

Morning Prayer from *The Book of Common Prayer*

LENT

For thus says the Lord God, the Holy One of Israel: In returning and rest you shall be saved; in quietness and in trust shall be your strength.

Isaiah 30:15

Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity.

Joel 2:13

The sacrifices of God are a broken spirit : a broken and a contrite heart, O God, you will not despise.

Psalms 51:17

Dear friends, the Scripture moves us in sundry places to acknowledge and confess our manifold sins and wickedness; and that we should not dissemble nor cloak them before the face of almighty God our heavenly Father; but confess them with a lowly, humble, penitent and obedient heart; to the end that we may obtain forgiveness of the same by his infinite goodness and mercy. And although we ought at all times humbly to acknowledge our sins before God; yet ought we most chiefly so to do, when we assemble and meet together to render thanks for the great benefits that we have received at his hands, to set forth his most worthy praise, to hear his most holy word, and to ask those things which are requisite and necessary, as well for the body as the soul.

Wherefore I urge you, to accompany me with a pure heart, and humble voice, unto the throne of the heavenly grace, saying

**All Almighty and most merciful Father,
we have erred, and strayed from your ways like lost sheep.
We have followed too much the devices and desires
of our own hearts.
We have offended against your holy laws.
We have left undone those things
which we ought to have done;
and we have done those things
which we ought not to have done;
and there is no health in us.
O Lord, have mercy upon us, miserable offenders.
Spare those who confess their faults.
Restore those that are penitent;
according to your promises declared unto mankind
in Christ Jesus our Lord.
And grant, O most merciful Father, for his sake,
that we may hereafter live a godly, righteous, and upright life,
to the glory of your holy name.
Amen.**

Almighty God, the Father of our Lord Jesus Christ,
who desires not the death of a sinner,
but rather that he may turn from his wickedness and live;
and has given power, and commandment, to his ministers
to declare and pronounce to his people, being penitent,
the absolution and remission of their sins:
he pardons and absolves all those who truly repent
and unfeignedly believe his holy gospel.
Wherefore let us beseech him to grant us true repentance,
and his Holy Spirit,
that those things may please him which we do at this present;
and that the rest of our life hereafter may be pure and holy;
so that at the last we may come to his eternal joy;
through Jesus Christ our Lord.

All Amen.

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.
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.

O Lord, open our lips
All and our mouth shall shew forth your praise.

O God, make speed to save us.
All O Lord, make haste to help us.

Glory be to the Father, and to the Son,
and to the Holy Spirit;
All as it was in the beginning, is now, and ever shall be,
world without end. Amen.

Praise the Lord.
All The Lord's name be praised.

Venite, exultemus Domino

- 1 **O come, let us sing unto the Lord :
let us heartily rejoice in the strength of our salvation.**
- 2 **Let us come before his presence with thanksgiving :
and shew ourselves 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 all the corners of the earth :
and the strength of the hills is his also.**
- 5 **The sea is his, and he made it :
and his hands prepared the dry land.**
- 6 **O come, let us worship, and fall down :
and kneel before the Lord our Maker.**
- 7 **For he is the Lord our God :
and we are the people of his pasture, and the sheep of his hand.**

Psalm 95

**Glory be to the Father, and to the Son :
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be :
world without end. Amen.**

Psalm

Te Deum Laudamus

**We praise thee, O God; we acknowledge thee to be the Lord.
All the earth doth worship thee, the Father everlasting.
To thee all angels cry aloud, the heavens and all the powers therein.
To thee cherubin and seraphin continually do cry,
Holy, Holy, Holy, Lord God of hosts;
Heaven and earth are full of the majesty of thy glory.
The glorious company of the apostles praise thee.
The goodly fellowship of the prophets praise thee.
The noble army of martyrs praise thee.
The holy Church throughout all the world doth acknowledge thee:
the Father of an infinite majesty;
thine honourable, true and only Son;
also the Holy Ghost the Comforter.**

