

☩ Morning Prayer on Friday

Friday, 17 September 2021

Hildegard, Abbess of Bingen, Visionary, 1179 [Lesser Festival]

Preparation

O Lord, open our lips

And our mouth shall proclaim your praise.

[The Acclamation of Christ at the Dawning of the Day \(page 108\)](#) may replace the Preparation as the start of Morning Prayer on any occasion.

One or more of the following is said or sung:

One of these prayers of thanksgiving (page 109),

Blessed are you, Sovereign God, creator of all,

to you be glory and praise for ever.

You founded the earth in the beginning

and the heavens are the work of your hands.

In the fullness of time you made us in your image,

and in these last days you have spoken to us

in your Son Jesus Christ, the Word made flesh.

As we rejoice in the gift of your presence among us

let the light of your love always shine in our hearts,

your Spirit ever renew our lives

and your praises ever be on our lips.

Blessed be God, Father, Son and Holy Spirit.

All Blessed be God for ever.

(or)

Blessed are you, creator of all,

to you be praise and glory for ever.

As your dawn renews the face of the earth

bringing light and life to all creation,

may we rejoice in this day you have made;

as we wake refreshed from the depths of sleep,

open our eyes to behold your presence
and strengthen our hands to do your will,
that the world may rejoice and give you praise.

Blessed be God, Father, Son and Holy Spirit.

All Blessed be God for ever.

after Lancelot Andrewes (1626)

or a suitable hymn,

or the Venite – A Song of Triumph

1 O come, let us sing to the Lord; □

let us heartily rejoice in the rock of our salvation.

2 Let us come into his presence with thanksgiving □

and be 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 the depths of the earth □

and the heights of the mountains are his also.

5 The sea is his, for he made it, □

and his hands have moulded the dry land.

6 Come, let us worship and bow down □

and kneel before the Lord our Maker.

7 For he is our God; □

we are the people of his pasture and the sheep of his hand.

The canticle may end here.

8 O that today you would listen to his voice: □

‘Harden not your hearts as at Meribah,

on that day at Massah in the wilderness,

9 ‘When your forebears tested me, and put me to the proof, □

though they had seen my works.

10 ‘Forty years long I detested that generation and said, □

“This people are wayward in their hearts;

they do not know my ways.”

11'So I swore in my wrath, □

"They shall not enter into my rest."

Psalm 95

AllGlory 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.

This opening prayer may be said

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.

AllAmen.

The Word of God

Psalmody

The appointed psalmody is said.

Psalm 31

Refrain: Into your hands I commend my spirit.

1 In you, O Lord, have I taken refuge;

let me never be put to shame; □

deliver me in your righteousness.

2 Incline your ear to me; □

make haste to deliver me.

3 Be my strong rock, a fortress to save me,

for you are my rock and my stronghold; □

guide me, and lead me for your name's sake.

4 Take me out of the net
that they have laid secretly for me,[□]
for you are my strength.

5 Into your hands I commend my spirit,[□]
for you have redeemed me, O Lord God of truth. R

6 I hate those who cling to worthless idols;[□]
I put my trust in the Lord.

7 I will be glad and rejoice in your mercy,[□]
for you have seen my affliction
and known my soul in adversity.

8 You have not shut me up in the hand of the enemy;[□]
you have set my feet in an open place. R

9 Have mercy on me, Lord, for I am in trouble;[□]
my eye is consumed with sorrow,
my soul and my body also.

10 For my life is wasted with grief,
and my years with sighing;[□]
my strength fails me because of my affliction,
and my bones are consumed.

11 I have become a reproach to all my enemies
and even to my neighbours,
an object of dread to my acquaintances;[□]
when they see me in the street they flee from me.

12 I am forgotten like one that is dead, out of mind;[□]
I have become like a broken vessel.

13 For I have heard the whispering of the crowd;
fear is on every side;[□]
they scheme together against me,
and plot to take my life. R

14 But my trust is in you, O Lord.[□]
I have said, 'You are my God.

15 'My times are in your hand;[□]

deliver me from the hand of my enemies,
and from those who persecute me.

