

MORNING PRAYER

PRAYER IN MY POCKET

HE VISITS US LIKE THE DAWN
FROM ON HIGH

MORNING PRAYER

+ O Lord, open our lips:
and we shall praise your name.

INVITATORY PSALM 94 (95)

Come, ring out our joy to the Lord;
hail the God who saves us.
Let us come before him, giving thanks,
with songs let us hail the Lord.

A mighty God is the Lord,
a great king above all gods.
In his hand are the depths of the earth;
the heights of the mountains are his.
To him belongs the sea, for he made it
and the dry land shaped by his hands.

Come in; let us bow and bend low;
let us kneel before the God who made us:
for he is our God and we
the people who belong to his pasture,
the flock that is led by his hand.

O that today you would listen to his voice!
'Harden not your hearts as at Meribah,
as on that day at Massah in the desert
when your fathers put me to the test;
when they tried me, though they saw my work.

For forty years I was wearied of these people
and I said: "Their hearts are astray,
these people do not know my ways."

May the Lord bless us and keep us from all evil;
and bring us to eternal life. **Amen.**

BLESSING

The following or the Collect for the Day may be used:
King of heaven and earth, Lord God, rule over our
hearts and bodies this day. Sanctify us and guide our
every thought, word and deed according to the com-
mandments of your law, so that now and for ever your
grace may free and save us. Through Jesus Christ our
Lord. **Amen.**

CONCLUDING PRAYER

THE LORD'S PRAYER

PRAYERS for the Church, the world, community, sick, etc

to prepare his ways before him,
To make known to his people their salvation
through forgiveness of all their sins,
the loving-kindness of the heart of our God
who visits us like the dawn from on high.
He will give light to those in darkness,
those who dwell in the shadow of death,
and guide us into the way of peace.
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.**

Then I took an oath in my anger:
"Never shall they enter my rest."

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 of the DAY

After each psalm: **Glorify be...**

SCRIPTURE READING followed by Silent Reflection

GOSPEL CANTICLE: *Benedictus* (Luke 1:68-79)

+ Blessed be the Lord, the God of Israel!
He has visited his people and redeemed them.

He has raised up for us a mighty saviour
in the house of David his servant,
as he promised by the lips of holy men,
those who were his prophets from of old.

A saviour who would free us from our foes,
from the hands of all who hate us
So his love for our fathers is fulfilled
and his holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear, and saved from the hands of our foes,
we might serve him in holiness and justice
all the days of our life in his presence

As for you, little child,
you shall be called a prophet of God, the Most High.
You shall go ahead of the Lord

PSALMS for MORNING PRAYER

SUNDAY Psalm 62 (63)

O God, you are my God, for you I long;
for you my soul is thirsting.
My body pines for you
like a dry, weary land without water.
So I gaze on you in the sanctuary
to see your strength and your glory.

For your love is better than life,
my lips will speak your praise.
So I will bless you all my life,
in your name I will lift up my hands.
My soul shall be filled as with a banquet,
my mouth shall praise you with joy.

On my bed I remember you.
On you I muse through the night
for you have been my help;
in the shadow of your wings I rejoice.
My soul clings to you;
your right hand holds me fast.

MONDAY Psalm 28 (29)

O give the Lord, you sons of God,
give the Lord glory and power;
give the Lord the glory of his name.
Adore the Lord in his holy court.

The Lord's voice resounding on the
waters,
the Lord on the immensity of waters;
the voice of the Lord, full of power,
the voice of the Lord, full of splendour.

The Lord's voice shattering the cedars,
the Lord shatters the cedars of Lebanon;
he makes Lebanon leap like a calf
and Sirion like a young wild ox.

The Lord's voice flashes flames of fire.
The Lord's voice shaking the wilderness,
the Lord shakes the wilderness of
Kadesh;
the Lord's voice rending the oak tree
and stripping the forest bare.

The God of glory thunders.
In his temple they all cry: 'Glory!'
The Lord sat enthroned over the flood;
the Lord sits as king for ever.

The Lord will give strength to his people,
the Lord will bless his people with peace.

TUESDAY Psalm 23 (24)

The Lord's is the earth and its fullness,
the world and all its peoples.
It is he who set it on the seas;
on the waters he made it firm.

