

The Parish Church
of St Stephen the Martyr, Pinelands

A SHORTENED FORM OF

MORNING PRAYER

*To be said on your own,
or within the circle of your family*

REVISED MARCH 2020

1 INTRODUCTION

In the name of God,
whom Jesus called *abba*.

In the name of Jesus,
who has become for
us the Christ.

In the name of God's Spirit,
mysterious, benevolent,
beautiful and holy. Amen.

2 THE INTENTION

Here I am, God, in your presence,
to offer you my heart.
To read and to receive your holy word,
and to bring before you the needs of the world.
To seek your direction, ask your forgiveness,
and rest in your grace;
that following your beloved one, Jesus,
I may give myself
to your service
again and again.

Lord Jesus, open my lips:
that I may glorify
and praise God's name.

Glory to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and will be for ever. Amen.

Praise the Lord. Alleluia.

'Alleluia' omitted during Lent.

3 AN INVITATION Psalms 95:1 – 8; 96:13

Imagine that an angel of the Lord extends this to you.

Come, sing out to the Lord:
shout in triumph to the rock of your salvation.

Come before God's face with thanksgiving:
and cry out to God joyfully in psalms.

For there is something truly
great about God.

In whose hands are the depths of the earth:
and the peaks of the mountain also.

The sea belongs to God:
God's hand moulded dry land.

Come, worship and bow down:
and kneel before the Lord your maker.

For you belong to God: you are
a child of God; be at ease in God's presence.

If only you would hear God's voice today:
for God speaks and comes to you
in a multitude of ways.

Glory to the Father, and to the Son, and
to the Holy Spirit. As it was in the beginning,
is now, and will be for ever. Amen.

4 PENITENCE

*Sit or kneel in silence, and
remember your need of
God's forgiveness.*

Recall and confess your sins then pray:

Almighty and merciful God,
I have sinned against you,
in thought, word and deed.
I have not loved you with all my heart.
I have not loved others as Jesus would have
me love them. For this
I am truly sorry.

In your mercy
forgive what I have been;
direct what I shall be,
that I may delight in your will
and walk in your ways
as Jesus did. Amen.

5 THE WORD OF GOD

*Choose a reading for Morning Prayer
from your Lectionary readings in your Sabbath Pack.*

*Read the piece of scripture slowly and prayerfully;
resting and ruminating over any striking words or
feelings.*

6 THE SONG OF ZECHARIAH

Blessed be the Lord
the God of our spiritual ancestors:
the holy one who has come to us and set us free.

Who has raised up for us a mighty saviour: born
of the house and mixed lineage of David.

Through holy prophets, God has promised
of old: that we would be saved from our enemies
from the hands of all that hate us.

God promised to show mercy to our forebears:
and to remember God's holy covenant.

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

Free to worship God without fear: holy and
righteous in God's sight all the days of our life.

*Imagine Zechariah saying
this to you and about you:*

You my child shall be called a prophet
of the Most High: for you will go before the Lord
to prepare God's way.

To give God's people knowledge of salvation:
by being merciful and forgiving.

In God's tender compassion: you will
awaken like the dawn.

To shine upon those who dwell in darkness
and the shadow of death: to be a guide
into the ways of peace.

Glory to the Father and to the Son: and to
the Holy Spirit. As it was in the beginning: is now and
will be for ever. Amen.

Pause and then pray:

Lord God, please grant to me,
to those I love, and to those I find
hard to love, your blessing;
to your Church, holiness
to the world, peace
to this nation, justice
and to all people knowledge
of your ways of love.

Keep safe all families, now more than ever,
protect the weak
heal the sick, strengthen those
in healthcare and research;
comfort the dying
and bring us all to a
joyful resurrection.
I ask these things
through Jesus Christ
my teacher and friend. Amen.

7 CONCLUSION

Pause and then pray:

I open my heart to the gift of this day.
I open my heart to what You say.

The Child of Mary is the key;
sweet Child of Mary pray with me:
that through this day my heart may see
Your face in others, the world, and me.

Sweet Child of Mary pray with me
that through this day my heart may see. Amen.

*It may also be sung quietly to the traditional tune of JM Neale in
Hymns Ancient and Modern no. 6: The prayer may be repeated several
times as a mantra if so desired.*