

## ☩ Morning Prayer on Tuesday

Tuesday, 19 July 2022

**Gregory, Bishop of Nyssa, and his sister Macrina, Deaconess, Teachers of the Faith, c.394 and c.379 [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 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;

4 Who redeems your life from the Pit â€¦!  
and crowns you with faithful love and compassion;

5 Who satisfies you with good things, â€¦!  
so that your youth is renewed like an eagle's.

6 The Lord executes righteousness â€¦!  
and judgement for all who are oppressed.

7 He made his ways known to Moses â€¦!  
and his works to the children of Israel.

8 The Lord has established his throne in heaven, â€¦!  
and his kingdom has dominion over all.

9 Bless the Lord, you angels of his, â€¦!  
you mighty ones who do his bidding  
and hearken to the voice of his word.

10 Bless the Lord, all you his hosts, â€¦!  
you ministers of his who do his will.

11 Bless 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 106\***

Refrain: The Lord remembered his covenant.

1 Alleluia.

Give thanks to the Lord, for he is gracious, â€!  
for his faithfulness endures for ever.

2 Who can express the mighty acts of the Lord â€!  
or show forth all his praise?

3 Blessed are those who observe what is right â€!

and always do what is just.

4 Remember me, O Lord, in the favour you bear for your people;Â â!;  
visit me in the day of your salvation;

5 That I may see the prosperity of your chosen  
and rejoice in the gladness of your people,Â â!;  
and exult with your inheritance.Â R

6 We have sinned like our forebears;Â â!;  
we have done wrong and dealt wickedly.

7 In Egypt they did not consider your wonders,  
nor remember the abundance of your faithful love;Â â!;  
they rebelled against the Most High at the Red Sea.

8 But he saved them for his name's sake,Â â!;  
that he might make his power to be known.

9 He rebuked the Red Sea and it was dried up;Â â!;  
so he led them through the deep as through the wilderness.

10 He saved them from the adversary's hand,Â â!;  
and redeemed them from the hand of the enemy.

11 As for those that troubled them, the waters overwhelmed them;Â â!;  
there was not one of them left.

12 Then they believed his words,Â â!;  
and sang aloud his praise.Â R

13 But soon they forgot his deeds,Â â!;  
and would not wait for his counsel.

14 A craving seized them in the wilderness,Â â!;  
and they put God to the test in the desert.

15 He gave them their desire,Â â!;  
but sent a wasting sickness among them.

16 They grew jealous of Moses in the camp,Â â!;  
and of Aaron, the holy one of the Lord.

17 So the earth opened and swallowed up Dathan,Â â!;

and covered the company of Abiram.

18 A fire was kindled in their company;â  
the flame burnt up the wicked.â R

19 They made a calf at Horebâ  
and worshipped the molten image;

20 Thus they exchanged their gloryâ  
for the image of an ox that feeds on hay.

21 They forgot God their saviour,â  
who had done such great things in Egypt,

22 Wonderful deeds in the land of Hamâ  
and fearful things at the Red Sea.

23 So he would have destroyed them,  
had not Moses his chosen stood before him in the breach,â  
to turn away his wrath from consuming them.â R

24 Then they scorned the Promised Landâ  
and would not believe his word,

25 But murmured in their tentsâ  
and would not heed the voice of the Lord.

26 So he lifted his hand against themâ  
and swore to overthrow them in the wilderness,

27 To disperse their descendants among the nations,â  
and to scatter them throughout the lands.â R

28 They joined themselves to the Baal of Peorâ  
and ate sacrifices offered to the dead.

29 They provoked him to anger with their evil deedsâ  
and a plague broke out among them.

30 Then Phinehas stood up and intercededâ  
and so the plague was stayed.

31 This was counted to him for righteousnessâ  
throughout all generations for ever.

32 They angered him also at the waters of Meribah,Â â!;

so that Moses suffered for their sake;

33 For they so embittered his spiritÂ â!;

that he spoke rash words with his lips.Â R

34 They did not destroy the peoplesÂ â!;

as the Lord had commanded them.

35 They mingled with the nationsÂ â!;

and learned to follow their ways,

36 So that they worshipped their idols,Â â!;

which became to them a snare.

37 Their own sons and daughtersÂ â!;

they sacrificed to evil spirits.

38 They shed innocent blood,Â â!;

the blood of their sons and daughters,

39 Which they offered to the idols of Canaan,Â â!;

and the land was defiled with blood.

40 Thus were they polluted by their actions,Â â!;

and in their wanton deeds went whoring after other gods.Â R

41 Therefore was the wrath of the Lord

kindled against his people,Â â!;

and he abhorred his inheritance.

42 He gave them over to the hand of the nations,Â â!;

and those who hated them ruled over them.

43 So their enemies oppressed themÂ â!;

and put them in subjection under their hand.

44 Many a time did he deliver them,

but they rebelled through their own devicesÂ â!;

and were brought down through their wickedness.

45 Nevertheless, he saw their adversity,Â â!;

when he heard their lamentation.

46 He remembered his covenant with them;â  
and relented according to the greatness of his faithful love.

47 He made them also to be pitied;â  
by all who had taken them captive.â

48 Save us, O Lord our God,  
and gather us from among the nations;â  
that we may give thanks to your holy name  
and glory in your praise.

49 Blessed be the Lord, the God of Israel,  
from everlasting and to everlasting;â  
and let all the people say, Amen.  
Alleluia.

Refrain: The Lord remembered his covenant.

