

# **The Benefice of Chew Valley East**

## **Morning Prayer for Sunday 8 February 2026, The Second Sunday Before Lent**

*If you wish to join in the service, then the words in bold are to be said together.  
Please join in with the Psalms and Canticles by reciting each one in its entirety.*

### **Preparation**

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

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

*after Lancelot Andrewes (1626)*

**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 Word of God**

#### **Psalm 136: 1-9, 23-26**

<sup>1</sup>Give thanks to the Lord, for he is gracious, ♦  
for his mercy endures for ever.

<sup>2</sup>Give thanks to the God of gods, ♦  
for his mercy endures for ever.

<sup>3</sup>Give thanks to the Lord of lords, ♦  
for his mercy endures for ever;

<sup>4</sup>Who alone does great wonders, ♦  
for his mercy endures for ever;

<sup>5</sup>Who by wisdom made the heavens, ♦  
for his mercy endures for ever;

<sup>6</sup>Who laid out the earth upon the waters, ♦  
for his mercy endures for ever;

<sup>7</sup>Who made the great lights, ♦  
for his mercy endures for ever;

<sup>8</sup>The sun to rule the day, ♦  
for his mercy endures for ever;

<sup>9</sup>The moon and the stars to govern the night, ♦  
for his mercy endures for ever;

<sup>23</sup>Who remembered us when we were in trouble, ♦  
for his mercy endures for ever;

<sup>24</sup>And delivered us from our enemies, ♦  
for his mercy endures for ever;

<sup>25</sup>Who gives food to all creatures, ♦  
for his mercy endures for ever.

<sup>26</sup>Give thanks to the God of heaven, ♦  
for his mercy endures for ever.

**Glory to the Father and to the Son and to the Holy Spirit;  
as it was in the beginning is now and shall be for ever. Amen.**

### **First Reading: Romans 8:18-25**

<sup>18</sup>I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. <sup>19</sup>For the creation waits with eager longing for the revealing of the children of God; <sup>20</sup>for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, <sup>21</sup>in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. <sup>22</sup>We know that the whole creation has been groaning in labour pains until now; <sup>23</sup>and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. <sup>24</sup>For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? <sup>25</sup>But if we hope for what we do not see, we wait for it with patience.

## Canticle

**Splendour and majesty are yours, O God;  
you are exalted as head over all.**

<sup>1</sup>Blessed are you, God of Israel, for ever and ever, ♦  
for yours is the greatness, the power, the glory, the splendour and the majesty.

<sup>2</sup>Everything in heaven and on earth is yours; ♦  
yours is the kingdom, O Lord, and you are exalted as head over all.

<sup>3</sup>Riches and honour come from you ♦  
and you rule over all.

<sup>4</sup>In your hand are power and might; ♦  
yours it is to give power and strength to all.

<sup>5</sup>And now we give you thanks, our God, ♦  
and praise your glorious name.

<sup>6</sup>For all things come from you, ♦  
and of your own have we given you.

*I Chronicles 29.10b-13, 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.**

**Splendour and majesty are yours, O God;  
you are exalted as head over all.**

## Second Reading: Matthew 6:25-34

Jesus taught his disciples, saying: <sup>25</sup>‘Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing?’

<sup>26</sup>Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?’

<sup>27</sup>And can any of you by worrying add a single hour to your span of life? <sup>28</sup>And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, <sup>29</sup>yet I tell you, even Solomon in all his glory was not clothed like one of these. <sup>30</sup>But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you— you of little faith? <sup>31</sup>Therefore do not worry, saying, “What will we eat?” or “What will we drink?” or “What will we wear?” <sup>32</sup>For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. <sup>33</sup>But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

<sup>34</sup>So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.’

## **Responsory**

Awake, O sleeper, and arise from the dead

**And Christ shall give you light.**

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

**Awake, O sleeper, and arise from the dead.**

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

**And Christ shall give you light.**

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

**Awake, O sleeper, and arise from the dead,**

**and Christ shall give you light.**

*from Colossians 3*

## **Gospel Canticle: Benedictus**

**You have raised up for us a mighty Saviour,  
born of the house of your servant David.**

<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.

*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 raised up for us a mighty Saviour,  
born of the house of your servant David.**

## **Intercessions**

*To the words:*

Creator God, help us to grow:

*Please respond:*

**To become what you want us to be.**

Creator God,  
you called all things into being;  
you call all things into growth,  
into becoming what you mean them to be.

Creator God,  
we pray for a vision of your world  
as you mean it to be;  
the kingdom of your love,  
the garden of your creation.

Creator God, help us to grow: **To become what you want us to be.**

Creator God,  
we pray for a vision of humankind  
as you mean it to be;  
a family, living in harmony and love,  
brothers and sisters, choosing and sharing what is good.

Creator God, help us to grow: **To become what you want us to be.**

Creator God,  
we pray for a vision of the church  
as you mean it to be;  
a pattern of right living for all the world,  
a holy people for your praise.

Creator God, help us to grow: **To become what you want us to be.**

Creator God,  
we pray for a vision of ourselves  
as you mean us to be;  
mature and loving Christians,  
obedient to your word.

Creator God, help us to grow: **To become what you want us to be.**

In the name of Jesus Christ, our true foundation. **Amen.**

## **Collect**

Almighty God,  
give us reverence for all creation  
and respect for every person,  
that we may mirror your likeness  
in Jesus Christ our Lord. **Amen.**

## **Lord's Prayer**

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.**

## **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.**

*Text copyright © The Archbishops' Council of the Church of England, 2000-2005.*

*The Bible readings (other than the psalms) are from The New Revised Standard Version Anglicized Edition, copyright ©1989, 1995 Division of Christian Education of the National Council of the Churches of Christ in the United States of America. Used by permission. All rights reserved. Intercessions, © Ian Black, 2009.*