

☩ Morning Prayer on Monday

Monday, 12 February 2024

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 Compassion

1 The Lord is full of compassion and mercy, □
slow to anger and of great kindness.

2 He will not always accuse us, □
neither will he keep his anger for ever.

3 He has not dealt with us according to our sins, □
nor rewarded us according to our wickedness.

4 For as the heavens are high above the earth, □
so great is his mercy upon those who fear him.

5 As far as the east is from the west, □
so far has he set our sins from us.

6 As a father has compassion on his children, □
so is the Lord merciful towards those who fear him.

7 For he knows of what we are made; □
he remembers that we are but dust.

8 Our days are but as grass; □
we flourish as a flower of the field;

9 For as soon as the wind goes over it, it is gone, □
and its place shall know it no more.

10 But the merciful goodness of the Lord is from of old
and endures for ever on those who fear him, □
and his righteousness on children's children;

11 On those who keep his covenant □
and remember his commandments to do them.

Psalm 103:8-18

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 27

Refrain: The Lord is my light and my salvation.

1 The Lord is my light and my salvation;
whom then shall I fear? □

The Lord is the strength of my life;
of whom then shall I be afraid?

2 When the wicked, even my enemies and my foes,
came upon me to eat up my flesh, □
they stumbled and fell.

3 Though a host encamp against me,
my heart shall not be afraid, □

and though there rise up war against me,
yet will I put my trust in him.

4 One thing have I asked of the Lord
and that alone I seek; □
that I may dwell in the house of the Lord
all the days of my life,

5 To behold the fair beauty of the Lord □
and to seek his will in his temple.

6 For in the day of trouble
he shall hide me in his shelter; □
in the secret place of his dwelling shall he hide me
and set me high upon a rock.

7 And now shall he lift up my head □
above my enemies round about me;

8 Therefore will I offer in his dwelling an oblation
with great gladness; □
I will sing and make music to the Lord. R

9 Hear my voice, O Lord, when I call; □
have mercy upon me and answer me.

10 My heart tells of your word, 'Seek my face.' □
Your face, Lord, will I seek.

11 Hide not your face from me, □
nor cast your servant away in displeasure.

12 You have been my helper; □
leave me not, neither forsake me, O God of my salvation.

13 Though my father and my mother forsake me, □
the Lord will take me up.

14 Teach me your way, O Lord; □
lead me on a level path,
because of those who lie in wait for me.

15 Deliver me not into the will of my adversaries, □
for false witnesses have risen up against me,
and those who breathe out violence.

16 I believe that I shall see the goodness of the Lord □
in the land of the living.

17 Wait for the Lord;
be strong and he shall comfort your heart; □
wait patiently for the Lord.

Refrain: The Lord is my light and my salvation.

God, our light and our salvation,
illuminate our lives,
that we may see your goodness in the land of the living,
and, looking on your beauty,
may be changed into the likeness of Jesus Christ our Lord.

Psalm 30

Refrain: You brought me up, O Lord, from the dead.

1 I will exalt you, O Lord,
because you have raised me up □
and have not let my foes triumph over me.

2 O Lord my God, I cried out to you □
and you have healed me.

3 You brought me up, O Lord, from the dead; □
you restored me to life from among those that go down to the Pit.

4 Sing to the Lord, you servants of his; □
give thanks to his holy name.

5 For his wrath endures but the twinkling of an eye,
his favour for a lifetime. □
Heaviness may endure for a night,
but joy comes in the morning. R

6 In my prosperity I said,
'I shall never be moved. □
You, Lord, of your goodness,
have made my hill so strong.'

7 Then you hid your face from me □
and I was utterly dismayed.

8 To you, O Lord, I cried; □
to the Lord I made my supplication:

9 'What profit is there in my blood,
if I go down to the Pit? □
Will the dust praise you or declare your faithfulness?

10 'Hear, O Lord, and have mercy upon me; □
O Lord, be my helper.' R

11 You have turned my mourning into dancing; □
you have put off my sackcloth and girded me with gladness;

12 Therefore my heart sings to you without ceasing; □
O Lord my God, I will give you thanks for ever.

Refrain: You brought me up, O Lord, from the dead.

Lord, you hide your face
when we trust in ourselves;
strip us of false security
and re-clothe us in your praise,
that we may know you
as the one who raises us from death,
as you raised your Son, our Saviour Jesus Christ.

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.

Genesis 37.1-11

Jacob settled in the land where his father had lived as an alien, the land of Canaan. This is the story of the family of Jacob.

Joseph, being seventeen years old, was shepherding the flock with his brothers; he was a helper to the sons of Bilhah and Zilpah, his father's wives; and Joseph brought a bad report of them to their father. Now Israel loved Joseph more than any other of his children, because he was the son of his old age; and he had made him a long robe with sleeves. But when his brothers saw that their father loved him more than all his brothers, they hated him, and could not speak peaceably to him.

