

Morning Prayer

**Friday in
Ascensiontide**

Participants in online group:
Please mute your microphone and
respond audibly in your own space.



O Lord, open our lips

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

Send your Holy Spirit upon us,

All **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.

All **Blessed be God for ever.**

- 1 Bless the Lord, O my soul, ♦
and all that is within me bless his holy name.
- 2 Bless the Lord, O my soul, ♦
and forget not all his benefits;
- 3 Who forgives all your sins ♦
and heals all your infirmities;
- 4 Who redeems your life from the Pit ♦
and crowns you with faithful love and compassion;
- 5 Who satisfies you with good things, ♦
so that your youth is renewed like an eagle's.

- 6 The Lord executes righteousness ♦
and judgement for all who are oppressed.
- 7 He made his ways known to Moses ♦
and his works to the children of Israel.
- 8 The Lord has established his throne in heaven, ♦
and his kingdom has dominion over all.
- 9 Bless the Lord, you angels of his, ♦
you mighty ones who do his bidding
and hearken to the voice of his word.

- 10 Bless the Lord, all you his hosts, ♦
you ministers of his who do his will.
- 11 Bless the Lord, all you works of his,
in all places of his dominion; ♦
bless the Lord, O my soul.

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 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 28

Refrain: The Lord is my strength and my shield.

- 1 To you I call, O Lord my rock;
be not deaf to my cry, ♦
lest, if you do not hear me,
I become like those who go down to the Pit.
- 2 Hear the voice of my prayer when I cry out to
you, ♦
when I lift up my hands to your holy of holies. *R*

Refrain: The Lord is my strength and my shield.

- 3 Do not snatch me away with the wicked,
with the evildoers, ♦
who speak peaceably with their neighbours,
while malice is in their hearts.
- 4 Repay them according to their deeds ♦
and according to the wickedness of their devices. *R*
- 5 Reward them according to the work of their hands
♦ and pay them their just deserts.

Refrain: The Lord is my strength and my shield.

- 6 They take no heed of the Lord's doings,
nor of the works of his hands; ♦
therefore shall he break them down
and not build them up. *R*
- 7 Blessed be the Lord, ♦
for he has heard the voice of my prayer.
- 8 The Lord is my strength and my shield; ♦
my heart has trusted in him and I am helped;

Refrain: The Lord is my strength and my shield.

- 9 Therefore my heart dances for joy ♦
and in my song will I praise him. *R*
- 10 The Lord is the strength of his people, ♦
a safe refuge for his anointed.
- 11 Save your people and bless your inheritance; ♦
shepherd them and carry them for ever. *R*

Hear us, Shepherd of your people, forgive us our sins and, in a world of pretences, make us true in heart and mind; through Jesus Christ our Lord.

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

All **as it was in the beginning is now and shall be for ever. Amen.**

Deuteronomy 33 (NRSV)

This is the blessing with which Moses, the man of God, blessed the Israelites before his death. ² He said:

The Lord came from Sinai,
and dawned from Seir upon us;
he shone forth from Mount Paran.
With him were myriads of holy ones;
at his right, a host of his own.

3 Indeed, O favorite among peoples,
all his holy ones were in your charge;
they marched at your heels,
accepted direction from you.

4 Moses charged us with the law,
as a possession for the assembly of Jacob.

5 There arose a king in Jeshurun,
when the leaders of the people assembled—
the united tribes of Israel.

6 May Reuben live, and not die out,
even though his numbers are few.

7 And this he said of Judah:

O Lord, give heed to Judah,
and bring him to his people;
strengthen his hands for him,
and be a help against his adversaries.

8 And of Levi he said:

Give to Levi your Thummim,
and your Urim to your loyal one,
whom you tested at Massah,

with whom you contended at the waters of Meribah;

9 who said of his father and mother,
“I regard them not”;

he ignored his kin,

and did not acknowledge his children.

For they observed your word, and kept your covenant.

10 They teach Jacob your ordinances,
and Israel your law;
they place incense before you,
and whole burnt offerings on your altar.

11 Bless, O Lord, his substance,
and accept the work of his hands;
crush the loins of his adversaries,
of those that hate him, so that they do not rise again.

12 Of Benjamin he said:

The beloved of the Lord rests in safety—
the High God surrounds him all day long—
the beloved rests between his shoulders.

13 And of Joseph he said:

Blessed by the Lord be his land,
with the choice gifts of heaven above,
and of the deep that lies beneath;

14 with the choice fruits of the sun,
and the rich yield of the months;

15 with the finest produce of the ancient mountains,
and the abundance of the everlasting hills;

16 with the choice gifts of the earth and its fullness,
and the favor of the one who dwells on Sinai.

Let these come on the head of Joseph,
on the brow of the prince among his brothers.

17 A firstborn bull—majesty is his!

His horns are the horns of a wild ox;
with them he gores the peoples,
driving them to the ends of the earth;

such are the myriads of Ephraim,
such the thousands of Manasseh.