16 'Make your face to shine upon your servant,[□]
and save me for your mercy's sake.'

17 Lord, let me not be confounded
for I have called upon you;[□]
but let the wicked be put to shame;
let them be silent in the grave.

18 Let the lying lips be put to silence[□]
that speak against the righteous
with arrogance, disdain and contempt. R

19 How abundant is your goodness, O Lord,
which you have laid up for those who fear you;[□]
which you have prepared in the sight of all
for those who put their trust in you.

20 You hide them in the shelter of your presence
from those who slander them;[□]
you keep them safe in your refuge from the strife of tongues.

21 Blessed be the Lord![□]
For he has shown me his steadfast love
when I was as a city besieged.

22 I had said in my alarm,
'I have been cut off from the sight of your eyes.'[□]
Nevertheless, you heard the voice of my prayer
when I cried out to you. R

23 Love the Lord, all you his servants;[□]
for the Lord protects the faithful,
but repays to the full the proud.

24 Be strong and let your heart take courage,[□]
all you who wait in hope for the Lord.

Refrain: Into your hands I commend my spirit.

Lord Jesus Christ,

when scorn and shame besiege us
and hope is veiled in grief,
hold us in your wounded hands
and make your face shine on us again,
for you are our Lord and God.

Each psalm or group of psalms may end with

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.

If there are two Scripture readings, the first may be read here, or both may be read after the canticle.

Wisdom 8.21-9.end

But I perceived that I would not possess wisdom unless God gave her to me—
and it was a mark of insight to know whose gift she was—
so I appealed to the Lord and implored him,
and with my whole heart I said:

‘O God of my ancestors and Lord of mercy,
who have made all things by your word,
and by your wisdom have formed humankind
to have dominion over the creatures you have made,
and rule the world in holiness and righteousness,
and pronounce judgement in uprightness of soul,
give me the wisdom that sits by your throne,
and do not reject me from among your servants.
For I am your servant, the son of your servant-girl,
a man who is weak and short-lived,
with little understanding of judgement and laws;
for even one who is perfect among human beings
will be regarded as nothing without the wisdom that comes from you.

You have chosen me to be king of your people
and to be judge over your sons and daughters.

You have given command to build a temple on your holy mountain,
and an altar in the city of your habitation,

a copy of the holy tent that you prepared from the beginning.

With you is wisdom, she who knows your works
and was present when you made the world;
she understands what is pleasing in your sight
and what is right according to your commandments.

Send her forth from the holy heavens,
and from the throne of your glory send her,
that she may labour at my side,
and that I may learn what is pleasing to you.

For she knows and understands all things,
and she will guide me wisely in my actions
and guard me with her glory.

Then my works will be acceptable,
and I shall judge your people justly,
and shall be worthy of the throne of my father.

For who can learn the counsel of God?

Or who can discern what the Lord wills?

For the reasoning of mortals is worthless,
and our designs are likely to fail;

for a perishable body weighs down the soul,
and this earthy tent burdens the thoughtful mind.

We can hardly guess at what is on earth,
and what is at hand we find with labour;
but who has traced out what is in the heavens?

Who has learned your counsel,
unless you have given wisdom
and sent your holy spirit from on high?

And thus the paths of those on earth were set right,
and people were taught what pleases you,
and were saved by wisdom.'

or [1 Chronicles 29.21-end](#)

Canticle

A Song of Humility, or another suitable canticle, for example, [number 33 \(page 584\)](#), may be said

Refrain:

All Raise us up, O God,
that we may live in your presence.

1 Come, let us return to the Lord
who has torn us and will heal us.

2 God has stricken us
and will bind up our wounds.

3 After two days, he will revive us,
and on the third day will raise us up,
that we may live in his presence.

4 Let us strive to know the Lord;
his appearing is as sure as the sunrise.

5 He will come to us like the showers,
like the spring rains that water the earth.

6 'O Ephraim, how shall I deal with you?
How shall I deal with you, O Judah?

