

# Morning Prayer

Morning Prayer embraces the three key elements of praise, intercession and engagement with Scripture which form the heart of the daily praying traditions of the Church.

The two services below Morning Prayer for Monday and Morning Prayer for Friday are from the Church of England 'Daily Prayer'. Daily Prayer gives forms of services for both morning and evening services with variations for the different seasons of the year. Daily Prayer can either be downloaded as an App from your favourite App Store or bought as a book from Church House Publishing online, a physical or online bookstore.

The versions below are from 'ordinary time' and will be used by us on morning prayer zoom services, but the person leading may well use introductions, prayers, and resources from 'Morning Prayers' for the other seasons of the Church year.

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## † Morning Prayer on Monday

### Preparation

O Lord, open our lips

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

*One or more of the following is said or sung:  
a prayer of thanksgiving, a suitable hymn,  
or A Song of God's Compassion*

- 1 The Lord is full of compassion and mercy, ♦  
slow to anger and of great kindness.
- 2 He will not always accuse us, ♦  
neither will he keep his anger for ever.
- 3 He has not dealt with us according to our sins, ♦  
nor rewarded us according to our wickedness.
- 4 For as the heavens are high above the earth, ♦  
so great is his mercy upon those who fear him.
- 5 As far as the east is from the west, ♦  
so far has he set our sins from us.
- 6 As a father has compassion on his children, ♦  
so is the Lord merciful towards those who fear him.
- 7 For he knows of what we are made; ♦  
he remembers that we are but dust.
- 8 Our days are but as grass; ♦  
we flourish as a flower of the field;
- 9 For as soon as the wind goes over it, it is gone, ♦  
and its place shall know it no more.

10 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;

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

*Psalm 103.8-18*

**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.**

*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.

**All Amen.**

### **The Word of God**

*Psalmody*

*The appointed psalmody is said.  
Each psalm or group of psalms may end with*

**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.**

*If there are two Scripture readings, the first may be read here, or both may be read after the  
canticle.*

*Canticle*

*A Song of Deliverance, or another suitable canticle, for example, number 40 ([here](#)), may be  
said*

*Refrain:*

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

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

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

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

- 4 On that day you will say, ♦  
‘Give thanks to the Lord, call upon his name;
- 5 ‘Make known his deeds among the nations, ♦  
proclaim that his name is exalted.
- 6 ‘Sing God’s praises, who has triumphed gloriously; ♦  
let this be known in all the world.
- 7 ‘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*

**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.**

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

*Scripture Reading*

*One or more readings appointed for the day are read.  
The reading(s) may be followed by a time of silence.  
A suitable song or chant, or a responsory in this or another form, may follow*

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

**All 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.

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

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

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

*from Proverbs 3*

*Gospel Canticle*

*The Benedictus (The Song of Zechariah) is normally said,  
or the Te Deum Laudamus (A Song of the Church) may be said*

*Refrain:*

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

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.

*Luke 1.68-79*

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

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

### **Prayers**

*Intercessions are offered*

- ¶ *for the day and its tasks*  
¶ *for the world and its needs*  
¶ *for the Church and her life*

*These responses may be used*

Lord, in your mercy  
**hear our prayer.**

**(or)**

Lord, hear us.  
**Lord, graciously hear us.**

*Silence may be kept.*

*The Collect of the day or the following is said*

Lord our God,  
as with all creation

we offer you the life of this new day,  
give us grace to love and serve you  
to the praise of Jesus Christ our Lord.

**All Amen.**

Let us pray with confidence as our Saviour has taught us

**All Our Father, who art in heaven ...**

### **The Conclusion**

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life.

**All Amen.**

Let us bless the Lord.

