

## Â Morning Prayer

from the day after Ascension Day

until the Day of Pentecost

Tuesday, 31 May 2022

## The Visit of the Blessed Virgin Mary to Elizabeth

### Preparation

O Lord, open our lips

And our mouth shall proclaim your praise.

Send your Holy Spirit upon us,

And clothe us with power from on high. Alleluia..

One or more of the following is said or sung:

this or another prayer of thanksgiving

Blessed are you, creator God,

to you be praise and glory for ever.

As your Spirit moved over the face of the waters

bringing light and life to your creation,

pour out your Spirit on us today

that we may walk as children of light

and by your grace reveal your presence.

Blessed be God, Father, Son and Holy Spirit.

All Blessed be God for ever.

a suitable hymn, or A Song of God's Righteousness

1 Bless the Lord, O my soul, â

and all that is within me bless his holy name.

2 Bless the Lord, O my soul, â

and forget not all his benefits;

3 Who forgives all your sins â

and heals all your infirmities;

4Who redeems your life from the Pit â€¦!

and crowns you with faithful love and compassion;

5Who satisfies you with good things, â€¦!

so that your youth is renewed like an eagleâ€™s.

6The Lord executes righteousness â€¦!

and judgement for all who are oppressed.

7He made his ways known to Moses â€¦!

and his works to the children of Israel.

8The Lord has established his throne in heaven, â€¦!

and his kingdom has dominion over all.

9Bless the Lord, you angels of his, â€¦!

you mighty ones who do his bidding

and hearken to the voice of his word.

10Bless the Lord, all you his hosts, â€¦!

you ministers of his who do his will.

11Bless the Lord, all you works of his,

in all places of his dominion; â€¦!

bless the Lord, O my soul.

Psalm 103.1-7, 19-22

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.

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.

All Amen.

## The Word of God

### Psalmody

The appointed psalmody is said.

### Psalm 85

Refrain: Show us your mercy, O Lord.

1 Lord, you were gracious to your land;Â â€¦

you restored the fortunes of Jacob.

2 You forgave the offence of your peopleÂ â€¦

and covered all their sins.

3 You laid aside all your furyÂ â€¦

and turned from your wrathful indignation.Â R

4 Restore us again, O God our Saviour,Â â€¦

and let your anger cease from us.

5 Will you be displeased with us for ever?Â â€¦

Will you stretch out your wrath from one generation to another?

6 Will you not give us life again,Â â€¦

that your people may rejoice in you?

7 Show us your mercy, O Lord,Â â€¦

and grant us your salvation.Â R

8 I will listen to what the Lord God will say,Â â€¦

for he shall speak peace to his people and to the faithful,

that they turn not again to folly.

9 Truly, his salvation is near to those who fear him,Â â€¦

that his glory may dwell in our land.Â R

10 Mercy and truth are met together,Â â€¦

righteousness and peace have kissed each other;

11 Truth shall spring up from the earth<sup>!</sup>   
and righteousness look down from heaven.

12 The Lord will indeed give all that is good,<sup>!</sup>   
and our land will yield its increase.

13 Righteousness shall go before him<sup>!</sup>   
and direct his steps in the way.

Refrain: Show us your mercy, O Lord.

Most holy God,  
when we come to you fearing that  
truth condemns us,  
show us that truth is one with love  
in your Word made flesh,  
our Saviour Jesus Christ.

## Psalm 150

Refrain: Let everything that has breath praise the Lord.

1 Alleluia.

O praise God in his holiness;<sup>!</sup>   
praise him in the firmament of his power.

2 Praise him for his mighty acts;<sup>!</sup>   
praise him according to his excellent greatness. <sup>R</sup>

3 Praise him with the blast of the trumpet;<sup>!</sup>   
praise him upon the harp and lyre.

4 Praise him with timbrel and dances;<sup>!</sup>   
praise him upon the strings and pipe. <sup>R</sup>

5 Praise him with ringing cymbals;<sup>!</sup>   
praise him upon the clashing cymbals.

6 Let everything that has breath<sup>!</sup>   
praise the Lord.

Alleluia.

Refrain: Let everything that has breath praise the Lord.

God of life and love,  
whose Son was victorious over sin and death,  
make us alive with his life,  
that the whole world may resound with your praise;  
through Jesus Christ our Lord.

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.

## **1 Samuel 2.1-10**

Hannah prayed and said,  
"My heart exults in the Lord;  
"My strength is exalted in my God.  
My mouth derides my enemies,  
"because I rejoice in my victory.

"There is no Holy One like the Lord,  
"no one besides you;  
"there is no Rock like our God.  
Talk no more so very proudly,  
"let not arrogance come from your mouth;  
for the Lord is a God of knowledge,  
"and by him actions are weighed.

The bows of the mighty are broken,  
"but the feeble gird on strength.  
Those who were full have hired themselves out for bread,  
"but those who were hungry are fat with spoil.

The barren has borne seven,  
"but she who has many children is forlorn.  
The Lord kills and brings to life;  
"he brings down to Sheol and raises up.

