

Morning Prayer during  
ordinary time

Monday-Saturday



## Morning Prayer on Monday

O Lord, open our lips

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

The Lord is full of compassion and mercy, slow to anger and of great kindness.

He will not always accuse us, neither will he keep his anger for ever.

He has not dealt with us according to our sins, nor rewarded us according to our wickedness.

For as the heavens are high above the earth, so great is his mercy upon those who fear him.

As far as the east is from the west, so far has he set our sins from us.

As a father has compassion on his children, so is the Lord merciful towards those who fear him.

For he knows of what we are made; he remembers that we are but dust.

Our days are but as grass; we flourish as a flower of the field;

For as soon as the wind goes over it, it is gone, and its place shall know it no more.

But the merciful goodness of the Lord is from of old and endures for ever on those who fear him, and his righteousness on children's children;

On those who keep his covenant and remember his commandments to do them.

**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.**

### Psalmody

*The appointed psalmody is said ending 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.**

### First Reading

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

This 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.

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

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

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

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.**

**Shine on us, O God, who dwell in darkness, and guide us into the way of peace.**

### Prayers

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.**

### 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.**

**Thus says our God, I will comfort you, you shall see and your heart shall rejoice.**

Rejoice with Jerusalem and be glad for her, all you who love her,' says the Lord.

Rejoice with her in joy, all you who mourn over her,

That you may drink deeply with delight from her consoling breast.'

For thus says our God, 'You shall be nursed and carried on her arm.

As a mother comforts her children, so I will comfort you;

You shall see and your heart shall rejoice; you shall flourish like the grass of the fields.'

**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.**

**Thus says our God, I will comfort you, you shall see and your heart shall rejoice.**

### **Second Reading**

Your salvation is near to those who fear you; that glory may dwell in our land.

**Your salvation is near to those who fear you; that glory may dwell in our land.**

Mercy and truth have met together; righteousness and peace have kissed each other.

**That glory may dwell in our land.**

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

**Your salvation is near to those who fear you; that glory may dwell in our land.**

**Shine on us, O God, who dwell in darkness, and guide us into the way of peace.**

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

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

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

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

Behold, God is my salvation; I will trust and will not be afraid;

For the Lord God is my strength and my song, and has become my salvation.'

With joy you will draw water from the wells of salvation.

On that day you will say, 'Give thanks to the Lord, call upon his name;

Make known his deeds among the nations, proclaim that his name is exalted.

Sing God's praises, who has triumphed gloriously; let this be known in all the world.

Shout and sing for joy, you that dwell in Zion, for great in your midst is the Holy One of Israel.'

**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.**

### **Second Reading**

Trust in the Lord with all your heart; and be not wise in your own sight.

**Trust in the Lord with all your heart; and be not wise in your own sight.**

In all your ways acknowledge him and he will make straight your paths.

**Trust in the Lord with all your heart.**

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

**Trust in the Lord with all your heart; and be not wise in your own sight.**

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

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

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

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

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

This 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.

And you, child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way,  
To give his people knowledge of salvation by the forgiveness of all their sins.  
In the tender compassion of our God the dawn from on high shall break upon us,  
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.**

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

### **Prayers**

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.**

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Amen.**

### **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.**

### **Morning Prayer on Saturday**

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

○ God, you are my God; eagerly I seek you; my soul is athirst for you.  
My flesh also faints for you, as in a dry and thirsty land where there is no water.

So would I gaze upon you in your holy place, that I might behold your power and your glory.

Your loving-kindness is better than life itself and so my lips shall praise you.

I will bless you as long as I live and lift up my hands in your name.

My soul shall be satisfied, as with marrow and fatness, and my mouth shall praise you with joyful lips,

When I remember you upon my bed and meditate on you in the watches of the night.

For you have been my helper and under the shadow of your wings will I rejoice.

My soul clings to you; your right hand shall hold me fast.

**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,  
○ God, set our hearts on fire with love for you; now and for ever.

**Amen.**

### **Psalmody**

*The appointed psalmody is said ending 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.**

### **First Reading**

enemies, from the hands of all that hate us,  
To show mercy to our ancestors, and to remember his holy covenant.  
This 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.  
And you, child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way,  
To give his people knowledge of salvation by the forgiveness of all their sins.  
In the tender compassion of our God the dawn from on high shall break upon us,  
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.**

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

### Prayers

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.**

### 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.**

### Morning Prayer on Tuesday

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

**Spirit of God, teach us your ways, that we may walk in the paths of peace.**

Come, let us go up to the mountain of God, to the house of the God of Jacob;

That God may teach us his ways, and that we may walk in his paths.

For the law shall go out from Zion, and the word of the Lord from Jerusalem.

God shall judge between the nations, and shall mediate for many peoples.

They shall beat their swords into ploughshares, and their spears into pruning hooks.

Nation shall not lift up sword against nation, neither shall they learn war any more.

O people of Jacob, come: let us walk in the light of the Lord.

**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.**

**Spirit of God, teach us your ways, that we may walk in the paths of peace.**

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.**

### Psalmody

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Nation shall not lift up sword against nation, neither shall they learn war any more.

O people of Jacob, come: let us walk in the light of the Lord.