7 Your love for me is like the morning mist,
like the dew that goes early away.

8 Therefore, I have hewn them by the prophets,
and my judgement goes forth as the light.

9 For loyalty is my desire and not sacrifice,
and the knowledge of God rather than burnt offerings.'

Hosea 6.1-6

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.

All Raise us up, O God,
that we may live in your presence.

Scripture Reading

One or more readings appointed for the day are read.

The reading(s) may be followed by a time of silence.

Mark 12.13-17

Then they sent to him some Pharisees and some Herodians to trap him in what he said. And they came and said to him, 'Teacher, we know that you are sincere, and show deference to no one; for you do not regard people with partiality, but teach the way of God in accordance with truth. Is it lawful to pay taxes to the emperor, or not? Should we pay them, or should we not?' But knowing their hypocrisy, he said to them, 'Why are you putting me to the test? Bring me a denarius and let me see it.' And they brought one. Then he said to them, 'Whose head is this, and whose title?' They answered, 'The emperor's.' Jesus said to them, 'Give to the emperor the things that are the emperor's, and to God the things that are God's.' And they were utterly amazed at him.

A suitable song or chant, or a responsory in this or another form, may follow

Forsake me not, O Lord;

be not far from me, O my God.

All Forsake me not, O Lord;

be not far from me, O my God.

Make haste to help me,

O Lord of my salvation.

All Be not far from me, O my God.

Glory to the Father and to the Son

and to the Holy Spirit.

All Forsake me not, O Lord;

be not far from me, O my God.

from Psalm 38

Gospel Cantic

The Benedictus (The Song of Zechariah) is normally said,

or [A Song of Praise \(page 627\)](#) may be said

Refrain:

All They who wait upon the Lord shall renew their strength;

they shall mount up with wings as an eagle.

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.

3Through his holy prophets God promised of old

to save us from our enemies,
from the hands of all that hate us,

4To show mercy to our ancestors,
and to remember his holy covenant.

5This was the oath God swore to our father Abraham:

to set us free from the hands of our enemies,

6Free to worship him without fear,

holy and righteous in his sight

all the days of our life.

7And you, child, shall be called the prophet of the Most High,

for you will go before the Lord to prepare his way,

8To give his people knowledge of salvation

by the forgiveness of all their sins.

9In the tender compassion of our God

the dawn from on high shall break upon us,

10To 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

AllGlory 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.

Refrain:

AllThey who wait upon the Lord shall renew their strength;

they shall mount up with wings as an eagle.

Prayers

Intercessions are offered

¶ for the day and its tasks

¶ for the world and its needs

¶

for the Church and her life

Prayers may include the following concerns from the [cycle on pages 362–363](#)

- ¶ The Queen, members of parliament and the armed forces
- ¶ Peace and justice in the world
- ¶ Those who work for reconciliation
- ¶ All whose lives are devastated by war and civil strife
- ¶ Prisoners, refugees and homeless people

One of the forms of prayer found [on pages 362–371](#) may be used.

These responses may be used

Lord, in your mercy
hear our prayer

(or)

Lord, hear us.

Lord, graciously hear us.

Silence may be kept.

The Collect of the day is said

Most glorious and holy God,
whose servant Hildegard, strong in the faith,
was caught up in the vision of your heavenly courts:
by the breath of your Spirit
open our eyes to glimpse your glory
and our lips to sing your praises with all the angels;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
All Amen.

The Lord's Prayer is said

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.
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.

(or)

Let us pray with confidence as our Saviour has taught us

AllOur 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 this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And 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.

The Conclusion

The Lord bless us, and preserve us from all evil,
and keep us in eternal life.

AllAmen.

Let us bless the Lord.

AllThanks be to God.

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