



Morning Prayer

Preparation

O Lord, open our lips
and our mouth shall proclaim your praise.

Hear our voice, O Lord, according to your faithful love,
according to your judgement give us life.

Prayer of thanksgiving

Blessed are you, God of compassion and mercy,
to you be praise and glory for ever.
In the darkness of our sin,
your light breaks forth like the dawn
and your healing springs up for deliverance.
As we rejoice in the gift of your saving help,
sustain us with your bountiful Spirit
and open our lips to sing your praise.
Blessed be God, Father, Son and Holy Spirit.
Blessed be God for ever.

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.
Amen.

The Word of God

Psalmody

Psalm 91

Assurance of God's Protection

You who live in the shelter of the Most High,
who abide in the shadow of the Almighty,
will say to the Lord, 'My refuge and my fortress;
my God, in whom I trust.'

For he will deliver you from the snare of the fowler
and from the deadly pestilence;
he will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.

You will not fear the terror of the night,
or the arrow that flies by day,
or the pestilence that stalks in darkness,
or the destruction that wastes at noonday.
Those who love me, I will deliver;
I will protect those who know my name.

A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
You will only look with your eyes
and see the punishment of the wicked.

Because you have made the Lord your refuge,
the Most High your dwelling-place,
no evil shall befall you,
no scourge come near your tent.
Those who love me, I will deliver;
I will protect those who know my name.

For he will command his angels concerning you
to guard you in all your ways.
On their hands they will bear you up,
so that you will not dash your foot against a stone.
You will tread on the lion and the adder,
the young lion and the serpent you will trample under foot.

Those who love me, I will deliver;
I will protect those who know my name.
When they call to me, I will answer them;
I will be with them in trouble,
I will rescue them and honour them.
With long life I will satisfy them,
and show them my salvation.
Those who love me, I will deliver;
I will protect those who know my name.

Thanks be to God.

Scripture Reading & Reflection Time

Read the appointed reading for the day from Mark's Gospel, after which pause and reflect on what you have heard.

To you, O Lord, I lift up my soul;
O my God, in you I trust.
You are the God of my salvation,
To you, O Lord, I lift up my soul.
In you I hope all the day long.
O my God, in you I trust.
Remember, Lord, your compassion and love,
for they are from everlasting.
To you, O Lord, I lift up my soul;
O my God, in you I trust.

[Psalm 25]

Prayers

Intercessions are offered

for the day and its tasks
for the world and its needs
for the Church and her life

The Collect Prayer

The Collect of the day or the following is said

Almighty and everlasting God,
you hate nothing that you have made
and forgive the sins of all those who are penitent:
create and make in us new and contrite hearts
that we, worthily lamenting our sins
and acknowledging our wretchedness,
may receive from you, the God of all mercy,
perfect remission and forgiveness;
through Jesus Christ our Lord.
Amen.

Trusting in the compassion of God,
as our Saviour taught us, so we pray

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.

May God our Redeemer
show us compassion and love.
Amen.

Let us bless the Lord.
Thanks be to God.

The Conclusion

Acknowledgement
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(Finger) Walking a Labyrinth