**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.**

**Spirit of God, teach us your ways, that we may walk in the paths of peace.**

### **Second Reading**

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.**

**In your tender compassion, O God, the dawn from on high shall break upon us.**

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

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

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

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

This was the oath God swore to our father Abraham: to set us free from the

### **First Reading**

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

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

God has stricken us and will bind up our wounds.

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

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

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

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

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

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

For loyalty is my desire and not sacrifice, and the knowledge of God rather than burnt offerings.'

**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.**

### **Second Reading**

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.**

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

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

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

Through his holy prophets God promised of old to save us from our

## Morning Prayer on Friday

○ Lord, open our lips

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

○ come, let us sing to the Lord; let us heartily rejoice in the rock of our salvation.

Let us come into his presence with thanksgiving and be glad in him with psalms.

For the Lord is a great God and a great king above all gods.

In his hand are the depths of the earth and the heights of the mountains are his also.

The sea is his, for he made it, and his hands have moulded the dry land.

Come, let us worship and bow down and kneel before the Lord our Maker.

For he is our God; we are the people of his pasture and the sheep of his hand.

○ that today you would listen to his voice: 'Harden not your hearts as at Meribah, on that day at Massah in the wilderness,

When your forebears tested me, and put me to the proof, though they had seen my works.

Forty years long I detested that generation and said, "This people are wayward in their hearts; they do not know my ways."

So I swore in my wrath, "They shall not enter into my rest." '

**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,

○ God, set our hearts on fire with love for you; now and for ever.

**Amen.**

## Psalmody

*The appointed psalmody is said ending 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.**

hands of our enemies,

Free to worship him without fear, holy and righteous in his sight all the days of our life.

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

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

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

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.**

**In your tender compassion, O God, the dawn from on high shall break upon us.**

## Prayers

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.**

## 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.**

## Morning Prayer on Wednesday

○ Lord, open our lips

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

○ Lord our governor, how glorious is your name in all the world!

Your majesty above the heavens is praised out of the mouths of babes at the breast.

You have founded a stronghold against your foes, that you might still the enemy and the avenger.

When I consider your heavens, the work of your fingers, the moon and the stars that you have ordained,

What are mortals, that you should be mindful of them; mere human beings, that you should seek them out?

You have made them little lower than the angels and crown them with glory and honour.

You have given them dominion over the works of your hands and put all things under their feet,

All sheep and oxen, even the wild beasts of the field,

The birds of the air, the fish of the sea and whatsoever moves in the paths of the sea.

○ Lord our governor, how glorious is your name in all the world!

**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,

○ God, set our hearts on fire with love for you; now and for ever. **Amen.**

## Psalmody

*The appointed psalmody is said ending 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.**

## First Reading

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

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

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

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.**

**You promised, O God, to save us from our enemies, from the hands of all that hate us.**

## Prayers

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.**

## 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.**



I am the Lord and I have called you in righteousness, I have taken you by the hand and kept you;

I have given you as a covenant to the people, a light to the nations, to open the eyes that are blind,

To bring out the captives from the dungeon, from the prison, those who sit in darkness.

I am the Lord, that is my name; my glory I give to no other.'

**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 have given you as a light to the nations, and I have called you in righteousness.**

### **Second Reading**

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**

**You promised, O God, to save us from our enemies, from the hands of all that hate us.**

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

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

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

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

This 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.

**Return to the Lord, who will have mercy, to our God, who will richly pardon.**

Seek the Lord while he may be found, call upon him while he is near;  
Let the wicked abandon their ways, and the unrighteous their thoughts;  
Return to the Lord, who will have mercy; to our God, who will richly pardon.

For my thoughts are not your thoughts, neither are your ways my ways,' says the Lord.

For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

As the rain and the snow come down from above, and return not again but water the earth,

Bringing forth life and giving growth, seed for sowing and bread to eat,  
So is my word that goes forth from my mouth; it will not return to me fruitless,

But it will accomplish that which I purpose, and succeed in the task I gave it.'

**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.**

**Return to the Lord, who will have mercy, to our God, who will richly pardon.**

### **Second Reading**

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.**

**You show mercy to our ancestors, and remember your holy covenant.**

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

them free.

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

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

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

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 show mercy to our ancestors, and remember your holy covenant.**

### **Prayers**

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.**

### **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.**

## **Morning Prayer on Thursday**

O Lord, open our lips

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

God be gracious to us and bless us and make his face to shine upon us, That your way may be known upon earth, your saving power among all nations.

Let the peoples praise you, O God; let all the peoples praise you.

O let the nations rejoice and be glad, for you will judge the peoples righteously and govern the nations upon earth.

Let the peoples praise you, O God; let all the peoples praise you.

Then shall the earth bring forth her increase, and God, our own God, will bless us.

God will bless us, and all the ends of the earth shall fear him.

**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.**

*This opening prayer may be said*

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.**

### **Psalmody**

*The appointed psalmody is said ending 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.**

### **First Reading**

**I have given you as a light to the nations, and I have called you in righteousness.**

Thus says God, who created the heavens, who fashioned the earth and all that dwells in it;

Who gives breath to the people upon it and spirit to those who walk in it,