Who shall climb the mountain of the
Lord?
Who shall stand in his holy place?
The man with clean hands and pure
heart,

who desires not worthless things,
(who has not sworn so as to deceive his
neighbour.)

He shall receive blessings from the Lord
and reward from the God who saves
him.

Such are the men who seek him,
seek the face of the God of Jacob.

O gates, lift high your heads;
grow higher, ancient doors.
Let him enter, the king of glory!

Who is the king of glory?
The Lord, the mighty, the valiant,
the Lord, the valiant in war.

O gates, lift high your heads;
grow higher, ancient doors.
Let him enter, the king of glory!

Who is he, the king of glory?
He, the Lord of armies,
he is the king of glory.

WEDNESDAY Psalm 46 (47)

All peoples, clap your hands,
cry to God with shouts of joy!
For the Lord, the Most High, we must
fear,
great king over all the earth.

He subdues peoples under us
and nations under our feet.
Our inheritance, our glory, is from him,
given to Jacob out of love.

God goes up with shouts of joy;
the Lord goes up with trumpet blast.
Sing praise for God, sing praise,
sing praise to our king, sing praise.

God is king of all the earth,
sing praise with all your skill.
God is king over the nations;
God reigns on his holy throne.

The princes of the people are assembled
with the people of Abraham's God.
The rulers of the earth belong to God,
to God who reigns over all.

THURSDAY Psalm 56 (57)

Have mercy on me, God, have mercy
for in you my soul has taken refuge.
In the shadow of your wings I take
refuge
till the storms of destruction pass by.

I call to God the Most High,
to God who has always been my help.
May he send from heaven and save me
and shame those who assail me.
May God send his truth and his love.

My soul lies down among lions,
who would devour the sons of men.
Their teeth are spears and arrows,

their tongue a sharpened sword.

O God, arise above the heavens;
may your glory shine on earth!

They laid a snare for my steps,
my soul was bowed down.
They dug a pit in my path
but fell in it themselves.

My heart is ready, O God,
my heart is ready.
I will sing, I will sing your praise.
Awake, my soul,
awake, lyre and harp,
I will awake the dawn.

I will thank you, Lord, among the
peoples,
among the nations I will praise you
for your love reaches to the heavens
and your truth to the skies.

O God, arise above the heavens;
may your glory shine on earth!

FRIDAY Psalm 99 (100)

Cry out with joy to the Lord, all the
earth.
Serve the Lord with gladness.
Come before him, singing for joy.

Know that he, the Lord, is God.
He made us, we belong to him,
we are his people, the sheep of his flock.

Go within his gates, giving thanks.
Enter his courts with songs of praise.
Give thanks to him and bless his name.

Indeed, how good is the Lord,
eternal his merciful love.
He is faithful from age to age.

SATURDAY Psalm 118 (119): 145-152

I call with all my heart; Lord, hear me,
I will keep your statutes.
I call upon you, save me
and I will do your will.

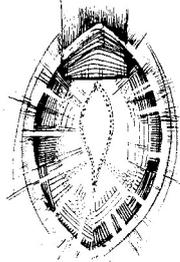
I rise before dawn and cry for help,
I hope in your word.
My eyes watch through the night
to ponder your promise.

In your love hear my voice, O Lord;
give me life by your decrees.
Those who harm me unjustly draw near;
they are far from your law.

But you, O Lord, are close,
your commands are truth.
Long have I known that your will
is established for ever.

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PRAYER IN MY POCKET
EVENING PRAYER
THE LORD IS MY LIGHT
AND SALVATION



EVENING PRAYER

O God, + come to our aid.

O Lord, make haste to help us.

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 of the DAY

After each psalm:

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.

SCRIPTURE READING *(followed by Silent Reflection)*

GOSPEL CANTICLE: *Magnificat* (Luke 1:46-55)

+ My soul glorifies the Lord,*
 my spirit rejoices in God, my Saviour.
 He looks on his servant in her lowliness;*
 henceforth all ages will call me blessed.

The Almighty works marvels for me.*
 Holy his name!

His mercy is from age to age,*
 on those who fear him.

He puts forth his arm in strength*
 and scatters the proud-hearted.
 He casts the mighty from their thrones*
 and raises the lowly.

