

## A Simple form of Morning Prayer

O Lord, open our lips

**And our mouth shall proclaim your praise**

Blessed be God, Father, Son and Holy Spirit

**Blessed be God for ever**

*We read verses from A Psalm \**

*At the end we say:*

**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**

*We keep a moment of silence*

**We pray: The night has passed and the day lies open before us; may the light of presence be with us all this day. Amen**

*We read a passage from the Bible\* after which we say:*

This is the word of the Lord

**Thanks be to God**

*We say the Song of Zechariah – The Benedictus*

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  
that he would save us from our enemies,  
from the hands of all that hate us;
4. To show mercy to our forebears,  
and to remember his holy covenant.

This was the oath he swore to our father, Abraham,  
to set us free from the hands of our enemies,

5. Free to worship him without fear,  
holy and righteous in his sight, all the days of our life.
6. And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare his way,
7. To give his people knowledge of salvation  
by the forgiveness of all their sins.
8. In the tender compassion of our God  
the dawn from on high shall break upon us,
9. To shine on those who dwell in darkness  
and the shadow of death,  
and to guide our feet into the way of peace.

*At the end we say:*

**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**

*Then follow The Prayers - for the day and its tasks, the world and its needs, the Church and her life, for those we love and care for.*

*We end with The Lord's Prayer*

Our Father, who art in heaven,  
hallowed be thy name,  
thy kingdom come, thy will be done,  
on earth as it is 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 thine is the kingdom the power and the glory  
for ever and ever, Amen .

*We end by saying:*

Let us bless the Lord.

**Thanks be to God**

## A Simple form of Evening Prayer

O God, make speed to save us

**O Lord, make haste to help us.**

Blessed be God, Father, Son and Holy Spirit

**Blessed be God for ever**

*We read verses from A Psalm \**

*At the end we say:*

**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**

*We keep a moment of silence*

*We pray: As our evening prayer rises before you, O God,*

**so may your mercy come down upon us,**

**to cleanse our hearts**

**and set us free to sing your praise. Amen**

*We read a passage from the Bible\* after which we say:*

This is the word of the Lord

**Thanks be to God**

*We say the Song of Mary – The Magnificat*

1. My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Saviour; he has  
looked with favour on his lowly servant.

2. From this day all generations will call me blessed:  
The Almighty has done great things for me  
and holy is his name.

3. He has mercy on those who fear him,  
from generation to generation.
4. He has shown strength with his arm  
and has scattered the proud in their conceit,
5. Casting down the mighty from their thrones  
and lifting up the lowly.
6. He has filled the hungry with good things  
and sent the rich away empty.
7. He has come to the aid of his servant, Israel,  
to remember his promise of mercy,
8. The promise made to our ancestors,  
to Abraham and his children forever.

*At the end we say:*

**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**

*Then follow The Prayers - for peace, for individuals and their needs,  
for those we hold in our hearts.*

*We end with The Lord's Prayer*

Our Father,  
who art in heaven,  
hallowed be thy name,  
thy kingdom come, thy will be done,  
on earth as it is 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 thine is the kingdom the power and the glory  
for ever and ever, Amen .

*We end by saying:*

Let us bless the Lord.

**Thanks be to God**

## \*Morning Prayer

### The Psalm

*Choose from the following – a 4 week cycle*

Sunday	100	148	149	150
Monday	93	103	121	145
Tuesday	24	25	43	146
Wednesday	8	19	112	113
Thursday	29	66	67	97
Friday	22	42	51	95
Saturday	23	33	63 (1-8)	65

### The Reading

In Lent: Hebrews 12. 3-13, Heb 12. 14-end, Heb 13 1-6 ,  
Heb 13 17-end

In Holy Week: Palm Sun: Matt, 21. 33-end, Mon: Luke 22.1-23,  
Tues: Luke 22, 39-53, Wed: Luke22, 54-end, Maundy Thurs:  
Luke 23 1-25, Good Fri: John 19.16-25, Holy Sat: 1.John 5. 5-12

In Eastertide (from Easter Sunday) John 20 11-18, 1.Corinthians 15. 1-11,  
1.Cor 15.12-19, 1.Cor 15.20-28, 1 Cor 15. 29-34, 1 Cor 15. 35-50,  
1 Cor.15 51-end

(from 2<sup>nd</sup> Sunday of Easter) Mark 15. 46-16.8, Colossians 1.1-14,  
Col.1.15-end, Col 2.1-15, Col. 3.1-12, Col 3.12-4.1, Col 4.1-6

(from 3<sup>rd</sup> Sunday of Easter) Corinthians 3.10-17, Luke 1.1-25,  
Luke 1.26-38, Luke 1.39-56, Luke 1.57-end, Luke 2 1-20, Luke 2.21-40.

## \*Evening Prayer

### The Psalm

*Choose from the following – a 4 week cycle*

Sunday	4	104	116	118
Monday	122	126	139	147
Tuesday	46	85	127	130
Wednesday	34	45	96	128
Thursday	47	48	72	98
Friday	27	77	90	99
Saturday	15	16	30	84

### The Reading

In Lent: John 12.1-11, John 12.12-19,John 12.20-36a, John 12.36b-end.

In Holy Week: Palm Sun: Luke 16, 19-end, Mon: Colossians 1.18-23  
Tues: Galatians 6.11-end, Wed: Revelation14.18-15.4, Maun.Th:  
Ephesians 2. 11-18, Good Fri: Colossians 1.18-23, Holy Sat: John 2. 18-22

In Eastertide (from Easter Sunday) Revelation 15.2-4 , Mark 16.1-18,  
Luke 24, 1-12, Matthew 28, 16-end, Luke 7. 11-17, Luke 8.41-end  
John 11.17-44

(from 2<sup>nd</sup> Sunday of Easter) 1.Corinthians 5.6b-8, John 20 1-10,  
John 20 11-18, John 20.19-end, John 21.1-15, John 21.15-19

(from 3<sup>rd</sup> Sunday of Easter) I.Peter 5.1-11, Ephesians1.1-14,  
Eph 1.15-end, Eph 2.1-10, Eph 2. 11-end, Eph 3. 1-13, Ephesians 3.14-end