**All Thanks be to God.**

## **† Morning Prayer on Friday**

### **Preparation**

O Lord, open our lips

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

*One or more of the following is said or sung:  
a prayer of thanksgiving, a suitable hymn,  
or the Venite – A Song of Triumph*

- 1 O come, let us sing to the Lord; ♦  
let us heartily rejoice in the rock of our salvation.
- 2 Let us come into his presence with thanksgiving ♦  
and be glad in him with psalms.
- 3 For the Lord is a great God ♦  
and a great king above all gods.
- 4 In his hand are the depths of the earth ♦  
and the heights of the mountains are his also.

- 5 The sea is his, for he made it, ♦  
and his hands have moulded the dry land.
- 6 Come, let us worship and bow down ♦  
and kneel before the Lord our Maker.
- 7 For he is our God; ♦  
we are the people of his pasture and the sheep of his hand.

*The canticle may end here.*

- 8 O that today you would listen to his voice: ♦  
'Harden not your hearts as at Meribah,  
on that day at Massah in the wilderness,
- 9 'When your forebears tested me, and put me to the proof, ♦  
though they had seen my works.
- 10 'Forty years long I detested that generation and said, ♦  
"This people are wayward in their hearts;  
they do not know my ways."
- 11 'So I swore in my wrath, ♦  
"They shall not enter into my rest."

*Psalm 95*

**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.**

*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.

**All Amen.**

## **The Word of God**

*Psalmody*

*The appointed psalmody is said.  
Each psalm or group of psalms may end with*

**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.**

*If there are two Scripture readings, the first may be read here,  
or both may be read after the canticle.*

*Canticle*

*A Song of Humility, or another suitable canticle, may be said*

*Refrain:*

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

- 1 Come, let us return to the Lord ♦  
who has torn us and will heal us.
- 2 God has stricken us ♦  
and will bind up our wounds.
- 3 After two days, he will revive us, ♦  
and on the third day will raise us up,  
that we may live in his presence.
- 4 Let us strive to know the Lord; ♦  
his appearing is as sure as the sunrise.
- 5 He will come to us like the showers, ♦  
like the spring rains that water the earth.
- 6 'O Ephraim, how shall I deal with you? ♦  
How shall I deal with you, O Judah?
- 7 'Your love for me is like the morning mist, ♦  
like the dew that goes early away.
- 8 'Therefore, I have hewn them by the prophets, ♦  
and my judgement goes forth as the light.
- 9 'For loyalty is my desire and not sacrifice, ♦  
and the knowledge of God rather than burnt offerings.'

*Hosea 6.1-6*

**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.**

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

*Scripture Reading*

*One or more readings appointed for the day are read.*

*The reading(s) may be followed by a time of silence.*

*A suitable song or chant, or a responsory in this or another form, may follow*

Forsake me not, O Lord;  
be not far from me, O my God.

**All Forsake me not, O Lord;  
be not far from me, O my God.**

Make haste to help me,  
O Lord of my salvation.

**All Be not far from me, O my God.**

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

**All Forsake me not, O Lord;  
be not far from me, O my God.**

*from Psalm 38*

*Gospel Canticle*

*The Benedictus (The Song of Zechariah) is normally said,  
or A Song of Praise may be said*

*Refrain:*

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

- 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.

*Luke 1.68-79*

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

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

**Prayers**

*Intercessions are offered*

¶ *for the day and its tasks*  
¶ *for the world and its needs*  
¶ *for the Church and her life*

*These responses may be used*

Lord, in your mercy  
**hear our prayer.**

**(or)**

Lord, hear us.  
**Lord, graciously hear us.**

*Silence may be kept.*

*The Collect of the day or the following is said*

Gracious Father,  
you gave up your Son  
out of love for the world:  
lead us to ponder the mysteries of his passion,  
that we may know eternal peace  
through the shedding of our Saviour's blood,  
Jesus Christ our Lord.

**All Amen.**

Let us pray with confidence as our Saviour has taught us

**All Our Father, who art in heaven ...**

**The Conclusion**

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life.

**All Amen.**

Let us bless the Lord.

**All Thanks be to God.**