Holy God,  
when our memories blot out your kindness  
and we ignore your patient love,  
remember us, re-make us,  
and give to us poor sinners  
the rich inheritance of 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 1.21-2.11**

The man Elkanah and all his household went up to offer to the Lord the yearly sacrifice, and to pay his vow. But Hannah did not go up, for she said to her husband,  
âAs soon as the child is weaned, I will bring him, that he may appear in the presence of the Lord, and remain there for ever; I will offer him as a nazirite for all time.â Her husband Elkanah said to her, âDo what seems best to you, wait until you have weaned him; onlyâby the Lord establish his word.â So the woman remained and nursed her son, until she weaned him. When she had weaned him, she took him up with her, along with a three-year-old bull, an ephah of flour, and a skin of wine. She brought him to the house of the Lord at Shiloh; and the child was young. Then they slaughtered the bull, and they brought the child to Eli. And she said, âOh, my lord! As you live, my lord, I am the woman who was standing here in your presence, praying to the Lord. For this child I prayed; and the Lord has

granted me the petition that I made to him. Therefore I have lent him to the Lord; as long as he lives, he is given to the Lord.â

She left him there for the Lord.

Hannah prayed and said,

âMy heart exults in the Lord;

â my strength is exalted in my God.

My mouth derides my enemies,

â because I rejoice in my victory.

â There is no Holy One like the Lord,

â no one besides you;

â there is no Rock like our God.

Talk no more so very proudly,

â let not arrogance come from your mouth;

for the Lord is a God of knowledge,

â and by him actions are weighed.

The bows of the mighty are broken,

â but the feeble gird on strength.

Those who were full have hired themselves out for bread,

â but those who were hungry are fat with spoil.

The barren has borne seven,

â but she who has many children is forlorn.

The Lord kills and brings to life;

â he brings down to Sheol and raises up.

The Lord makes poor and makes rich;

â he brings low, he also exalts.

He raises up the poor from the dust;

â he lifts the needy from the ash heap,

to make them sit with princes

â and inherit a seat of honour.

For the pillars of the earth are the Lord's,

â and on them he has set the world.

â He will guard the feet of his faithful ones,

â but the wicked shall be cut off in darkness;

â for not by might does one prevail.

The Lord! His adversaries shall be shattered;



^ ^ ^ the Most High will thunder in heaven.

The Lord will judge the ends of the earth;

^ ^ ^ he will give strength to his king,

^ ^ ^ and exalt the power of his anointed.â□□

Then Elkanah went home to Ramah, while the boy remained to minister to the Lord, in the presence of the priest Eli.

## Canticle

A Song of Peace, or another suitable canticle, for example, [number 26 \(page 577\)](#), may be said

Refrain:

All Spirit of God, teach us your ways,

that we may walk in the paths of peace.

1 Come, let us go up to the mountain of God, â□!

to the house of the God of Jacob;

2 That God may teach us his ways, â□!

and that we may walk in his paths.

3 For the law shall go out from Zion, â□!

and the word of the Lord from Jerusalem.

4 God shall judge between the nations, â□!

and shall mediate for many peoples.

5 They shall beat their swords into ploughshares, â□!

and their spears into pruning hooks.

6 Nation shall not lift up sword against nation, â□!

neither shall they learn war any more.

7 O people of Jacob, come: â□!

let us walk in the light of the Lord.

Isaiah 2.3-5

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 Spirit of God, teach us your ways,  
that we may walk in the paths of peace.

## Scripture Reading

One or more readings appointed for the day are read.

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

## Luke 19.41-end

As he came near and saw the city, he wept over it, saying, "If you, even you, had only recognized on this day the things that make for peace! But now they are hidden from your eyes. Indeed, the days will come upon you, when your enemies will set up ramparts around you and surround you, and hem you in on every side. They will crush you to the ground, you and your children within you, and they will not leave within you one stone upon another; because you did not recognize the time of your visitation from God."

Then he entered the temple and began to drive out those who were selling things there; and he said, "It is written, 'My house shall be a house of prayer'; but you have made it a den of robbers."

Every day he was teaching in the temple. The chief priests, the scribes, and the leaders of the people kept looking for a way to kill him; but they did not find anything they could do, for all the people were spellbound by what they heard.

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

Open my eyes, O Lord  
that I may see the wonders of your law.  
All Open my eyes, O Lord  
that I may see the wonders of your law.  
Lead me in the path of your commandments  
All that I may see the wonders of your law.  
Glory to the Father and to the Son  
and to the Holy Spirit.  
All Open my eyes, O Lord  
that I may see the wonders of your law.

from Psalm 119

## 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 Those who are wise will shine as brightly as the heavens,  
and those who have instructed many in virtue will shine like stars  
for all eternity.

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.

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

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

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

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

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

10 To 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

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.

Refrain:

All Those who are wise will shine as brightly as the heavens,  
and those who have instructed many in virtue will shine like stars  
for all eternity.

## 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¶ All who are sick in body, mind or spirit

Â¶ Those in the midst of famine or disaster

Â¶ Victims of abuse and violence, intolerance and prejudice

Â¶ Those who are bereaved

Â¶ All who work in the medical and healing professions

One of the forms of prayer found [on pages 362â€¦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

Lord of eternity, creator of all things,

in your Son Jesus Christ you open for us the way to resurrection

that we may enjoy your bountiful goodness:

may we who celebrate your servants Gregory and Macrina

press onwards in faith to your boundless love  
and ever wonder at the miracle of your presence among us;  
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

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.  
AllAmen.

Let us bless the Lord.  
AllThanks be to God.

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