

☩ Morning Prayer on Wednesday

Wednesday, 22 June 2022

Alban, first Martyr of Britain, c.250 [Lesser Festival]

Ember Day

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 A Song of God's Glorious Name

1 O Lord our governor, â€¦!

how glorious is your name in all the world!

2 Your majesty above the heavens is praised â€¦!

out of the mouths of babes at the breast.

3 You have founded a stronghold against your foes, â€¦!

that you might still the enemy and the avenger.

4 When I consider your heavens, the work of your fingers, â€¦!

the moon and the stars that you have ordained,

5 What are mortals, that you should be mindful of them; â€¦!

mere human beings, that you should seek them out?

6 You have made them little lower than the angels â€¦!

and crown them with glory and honour.

7 You have given them dominion over the works of your hands â€¦!

and put all things under their feet,

8 All sheep and oxen, â€¦!

even the wild beasts of the field,

9 The birds of the air, the fish of the sea â€¦!

and whatsoever moves in the paths of the sea.

10 O Lord our governor, â€¦!

how glorious is your name in all the world!

Psalm 8

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 34

Refrain: O taste and see that the Lord is gracious.

1 I will bless the Lord at all times;Â â!;
his praise shall ever be in my mouth.

2 My soul shall glory in the Lord;Â â!
let the humble hear and be glad.

3 O magnify the Lord with me;Â â!
let us exalt his name together.

4 I sought the Lord and he answered meÂ â!
and delivered me from all my fears.

5 Look upon him and be radiantÂ â!

and your faces shall not be ashamed.Â R

6 This poor soul cried, and the Lord heard meÂ â!'
and saved me from all my troubles.

7 The angel of the Lord encamps around those who fear himÂ â!'
and delivers them.

8 O taste and see that the Lord is gracious;Â â!'
blessed is the one who trusts in him.

9 Fear the Lord, all you his holy ones,Â â!'
for those who fear him lack nothing.

10 Lions may lack and suffer hunger,Â â!'
but those who seek the Lord
lack nothing that is good.Â R

11 Come, my children, and listen to me;Â â!'
I will teach you the fear of the Lord.

12 Who is there who delights in lifeÂ â!'
and longs for days to enjoy good things?

13 Keep your tongue from evilÂ â!'
and your lips from lying words.

14 Turn from evil and do good;Â â!'
seek peace and pursue it.Â R

15 The eyes of the Lord are upon the righteousÂ â!'
and his ears are open to their cry.

16 The face of the Lord is against those who do evil,Â â!'
to root out the remembrance of them from the earth.

17 The righteous cry and the Lord hears themÂ â!'
and delivers them out of all their troubles.

18 The Lord is near to the brokenheartedÂ â!'
and will save those who are crushed in spirit.Â R

19 Many are the troubles of the righteous;Â â!'
from them all will the Lord deliver them.

20 He keeps all their bones,â
so that not one of them is broken.

21 But evil shall slay the wickedâ
and those who hate the righteous will be condemned.

22 The Lord ransoms the life of his servantsâ
and will condemn none who seek refuge in him.

Refrain: O taste and see that the Lord is gracious.

Send your holy angels
to watch over us, O God,
that on our lips will be found your truth
and in our hearts your love;
so we may ever taste your goodness
in the land of the living;
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.

Joshua 22.9-end

So the Reubenites and the Gadites and the half-tribe of Manasseh returned home, parting from the Israelites at Shiloh, which is in the land of Canaan, to go to the land of Gilead, their own land of which they had taken possession by command of the Lord through Moses.

When they came to the region near the Jordan that lies in the land of Canaan, the Reubenites and the Gadites and the half-tribe of Manasseh built there an altar by the Jordan, an altar of great size. The Israelites heard that the Reubenites and the Gadites and the half-tribe of Manasseh had built an altar at the frontier of the land of Canaan, in the region near the Jordan, on the side that belongs to the Israelites. And when the people of Israel heard of it, the whole assembly of the Israelites gathered at Shiloh, to make war against them.

Then the Israelites sent the priest Phinehas son of Eleazar to the Reubenites and the Gadites and the half-tribe of Manasseh, in the land of Gilead, and with him ten chiefs, one from each of the tribal families of Israel, every one of them the head of a family among the clans of Israel. They came to the Reubenites, the Gadites, and the half-tribe of Manasseh in the land of Gilead, and they said to them, ââThus says the whole congregation of the Lord, ââWhat is this treachery that you have committed against the God of Israel in turning away today from following the Lord, by building yourselves an altar today in rebellion against the Lord? Have we not

had enough of the sin at Peor from which even yet we have not cleansed ourselves, and for which a plague came upon the congregation of the Lord, that you must turn away today from following the Lord! If you rebel against the Lord today, he will be angry with the whole congregation of Israel tomorrow. But now, if your land is unclean, cross over into the Lord's land where the Lord's tabernacle now stands, and take for yourselves a possession among us; only do not rebel against the Lord, or rebel against us by building yourselves an altar other than the altar of the Lord our God. Did not Achan son of Zerah break faith in the matter of the devoted things, and wrath fell upon all the congregation of Israel? And he did not perish alone for his iniquity!