Romans 8:35-39 Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, 'For your sake we are being killed all day long; we are accounted as sheep to be slaughtered.' No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Titus 3:4-7 When the goodness and loving kindness of God our Saviour appeared, he saved us, not because of deeds done by us in righteousness, but in virtue of his own mercy, by the washing of regeneration and renewal in the Holy Spirit, which he poured out upon us richly through Jesus Christ our Saviour, so that we might be justified by his grace and become heirs in hope of eternal life.

Following Bible Readings
 you find yourself on the move or without a bible use one of the Suggested Readings are provided in the weekly bulletin but if

EVENING PRAYER ON THE MOVE

He fills the starving with good things,*
 sends the rich away empty.

He protects Israel, his servant,*
 remembering his mercy,
 the mercy promised to our fathers,*
 to Abraham and his sons for ever.

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.

PRAYERS for the Church, the world, the local community, those in need, the departed

THE LORD'S PRAYER

CONCLUDING PRAYER

The following or the Collect for the Day may be used:

Lord, be the beginning and end of all that we do and say. Prompt our actions with your grace, and complete them with your all powerful help. We make our prayer through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

BLESSING

May the Lord bless us and keep us from all evil; and bring us to eternal life. **Amen.**

PSALMS for EVENING PRAYER

SUNDAY Psalm 113A (114)

When Israel came forth from Egypt,
Jacob's sons from an alien people,
Judah became the Lord's temple,
Israel became his kingdom.

The sea fled at the sight:
the Jordan turned back on its course,
the mountains leapt like rams
and the hills like yearling sheep.

Why was it, sea, that you fled,
that you turned back, Jordan, on your
course?

Mountains, that you leapt like rams;
hills, like yearling sheep?

Tremble, O earth, before the Lord,
in the presence of the God of Jacob,
who turns the rock into a pool
and flint into a spring of water.

MONDAY Psalm 14 (15)

Lord, who shall be admitted to your tent
and dwell on your holy mountain?

He who walks without fault;
he who acts with justice
and speaks the truth from his heart;
he who does not slander with his tongue;

he who does no wrong to his brother,
who casts no slur on his neighbour,
who holds the godless in disdain,
but honours those who fear the Lord;

he who keeps his pledge, come what may;
who takes no interest on a loan
and accepts no bribes against the innocent.
Such a man will stand firm forever.

TUESDAY Psalm 19 (20)

May the Lord answer in time of trial;
may the name of Jacob's God protect you.

May he send you help from his shrine
and give you support from Zion.
May he remember all your offerings
and receive your sacrifice with favour.

May he give you your heart's desire
and fulfil every one of your plans.
May we ring out our joy at your victory
and rejoice in the name of our God.
May the Lord grant all your prayers.

I am sure now that the Lord
will give victory to his anointed,
will reply from his holy heaven
with the mighty victory of his hand.

Some trust in chariots or horses,
but we in the name of the Lord.
They will collapse and fall,
but we shall hold and stand firm.

Give victory to the king, O Lord,
give answer on the day we call.

WEDNESDAY Psalm 26 (27)

The Lord is my light and my help;

whom shall I fear?

The Lord is the stronghold of my life;
before whom shall I shrink?

When evil-doers draw near
to devour my flesh,
it is they, my enemies and foes,
who stumble and fall.

Though an army encamp against me
my heart would not fear.
Though war break out against me
even then would I trust.

There is one thing I ask of the Lord,
for this I long,
to live in the house of the Lord,
all the days of my life,
to savour the sweetness of the Lord,
to behold his temple.

For there he keeps me safe in his tent
in the day of evil.
He hides me in the shelter of his tent,
on a rock he sets me safe.

And now my head shall be raised
above my foes who surround me
and I shall offer within his tent
a sacrifice of joy.
I will sing and make music for the Lord.

THURSDAY Psalm 29 (30)

I will praise you, Lord, you have rescued me
and have not let my enemies rejoice over
me.

O Lord, I cried to you for help
and you, my God, have healed me.

O Lord, you have raised my soul from the
dead,
restored me to life from those who sink
into the grave.

Sing psalms to the Lord, you who love him,
give thanks to his holy name.

His anger lasts a moment; his favour all
through life.

At night there are tears, but joy comes with
dawn.

I said to myself in my good fortune:
'Nothing will ever disturb me.'

Your favour had set me on a mountain
fastness,
then you hid your face and I was put to
confusion.

