

**Morning Prayer**

**Saturday 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 42*

- 1 As the deer longs for the water brooks, ♦  
so longs my soul for you, O God.
- 2 My soul is athirst for God, even for the living  
God; ♦  
when shall I come before the presence of God?
- 3 My tears have been my bread day and night, ♦  
while all day long they say to me, 'Where is now  
your God?'

4 Now when I think on these things, I pour out my  
soul: ♦

how I went with the multitude

and led the procession to the house of God,

5 With the voice of praise and thanksgiving, ♦  
among those who kept holy day.

6 *Why are you so full of heaviness, O my soul, ♦  
and why are you so disquieted within me?*

7 *O put your trust in God; ♦  
for I will yet give him thanks,  
who is the help of my countenance, and my God.*

8 My soul is heavy within me; ♦  
therefore I will remember you from the land of  
Jordan, and from Hermon and the hill of Mizar.

9 Deep calls to deep in the thunder of your  
waterfalls; ♦  
all your breakers and waves have gone over me.

- 10 The Lord will grant his loving-kindness in the  
daytime; ♦  
through the night his song will be with me,  
a prayer to the God of my life.
- 11 I say to God my rock,  
'Why have you forgotten me, ♦  
and why go I so heavily, while the enemy  
oppresses me?'

12 As they crush my bones, my enemies mock me; ♦  
while all day long they say to me,  
'Where is now your God?'

13 *Why are you so full of heaviness, O my soul, ♦  
and why are you so disquieted within me?*

14 *O put your trust in God; ♦  
for I will yet give him thanks,  
who is the help of my countenance, and my God.*

## *Psalm 43*

- 1 Give judgement for me, O God,  
and defend my cause against an ungodly  
people; ♦  
deliver me from the deceitful and the wicked.
- 2 For you are the God of my refuge;  
why have you cast me from you, ♦  
and why go I so heavily, while the enemy  
oppresses me?

- 3 O send out your light and your truth, that they  
may lead me, ♦  
and bring me to your holy hill and to your  
dwelling,
- 4 That I may go to the altar of God,  
to the God of my joy and gladness; ♦  
and on the lyre I will give thanks to you, O God  
my God.
- 5 *Why are you so full of heaviness, O my soul, ♦  
and why are you so disquieted within me?*

6 *O put your trust in God; ♦  
for I will yet give him thanks,  
who is the help of my countenance, and my God.*

*Come, creator Spirit, light and truth; bring us to  
the altar of life and renew our joy and gladness in  
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.**

*Micah 3.1-8 (NRSV)*

And I said:

Listen, you heads of Jacob

and rulers of the house of Israel!

Should you not know justice?—

2      you who hate the good and love the evil,  
who tear the skin off my people,  
and the flesh off their bones;

3 who eat the flesh of my people,  
flay their skin off them,  
break their bones in pieces,  
and chop them up like meat in a kettle,  
like flesh in a caldron.

4 Then they will cry to the Lord,  
but he will not answer them;  
he will hide his face from them at that time,  
because they have acted wickedly.

5 Thus says the Lord concerning the prophets  
who lead my people astray,  
who cry "Peace"  
when they have something to eat,  
but declare war against those  
who put nothing into their mouths.

6 Therefore it shall be night to you, without vision,  
and darkness to you, without revelation.  
The sun shall go down upon the prophets,  
and the day shall be black over them;

7 the seers shall be disgraced,  
and the diviners put to shame;  
they shall all cover their lips,  
for there is no answer from God.

8 But as for me, I am filled with power,  
with the spirit of the Lord,  
and with justice and might,  
to declare to Jacob his transgression  
and to Israel his sin.

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.**

*Ephesians 6.10–20 (NRSV)*

<sup>10</sup> Finally, be strong in the Lord and in the strength of his power. <sup>11</sup> Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. <sup>12</sup> For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places.

<sup>13</sup> Therefore take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. <sup>14</sup> Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. <sup>15</sup> As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. <sup>16</sup> With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one.

<sup>17</sup> Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

<sup>18</sup> Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. <sup>19</sup> Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, <sup>20</sup> for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

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.**