Once Joseph had a dream, and when he told it to his brothers, they hated him even more. He said to them, 'Listen to this dream that I dreamed. There we were, binding sheaves in the field. Suddenly my sheaf rose and stood upright; then your sheaves gathered around it, and bowed down to my sheaf.' His brothers said to him, 'Are you indeed to reign over us? Are you indeed to have dominion over us?' So they hated him even more because of his dreams and his words.

He had another dream, and told it to his brothers, saying, 'Look, I have had another dream: the sun, the moon, and eleven stars were bowing down to me.' But when he told it to his father and to his brothers, his father rebuked him, and said to him, 'What kind of dream is this that you have had? Shall we indeed come, I and your mother and your brothers, and bow to the ground before you?' So his brothers were jealous of him, but his father kept the matter in mind.

Canticle

A Song of Deliverance, or another suitable canticle, for example, [number 40 \(page 591\)](#), may be said

Refrain:

All the earth, shout and sing for joy,
for great in your midst is the Holy One.

1 'Behold, God is my salvation; □
I will trust and will not be afraid;

2 'For the Lord God is my strength and my song, □
and has become my salvation.'

3 With joy you will draw water □
from the wells of salvation.

4 On that day you will say, □
'Give thanks to the Lord, call upon his name;

5 'Make known his deeds among the nations, □
proclaim that his name is exalted.

6'Sing God's praises, who has triumphed gloriously; □

let this be known in all the world.

7'Shout and sing for joy, you that dwell in Zion, □

for great in your midst is the Holy One of Israel.'

Isaiah 12.2-6

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.

AllAll the earth, shout and sing for joy,

for great in your midst is the Holy One.

Scripture Reading

One or more readings appointed for the day are read.

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

Galatians 1

Paul an apostle—sent neither by human commission nor from human authorities, but through Jesus Christ and God the Father, who raised him from the dead—and all the members of God's family who are with me,

To the churches of Galatia:

Grace to you and peace from God our Father and the Lord Jesus Christ, who gave himself for our sins to set us free from the present evil age, according to the will of our God and Father, to whom be the glory for ever and ever. Amen.

I am astonished that you are so quickly deserting the one who called you in the grace of Christ and are turning to a different gospel—not that there is another gospel, but there are some who are confusing you and want to pervert the gospel of Christ. But even if we or an angel from heaven should proclaim to you a gospel contrary to what we proclaimed to you, let that one be accursed! As we have said before, so now I repeat, if anyone proclaims to you a gospel contrary to what you received, let that one be accursed!

Am I now seeking human approval, or God's approval? Or am I trying to please people? If I were still pleasing people, I would not be a servant of Christ.

For I want you to know, brothers and sisters, that the gospel that was proclaimed by me is not of human origin; for I did not receive it from a human source, nor was I taught it, but I received it through a revelation of Jesus Christ.

You have heard, no doubt, of my earlier life in Judaism. I was violently persecuting the church of God and was trying to destroy it. I advanced in Judaism beyond many among my people of the same age, for I was far more zealous for the traditions of my ancestors. But when God, who had set me apart before I was born and called me through his grace, was pleased to reveal his Son to me, so that I might proclaim him among the Gentiles, I did not confer with any human being, nor did I go up to Jerusalem to those who were already apostles before me, but I went away at once into Arabia, and afterwards I returned to Damascus.

Then after three years I did go up to Jerusalem to visit Cephas and stayed with him for fifteen days; but I did not see any other apostle except James the Lord's brother. In what I am writing to you, before God, I do not lie! Then I went into the regions of Syria and Cilicia, and I was still unknown by sight to the churches of Judea that are in Christ; they only heard it said, 'The one who formerly was persecuting us is now proclaiming the faith he once tried to destroy.' And they glorified God because of me.

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

Trust in the Lord with all your heart;

and be not wise in your own sight.

All Trust in the Lord with all your heart;

and be not wise in your own sight.

In all your ways acknowledge him

and he will make straight your paths.

All Trust in the Lord with all your heart.

Glory to the Father and to the Son and to the Holy Spirit.

All Trust in the Lord with all your heart;

and be not wise in your own sight.

from Proverbs 3

Gospel Cantic

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

or the [Te Deum Laudamus \(A Song of the Church\) \(page 636\)](#) may be said

Refrain:

All You have set us free to worship you without fear,

holy and righteous in your sight.

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:

AllYou have set us free to worship you without fear,
holy and righteous in your sight.

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 media and the arts

¶ Farming and fishing

¶ Commerce and industry

¶ Those whose work is unfulfilling, stressful or fraught with danger

¶ All who are unemployed

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

Almighty Father,

whose Son was revealed in majesty

before he suffered death upon the cross:

give us grace to perceive his glory,

that we may be strengthened to suffer with him

and be changed into his likeness, from glory to glory;

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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