18 And of Zebulun he said:

Rejoice, Zebulun, in your going out;
and Issachar, in your tents.

19 They call peoples to the mountain;
there they offer the right sacrifices;
for they suck the affluence of the seas
and the hidden treasures of the sand.

20 And of Gad he said:

Blessed be the enlargement of Gad!

Gad lives like a lion;

he tears at arm and scalp.

21 He chose the best for himself,

for there a commander's allotment was reserved;

he came at the head of the people,

he executed the justice of the Lord,

and his ordinances for Israel.

22 And of Dan he said:

Dan is a lion's whelp
that leaps forth from Bashan.

23 And of Naphtali he said:

O Naphtali, sated with favor,
full of the blessing of the Lord,
possess the west and the south.

24 And of Asher he said:

Most blessed of sons be Asher;
may he be the favorite of his brothers,
and may he dip his foot in oil.

25 Your bars are iron and bronze;
and as your days, so is your strength.

26 There is none like God, O Jeshurun,
who rides through the heavens to your help,
majestic through the skies.

27 He subdues the ancient gods,
shatters the forces of old;
he drove out the enemy before you,
and said, "Destroy!"

28 So Israel lives in safety,
untroubled is Jacob's abode
in a land of grain and wine,
where the heavens drop down dew.

29 Happy are you, O Israel! Who is like you,
a people saved by the Lord,
the shield of your help,
and the sword of your triumph!
Your enemies shall come fawning to you,
and you shall tread on their backs.

The Word of the Lord.

Thanks be to God.

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

- 1 I will take you from the nations, ♦
and gather you from all the countries.
- 2 I will sprinkle clean water upon you, ♦
and you shall be clean from all your
uncleannesses.
- 3 A new heart I will give you, ♦
and put a new spirit within you,

- 4 And I will remove from your body the heart
of stone ♦
and give you a heart of flesh.
- 5 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;

All **as it was in the beginning is now and shall be for ever. Amen.**

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

1 John 4.7-21 (NRSV)

⁷ Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God.
⁸ Whoever does not love does not know God, for God is love. ⁹ God's love was revealed among us in this way: God sent his only Son into the world so that we might live through him. ¹⁰ In this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins. ¹¹ Beloved, since God loved us so much, we also ought to love one another.

¹² No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us.

¹³ By this we know that we abide in him and he in us, because he has given us of his Spirit. ¹⁴ And we have seen and do testify that the Father has sent his Son as the Savior of the world. ¹⁵ God abides in those who confess that Jesus is the Son of God, and they abide in God. ¹⁶ So we have known and believe the love that God has for us.

God is love, and those who abide in love abide in God, and God abides in them. ¹⁷ Love has been perfected among us in this: that we may have boldness on the day of judgment, because as he is, so are we in this world. ¹⁸ There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love. ¹⁹ We love because he first loved us.

²⁰ Those who say, “I love God,” and hate their brothers or sisters, are liars; for those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen. ²¹ The commandment we have from him is this: those who love God must love their brothers and sisters also.

The Word of the Lord.

Thanks be to God.

Come, Holy Spirit, fill the hearts of your people

All **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.

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

Renew the face of your creation, Lord,
pouring on us the gifts of your Spirit,
All **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.
All **Come, Holy Spirit, fill the hearts of your
people and kindle in us the fire of your
love.**

cf Romans 8

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

- 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

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

All **as it was in the beginning is now and shall be for ever. Amen.**

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

Prayers

Some or all parts of this form of intercession may be used.

Specific petitions may be added, or silence may be kept, at suitable points.

Through Christ, who ever lives to make intercession for us, let us pray to the Lord.

Lift up our hearts to the heavenly places and inspire us to serve you as a royal priesthood.
... Lord, in your mercy, **hear our prayer.**

Prayers

Let all peoples acknowledge your kingdom and grant on earth the blessing of peace:

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

Send down upon us the gift of the Spirit and renew your Church with power from on high:

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

May peace abound and righteousness flourish, that we may vanquish injustice and wrong:

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

Prayers

Help us to proclaim the good news of salvation,
and grant us the needful gifts of your grace:
... Lord, in your mercy, **hear our prayer.**

Further prayers may be added.

Let us commend the world, for which Christ prays,
to the mercy and protection of God.
Amen.

Collect for Thy Kingdom Come

Almighty God,
your ascended Son has sent us into the world
to preach the good news of your kingdom:
inspire us with your Spirit
and fill our hearts with the fire of your love,
that all who hear your Word
may be drawn to you,
through Jesus Christ our Lord.

All **Amen.**

The Lord's Prayer

Being made one by the power of the Spirit,
as our Saviour 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. Save us from the time of trial, and 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.

All **Amen.**

Let us bless the Lord. Alleluia, alleluia.

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