To you, Lord, I cried,
to my God I made appeal:
'What profit would my death be, my going
to the grave?
Can dust give you praise or proclaim your
truth?

The Lord listened and had pity.
The Lord came to my help.
For me you have changed my mourning into
dancing,
you removed my sackcloth and clothed me
with joy.
So my soul sings psalms to you unceasingly.
O Lord my God, I will thank you for ever.

FRIDAY Psalm 45 (46)

God is for us a refuge and strength,
a helper close at hand, in time of distress,
so we shall not fear though the earth should
rock,
though the mountains fall into the depths of
the sea;
even though its waters rage and foam,
even though the mountains be shaken by its
waves.

The Lord of hosts is with us:
the God of Jacob is our stronghold.

The waters of a river give joy to God's city,
the holy place where the Most High dwells.
God is within, it cannot be shaken;
God will help it at the dawning of the day.
Nations are in tumult, kingdoms are shaken:
he lifts his voice, the earth shrinks away.

The Lord of hosts is with us:
the God of Jacob is our stronghold.

Come, consider the works of the Lord,
the redoubtable deeds he has done on the
earth.

He puts an end to wars over all the earth;
the bow he breaks, the spear he snaps.
He burns the shields with fire.
'Be still and know that I am God,
supreme among the nations, supreme on
the earth!'

The Lord of hosts is with us:
the God of Jacob is our stronghold.

SATURDAY Psalm 15 (16)

Preserve me, God, I take refuge in you.
I say to the Lord: 'You are my God.
My happiness lies in you alone.'

He has put into my heart a marvellous love
for the faithful ones who dwell in his land.
Those who choose other gods increase
their sorrows.

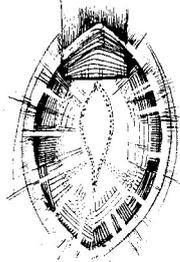
Never will I offer their offerings of blood.
Never will I take their name upon my lips.

O Lord, it is you who are my portion and
cup;
it is you yourself who are my prize.
The lot marked out for me is my delight:
welcome indeed the heritage that falls to
me!

I will bless the Lord who gives me counsel,
who even at night directs my heart.
I keep the Lord ever in my sight:
since he is at my right hand, I shall stand
firm.

And so my heart rejoices, my soul is glad;
even my body shall rest in safety.
For you will not leave my soul among the
dead,
nor let your beloved know decay.

You will show me the path of life,
the fullness of joy in your presence,
at your right hand happiness for ever.



**I COMMEND MY SPIRIT
INTO YOUR HANDS LORD
NIGHT PRAYER
PRAYER IN MY POCKET**

NIGHT PRAYER

O God, + come to our aid.

O Lord, make haste to help us.

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.

Reflection: looking at the day that has gone: to give thanks and to seek forgiveness

PSALM 133 (134)

O come, bless the Lord,
all you who serve the Lord,
who stand in the house of the Lord,
in the courts of the house of our God.

Lift up your hands to the holy place
and bless the Lord through the night.
May the Lord bless you from Zion,
he who made both heaven and earth.

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.

SCRIPTURE READING *Deuteronomy 6:4-7*

Listen, Israel: the Lord our God is the one Lord. You shall love the Lord your God with all your heart, with all your soul, with all your strength. Let these words I urge

May the almighty Lord grant us a quiet night and a perfect end. Amen

BLESSING

Visit this house, we pray you, Lord: drive far away from it all the snares of the enemy. May your holy angels stay here and guard us in peace, and let your blessings be always upon us. Through Christ our Lord. Amen.

PRAYER

on you today be written on your heart. You shall repeat them to your children and say them over to them whether at rest in your house or walking abroad, at your lying down or at your rising.

Silent reflection

RESPONSE *(may be used with groups)*

Into your hands, Lord, I commend my spirit.

Into your hands, Lord, I commend my spirit.

You have redeemed us, Lord, God of faithfulness.

Into your hands, Lord...

Glory be to the Father and to the Son and to the Holy Spirit. **Into your hands, Lord...**

GOSPEL CANTICLE: *Nunc Dimittis* (Luke 2:29-32)

Save us, Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ and rest with him in peace.

+ At last, all-powerful Master,
you give leave to your servant
to go in peace, according to your promise.

For my eyes have seen your salvation
which you have prepared for all nations,
the light to enlighten the Gentiles
and give glory to Israel, your people.

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.