**Thou art the King of glory, O Christ.
Thou art the everlasting Son of the Father.
When thou tookest upon thee to deliver man,
 thou didst not abhor the Virgin's womb.
When thou hadst overcome the sharpness of death,
 thou didst open the kingdom of heaven to all believers.
Thou sittest at the right hand of God, in the glory of the Father.
We believe that thou shalt come to be our judge.
We therefore pray thee, help thy servants,
 whom thou hast redeemed with thy precious blood.
Make them to be numbered with thy saints in glory everlasting.**

**O Lord, save thy people and bless thine heritage.
Govern them and lift them up for ever.
Day by day we magnify thee;
and we worship thy name, ever world without end.
Vouchsafe, O Lord, to keep us this day without sin.
O Lord, have mercy upon us, have mercy upon us.
O Lord, let thy mercy lighten upon us, as our trust is in thee.
O Lord, in thee have I trusted; let me never be confounded.**

Old Testament Reading

Benedictus (please sit)

- 1 **Blessed be the Lord God of Israel :**
for he hath visited, and redeemed his people;
- 2 **And hath raised up a mighty salvation for us :**
in the house of his servant David;
- 3 **As he spake by the mouth of his holy Prophets :**
which have been since the world began;
- 4 **That we should be saved from our enemies :**
and from the hands of all that hate us;
- 5 **To perform the mercy promised to our forefathers :**
and to remember his holy covenant;
- 6 **To perform the oath which he sware to our forefather Abraham :**
that he would give us,
- 7 **That we being delivered out of the hands of our enemies :**
might serve him without fear,
- 8 **In holiness and righteousness before him :**
all the days of our life.
- 9 **And thou, child, shalt be called the Prophet of the Highest :**
for thou shalt go before the face of the Lord to prepare his ways;
- 10 **To give knowledge of salvation unto his people :**
for the remission of their sins;
- 11 **Through the tender mercy of our God :**
whereby the dayspring from on high hath visited us;
- 12 **To give light to them that sit in darkness,**
and in the shadow of death :
and to guide our feet into the way of peace.

Luke 1.68-79

Glory be to the Father, and to the Son :
and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be :
world without end. Amen.

New Testament Reading

The Apostles' Creed

All I believe in God the Father almighty,
maker of heaven and earth:
and in Jesus Christ his only Son our Lord,
who was conceived by the Holy Ghost,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, dead, and buried.
He descended into hell;
the third day he rose again from the dead;
he ascended into heaven,
and sitteth on the right hand of God the Father almighty;
from thence he shall come to judge the quick and the dead.
I believe in the Holy Ghost;
the holy catholic Church;
the communion of saints;
the forgiveness of sins;
the resurrection of the body,
and the life everlasting. Amen

Prayers

Let us pray.

O Lord, save the Queen.

All And mercifully hear us when we call upon you.

Endue your ministers with righteousness.

All And make your chosen people joyful.

O Lord, save your people.

All And bless your inheritance.

Give peace in our time, O Lord.

All Because there is no other that fights for us,
but only you, O God.

O God, make clean our hearts within us.

All And take not your Holy Spirit from us.

Quiet Prayer

The Collect of the Day

The Collect for Peace

All O God, who art the author of peace and lover of concord,
in knowledge of whom standeth our eternal life,
whose service is perfect freedom;
defend us your humble servants in all assaults of our enemies;
that we, surely trusting in your defence,
may not fear the power of any adversaries;
through the might of Jesus Christ our Lord.
Amen.

The Collect for Grace

All O Lord, our heavenly Father,
almighty and everlasting God,
who hast safely brought us to the beginning of this day;
defend us in the same with your mighty power;
and grant that this day we fall into no sin,
neither run into any kind of danger,
but that all our doings may be ordered by your governance,
to do always that which is righteous in your sight;
through Jesus Christ our Lord.
Amen.

The General Thanksgiving

Almighty God, Father of all mercies, we your unworthy servants give you
humble thanks for all your goodness and loving-kindness to us and to all whom
you have made.

We bless you for our creation, preservation, and all the blessings of this life;
but above all for your immeasurable love in the redemption of the world by our
Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we
pray, give us such an awareness of your mercies, that with truly thankful
hearts we may show forth your praise, not only with our lips, but in our lives,
by giving up ourselves to your service, and by walking before you in holiness
and righteousness all our days;
through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be
honour and glory throughout all ages.

All Amen.

All The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with us all evermore.
Amen.