The Lord makes poor and makes rich;  
    Â Â Â he brings low, he also exalts.  
He raises up the poor from the dust;  
    Â Â Â he lifts the needy from the ash heap,  
to make them sit with princes  
    Â Â Â and inherit a seat of honour.  
For the pillars of the earth are the Lord's,  
    Â Â Â and on them he has set the world.

    He will guard the feet of his faithful ones,  
    Â Â Â but the wicked shall be cut off in darkness;  
    Â Â Â for not by might does one prevail.  
The Lord! His adversaries shall be shattered;  
    Â Â Â the Most High will thunder in heaven.  
The Lord will judge the ends of the earth;  
    Â Â Â he will give strength to his king,  
    Â Â Â and exalt the power of his anointed.

## Canticle

The following, or another suitable canticle, may be said or sung

Refrain:

All Send Wisdom forth from your holy heavens;  
from the throne of your glory  
send what is pleasing to you. Alleluia.

1 O God of our ancestors and Lord of mercy,    !

you have made all things by your word.

2 By your wisdom you have formed us    !  
to have dominion over the creatures you have made;

3 To rule the world in holiness and righteousness    !  
and to pronounce judgement in uprightness of soul.

4 Give us the Wisdom that sits by your throne;    !  
do not reject us from among your servants,

5 For we are your servants,    !

with little understanding of judgement and laws.

6Even one who is perfect among us  
will be regarded as nothing  
without the wisdom that comes from you.

7With you is Wisdom, she who knows your works,  
and was present when you made the world.

8She understands what is pleasing in your sight  
and what is right according to your commandments.

9Send her forth from the holy heavens,  
from the throne of your glory send her.

10That she may labour at our side  
and that we may learn what is pleasing to you.

11For she knows and understands all things,  
she will guide us wisely in our actions  
and guard us with her glory.

Wisdom 9.1-5a,c, 6, 9-11

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.

AllSend Wisdom forth from your holy heavens;  
from the throne of your glory  
send what is pleasing to you. Alleluia.

### **Scripture Reading**

One or more readings appointed for the day are read.

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

### **Mark 3.31-35**

Then his mother and his brothers came; and standing outside, they sent to him and called him. A crowd was sitting around him; and they said to him, "Your mother and your brothers and sisters are outside, asking for you." And he replied, "Who are my mother and my brothers?" And looking at those who sat around

him, he said, "Here are my mother and my brothers! Whoever does the will of God is my brother and sister and mother."

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

Come, Holy Spirit, fill the hearts of your people

and kindle in us the fire of your love.

All who are led by the Spirit of God

are children of God and fellow-heirs with Christ.

Come, Holy Spirit, fill the hearts of your people.

Renew the face of your creation, Lord,

pouring on us the gifts of your Spirit,

and kindle in us the fire of your love.

For the creation waits with eager longing

for the glorious liberty of the children of God.

Come, Holy Spirit, fill the hearts of your people

and kindle in us the fire of your love.

cf Romans 8

## Gospel Cantic

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

or [The Song of Christ's Glory \(page 619\)](#) may be said

Refrain:

All In the womb of Mary, you found a dwelling place on earth,

O Christ;

remain for ever in our hearts. Alleluia.

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

to save us from our enemies,

from the hands of all that hate us,

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

5This was the oath God swore to our father Abraham: â€¦  
to set us free from the hands of our enemies,

6Free to worship him without fear, â€¦  
holy and righteous in his sight  
all the days of our life.

7And you, child, shall be called the prophet of the Most High, â€¦  
for you will go before the Lord to prepare his way,

8To give his people knowledge of salvation â€¦  
by the forgiveness of all their sins.

9In the tender compassion of our God â€¦  
the dawn from on high shall break upon us,

10To shine on those who dwell in darkness and the shadow of death, â€¦  
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:

All In the womb of Mary, you found a dwelling place on earth,  
O Christ;  
remain for ever in our hearts. Alleluia.

## Prayers

Intercessions are offered

Â¶ for the day and its tasks

Â¶ for the world and its needs

Â¶ for the Church and her life

Prayers may include the following concerns from the [cycle on pages 364-365](#)

• God's royal priesthood, for empowerment by the Spirit

• Those who wait on God, that they may find renewal

• All people, that they may acknowledge the kingdom of the ascended Christ

• The earth, for productivity and for fruitful harvests

• All who are struggling with broken relationships

A form of prayer found [on page 383](#) 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

Mighty God,

by whose grace Elizabeth rejoiced with Mary

and greeted her as the mother of the Lord:

look with favour on your lowly servants

that, with Mary, we may magnify your holy name

and rejoice to acclaim her Son our Saviour,

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

Being made one by the power of the Spirit,

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)

Being made one by the power of the Spirit,  
let us pray with confidence as our Saviour has taught us

All 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 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**

May the Spirit kindle in us the fire of God's love.

All Amen.

Let us bless the Lord. Alleluia, alleluia.

All Thanks be to God. Alleluia, alleluia.

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