

☩ Morning Prayer

Epiphany Season

Wednesday, 29 January 2025

Preparation

O Lord, open our lips

And our mouth shall proclaim your praise.

Your light springs up for the righteous

And all the peoples have seen your glory.

One or more of the following is said or sung:

this or another prayer of thanksgiving

Blessed are you, Sovereign God,

king of the nations,

to you be praise and glory for ever.

From the rising of the sun to its setting

your name is proclaimed in all the world.

As the Sun of Righteousness dawns in our hearts

anoint our lips with the seal of your Spirit

that we may witness to your gospel

and sing your praise in all the earth.

Blessed be God, Father, Son and Holy Spirit.

All Blessed be God for ever.

a suitable hymn, or Jubilate – A Song of Joy

1 O be joyful in the Lord, all the earth; ☩

serve the Lord with gladness

and come before his presence with a song.

2 Know that the Lord is God; ☩

it is he that has made us and we are his;

we are his people and the sheep of his pasture.

3Enter his gates with thanksgiving

and his courts with praise; □

give thanks to him and bless his name.

4For the Lord is gracious; his steadfast love is everlasting, □

and his faithfulness endures from generation to generation.

Psalm 100

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 45

Refrain: Behold our defender, O God,

and look upon the face of your anointed.

1 My heart is astir with gracious words; □
as I make my song for the king,
my tongue is the pen of a ready writer.

2 You are the fairest of men; □
full of grace are your lips,
for God has blest you for ever.

3 Gird your sword upon your thigh, O mighty one; □
gird on your majesty and glory.

4 Ride on and prosper in the cause of truth □
and for the sake of humility and righteousness.

5 Your right hand will teach you terrible things; □
your arrows will be sharp in the heart of the king's enemies,
so that peoples fall beneath you. R

6 Your throne is God's throne, for ever; □
the sceptre of your kingdom is the sceptre of righteousness.

7 You love righteousness and hate iniquity; □
therefore God, your God, has anointed you
with the oil of gladness above your fellows.

8 All your garments are fragrant with myrrh, aloes and cassia; □
from ivory palaces the music of strings makes you glad.

9 Kings' daughters are among your honourable women; □
at your right hand stands the queen in gold of Ophir. R

10 Hear, O daughter; consider and incline your ear; □
forget your own people and your father's house.

11 So shall the king have pleasure in your beauty; □
he is your lord, so do him honour.

12 The people of Tyre shall bring you gifts; □
the richest of the people shall seek your favour.

13 The king's daughter is all glorious within; □
her clothing is embroidered cloth of gold.

14 She shall be brought to the king in raiment of needlework; □
after her the virgins that are her companions.

15 With joy and gladness shall they be brought □
and enter into the palace of the king.

16 'Instead of your fathers you shall have sons, □
whom you shall make princes over all the land.

17 'I will make your name to be remembered through all generations; □
therefore shall the peoples praise you for ever and ever.'

Refrain: Behold our defender, O God,
and look upon the face of your anointed.

Lord our God,
bring your bride, your holy Church,
with joy to the marriage feast of heaven,
and unite us with your anointed Son,
Jesus Christ our Lord.

Psalm 46

1 God is our refuge and strength, □
a very present help in trouble;

2 Therefore we will not fear, though the earth be moved, □
and though the mountains tremble in the heart of the sea;

3 Though the waters rage and swell, □
and though the mountains quake at the towering seas.

4 There is a river whose streams make glad the city of God, □
the holy place of the dwelling of the Most High.

5 God is in the midst of her;
therefore shall she not be removed; □
God shall help her at the break of day.

6 The nations are in uproar and the kingdoms are shaken, □
but God utters his voice and the earth shall melt away.

7 *The Lord of hosts is with us; ☩*
the God of Jacob is our stronghold.

8 Come and behold the works of the Lord, ☩
what destruction he has wrought upon the earth.

9 He makes wars to cease in all the world; ☩
he shatters the bow and snaps the spear
and burns the chariots in the fire.

10 'Be still, and know that I am God; ☩
I will be exalted among the nations;
I will be exalted in the earth.'

11 *The Lord of hosts is with us; ☩*
the God of Jacob is our stronghold.

God of Jacob,
when the earth shakes
and the nations are in uproar,
speak, and let the storm be still;
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.

Hosea 5.1-7

Hear this, O priests!

Give heed, O house of Israel!

Listen, O house of the king!

For the judgement pertains to you;
for you have been a snare at Mizpah,
and a net spread upon Tabor,

and a pit dug deep in Shittim;

but I will punish all of them.

I know Ephraim,

and Israel is not hidden from me;

for now, O Ephraim, you have played the whore;

Israel is defiled.

Their deeds do not permit them

to return to their God.