Then the Reubenites, the Gadites, and the half-tribe of Manasseh said in answer to the heads of the families of Israel, "The Lord, God of gods! The Lord, God of gods! He knows; and let Israel itself know! If it was in rebellion or in breach of faith towards the Lord, do not spare us today for building an altar to turn away from following the Lord; or if we did so to offer burnt-offerings or grain-offerings or offerings of well-being on it, may the Lord himself take vengeance. No! We did it from fear that in time to come your children might say to our children, "What have you to do with the Lord, the God of Israel? For the Lord has made the Jordan a boundary between us and you, you Reubenites and Gadites; you have no portion in the Lord." So your children might make our children cease to worship the Lord. Therefore we said, "Let us now build an altar, not for burnt-offering, nor for sacrifice, but to be a witness between us and you, and between the generations after us, that we do perform the service of the Lord in his presence with our burnt-offerings and sacrifices and offerings of well-being; so that your children may never say to our children in time to come, "You have no portion in the Lord." And we thought, If this should be said to us or to our descendants in time to come, we could say, "Look at this copy of the altar of the Lord, which our ancestors made, not for burnt-offerings, nor for sacrifice, but to be a witness between us and you." Far be it from us that we should rebel against the Lord, and turn away this day from following the Lord by building an altar for burnt-offering, grain-offering, or sacrifice, other than the altar of the Lord our God that stands before his tabernacle!

When the priest Phinehas and the chiefs of the congregation, the heads of the families of Israel who were with him, heard the words that the Reubenites and the Gadites and the Manassites spoke, they were satisfied. The priest Phinehas son of Eleazar said to the Reubenites and the Gadites and the Manassites, "Today we know that the Lord is among us, because you have not committed this treachery against the Lord; now you have saved the Israelites from the hand of the Lord."

Then the priest Phinehas son of Eleazar and the chiefs returned from the Reubenites and the Gadites in the land of Gilead to the land of Canaan, to the Israelites, and brought back word to them. The report pleased the Israelites; and the Israelites blessed God and spoke no more of making war against them, to destroy the land where the Reubenites and the Gadites were settled. The Reubenites and the Gadites called the altar Witness; "For," said they, "it is a witness between us that the Lord is God."

Canticle

A Song of the Word of the Lord, or another suitable canticle, for example, [number 35 \(page 586\)](#), may be said

Refrain:

All Return to the Lord, who will have mercy,
to our God, who will richly pardon.

1 Seek the Lord while he may be found, and
call upon him while he is near;

2 Let the wicked abandon their ways, and
and the unrighteous their thoughts;

3 Return to the Lord, who will have mercy;
to our God, who will richly pardon.

4 For my thoughts are not your thoughts;
neither are your ways my ways, says the Lord.

5 For as the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts.

6 As the rain and the snow come down from above,
and return not again but water the earth,

7 Bringing forth life and giving growth
seed for sowing and bread to eat,

8 So is my word that goes forth from my mouth;
it will not return to me fruitless,

9 But it will accomplish that which I purposed
and succeed in the task I gave it.

Isaiah 55.6-11

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 Return to the Lord, who will have mercy,
to our God, who will richly pardon.

Scripture Reading

One or more readings appointed for the day are read.

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

Luke 12.22-31

He said to his disciples, "Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do

you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.

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

Lord, you will guide me with your counsel

and afterwards receive me with glory.

All Lord, you will guide me with your counsel

and afterwards receive me with glory.

For I am always with you;

you hold me by my right hand.

All And afterwards receive me with glory.

Glory to the Father and to the Son

and to the Holy Spirit.

All Lord, you will guide me with your counsel

and afterwards receive me with glory.

from Psalm 73

Gospel Cantic

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

or [A Song of Redemption \(page 620\)](#) may be said

Refrain:

All Blessed are those who are persecuted for the cause of right,

for theirs is the kingdom of heaven.

1 Blessed be the Lord the God of Israel, â€

who has come to his people and set them free.

2 He has raised up for us a mighty Saviour, â€

born of the house of his servant David.

3 Through his holy prophets God promised of old â€

to save us from our enemies,

from the hands of all that hate us,

4 To 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 Blessed are those who are persecuted for the cause of right,

for theirs is the kingdom of heaven.

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 362â€363](#)

Â€ The social services

Â€ All who work in the criminal justice system

Â€

Victims and perpetrators of crime

• The work of aid agencies throughout the world

• Those living in poverty or under oppression

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

Eternal Father,

when the gospel of Christ first came to our land

you gloriously confirmed the faith of Alban

by making him the first to win a martyr's crown:

grant that, following his example,

in the fellowship of the saints

we may worship you, the living God,

and give true witness to 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

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

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

All Amen.

Let us bless the Lord.

All Thanks be to God.

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