice in the streets.
He will not break a bruised reed
or quench a smoldering wick
until he brings justice to victory.
And in his name the Gentiles will hope."

Morning Prayer Sunday 24th October

Psalm 119:1-16

Happy are those whose way is blameless,
 who walk in the law of the Lord.
Happy are those who keep his decrees,
 who seek him with their whole heart,
who also do no wrong,
 but walk in his ways.
You have commanded your precepts
 to be kept diligently.
O that my ways may be steadfast
 in keeping your statutes!
Then I shall not be put to shame,
 having my eyes fixed on all your commandments.
I will praise you with an upright heart,
 when I learn your righteous ordinances.
I will observe your statutes;
 do not utterly forsake me.

How can young people keep their way pure?
 By guarding it according to your word.
With my whole heart I seek you;
 do not let me stray from your commandments.
I treasure your word in my heart,
 so that I may not sin against you.
Blessed are you, O Lord;
 teach me your statutes.
With my lips I declare
 all the ordinances of your mouth.
I delight in the way of your decrees
 as much as in all riches.
I will meditate on your precepts,
 and fix my eyes on your ways.
I will delight in your statutes;
 I will not forget your word.

Luke 4:14-30

Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. He began to teach in their synagogues and was praised by everyone.

When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written:

“The Spirit of the Lord is upon me,
because he has anointed me
to bring good news to the poor.
He has sent me to proclaim release to the captives
and recovery of sight to the blind,
to let the oppressed go free,
to proclaim the year of the Lord’s favor.”

And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, “Today this scripture has been fulfilled in your hearing.” All spoke well of him and were amazed at the gracious words that came from his mouth. They said, “Is not this Joseph’s son?” He said to them, “Doubtless you will quote to me this proverb, ‘Doctor, cure yourself!’ And you will say, ‘Do here also in your hometown the things that we have heard you did at Capernaum.’” And he said, “Truly I tell you, no prophet is accepted in the prophet’s hometown. But the truth is, there were many widows in Israel in the time of Elijah, when the heaven was shut up three years and six months, and there was a severe famine over all the land; yet Elijah was sent to none of them except to a widow at Zarephath in Sidon. There were also many lepers in Israel in the time of the prophet Elisha, and none of them was cleansed except Naaman the Syrian.” When they heard this, all in the synagogue were filled with rage. They got up, drove him out of the town, and led him to the brow of the hill on which their town was built, so that they might hurl him off the cliff. But he passed through the midst of them and went on his way.

Morning Prayer Sunday 31st October

Psalm 24:1-6

The earth is the Lord's and all that is in it,
the world, and those who live in it;
for he has founded it on the seas,
and established it on the rivers.

Who shall ascend the hill of the Lord?
And who shall stand in his holy place?
Those who have clean hands and pure hearts,
who do not lift up their souls to what is false,
and do not swear deceitfully.
They will receive blessing from the Lord,
and vindication from the God of their salvation.
Such is the company of those who seek him,
who seek the face of the God of Jacob. Selah

John 11:32-44

When Mary came where Jesus was and saw him, she knelt at his feet and said to him, "Lord, if you had been here, my brother would not have died." When Jesus saw her weeping, and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. He said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus began to weep. So the Jews said, "See how he loved him!" But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?"

Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. Jesus said, "Take away the stone." Martha, the sister of the dead man, said to him, "Lord, already there is a stench because he has been dead four days." Jesus said to her, "Did I not tell you that if you believed, you would see the glory of God?" So they took away the stone. And Jesus looked upward and said, "Father, I thank you for having heard me. I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me." When he had said this, he cried with a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth. Jesus said to them, "Unbind him, and let him go."