For the spirit of whoredom is within them,

and they do not know the Lord.

Israel's pride testifies against him;

Ephraim stumbles in his guilt;

Judah also stumbles with them.

With their flocks and herds they shall go

to seek the Lord,

but they will not find him;

he has withdrawn from them.

They have dealt faithlessly with the Lord;

for they have borne illegitimate children.

Now the new moon shall devour them along with their fields.

Canticle

A Song of the New Jerusalem, or another suitable canticle, for example, [number 31 \(page 582\)](#) or [number 36 \(page 587\)](#), may be said

Refrain:

All Above you the Holy One arises,

and above you God's glory appears.

1 Arise, shine out, for your light has come, ☩

the glory of the Lord is rising upon you.

2 Though night still covers the earth, ☩

and darkness the peoples;

3Above you the Holy One arises, ☩
and above you God's glory appears.

4The nations will come to your light, ☩
and kings to your dawning brightness.

5Your gates will lie open continually, ☩
shut neither by day nor by night.

6The sound of violence shall be heard no longer in your land, ☩
or ruin and devastation within your borders.

7You will call your walls, Salvation, ☩
and your gates, Praise.

8No more will the sun give you daylight, ☩
nor moonlight shine upon you;

9But the Lord will be your everlasting light, ☩
your God will be your splendour.

10For you shall be called the city of God, ☩
the dwelling of the Holy One of Israel.

Isaiah 60.1-3, 11a, 18, 19, 14b

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.

AllAbove you the Holy One arises,
and above you God's glory appears.

Scripture Reading

One or more readings appointed for the day are read.

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

1 Corinthians 10.14 - 11.1

Therefore, my dear friends, flee from the worship of idols. I speak as to sensible people; judge for yourselves what I say. The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread. Consider the people of Israel; are not those who eat the sacrifices partners in the altar? What do I imply then? That food sacrificed to idols is anything, or that an idol is anything? No, I imply that what pagans sacrifice, they sacrifice to demons and not to God. I do not want you to be partners with demons. You cannot drink the cup of the Lord and the cup of demons. You cannot partake of the table of the Lord and the table of demons. Or are we provoking the Lord to jealousy? Are we stronger than he?

'All things are lawful', but not all things are beneficial. 'All things are lawful', but not all things build up. Do not seek your own advantage, but that of others. Eat whatever is sold in the meat market without raising any question on the ground of conscience, for 'the earth and its fullness are the Lord's.' If an unbeliever invites you to a meal and you are disposed to go, eat whatever is set before you without raising any question on the ground of conscience. But if someone says to you, 'This has been offered in sacrifice', then do not eat it, out of consideration for the one who informed you, and for the sake of conscience—I mean the other's conscience, not your own. For why should my liberty be subject to the judgement of someone else's conscience? If I partake with thankfulness, why should I be denounced because of that for which I give thanks?

So, whether you eat or drink, or whatever you do, do everything for the glory of God. Give no offence to Jews or to Greeks or to the church of God, just as I try to please everyone in everything I do, not seeking my own advantage, but that of many, so that they may be saved.

Be imitators of me, as I am of Christ.

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

O worship the Lord in the beauty of holiness;
All let the whole earth tremble before him.
Tell it out among the nations that the Lord is King.
All O worship the Lord in the beauty of holiness.
Tell out his salvation from day to day.
All Let the whole earth tremble before him.
Declare his glory among the nations
and his wonders among all peoples.
All O worship the Lord in the beauty of holiness;
let the whole earth tremble before him.

from Psalm 96

Gospel Cantic

The Benedictus (The Song of Zechariah) is normally said, or [A Song of the Blessed \(page 606\)](#) may be said

Refrain:

All This is the Christ, the Chosen of God,
the one who will bring healing to the nations.

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,

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

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

6 Free to worship him without fear, □
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, □
for you will go before the Lord to prepare his way,

8 To give his people knowledge of salvation □
by the forgiveness of all their sins.

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

10 To 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

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 This is the Christ, the Chosen of God,
the one who will bring healing to the nations.

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 364–365](#)

- ¶ The unity of the Church
- ¶ The peace of the world
- ¶ The healing of the sick
- ¶ The revelation of Christ to those from whom his glory is hidden
- ¶ All who travel

A form of prayer found [on page 379](#) 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 God,
whose Son revealed in signs and miracles
the wonder of your saving presence:
renew your people with your heavenly grace,
and in all our weakness
sustain us by your mighty power;
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.

AllAmen.

The Lord's Prayer is said

Believing the promises of God,

as our Saviour taught us, so we pray

AllOur 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)

Believing the promises of God,

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

May Christ, who sends us to the nations,

give us the power of his Spirit.

All Amen.

Let us bless the Lord.

All Thanks be to God.

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