



**DIOCESE OF FALSE BAY / IDAYOSISI YASE
FALSE BAY
BISDOM VAN VALSBAAI**



**THE LITURGY FOR
THE OFFICE OF
MORNING PRAYER**
A Service for health workers

INTRODUCTION

In the name of God, Father, Son and Holy Spirit
Amen

The Minister may lead:

We have come to give you worship with all our life,
We give you obedience with all our power,

We have come to give you praise with all our strength,
We give you honour with all our speech.

We have come to give you love with all our heart,
We give you affection with all our senses,

We have come to give you our being with all our mind,
We give you our souls, O most high and holy God.

Praise to the Father, Praise to the Son, Praise to the Spirit, The Three in One. Amen

(adapted from Alexander Carmichael, Carmina Gadelica (1900), as amended by ordinand.¹)

PRAISE

The Minister may lead as follows:

“But for you who fear my name, the Sun of Righteousness will rise with healing in his wings. And you will go free, leaping with joy like calves let out to pasture.”

Malachi 4:2

or

Yet the Lord longs to be gracious to you;
therefore he will rise up to show you compassion.

Isaiah 30:18

or

‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’

Matthew 25:40

Let us worship and praise him (Alleluia during Eastertide)

Lord, open our lips

That we may glorify and praise your 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

Here follows the singing of the Chorus – **This is the Day**

This is the day, this is the day.

That the Lord has made, that the Lord has made.

We will rejoice, we will rejoice,

And be glad in it, and be glad in it.

This is the day that the Lord has made.

We will rejoice and be glad in it.

This is the day, this is the day

That the Lord has made.

PENITENCE AND ASSURANCE OF ABSOLUTIONⁱⁱ

Let us call to mind and confess our sins
Silence may be kept. Then is said

Most loving God,

**we confess that we have not loved
in thought, word, or deed.**

**We have not loved you or our neighbors
or ourselves.**

We are sorry.

**Remind us that you love us unconditionally
and help us to rest in your love.**

**Almighty God have mercy on us, forgive us our
sins and keep us in eternal life; through Jesus
Christ our Lord.**

Loving God, have mercy on us, forgive us for forgetting to love, and renew our ability to give and receive love in all that we do.

Amen.

THE WORD OF GOD

The Psalm(s) – Psalm 121

- 1 I lift up my eyes to the mountains
where does my help come from?
- 2 My help comes from the Lord,
the Maker of heaven and earth.
- 3 He will not let your foot slip—
he who watches over you will not slumber;
- 4 indeed, he who watches over Israel
will neither slumber nor sleep.
- 5 The Lord watches over you—
The Lord is your shade at your right hand;
- 6 the sun will not harm you by day,
nor the moon by night.
- 7 The Lord will keep you from all harm—
he will watch over your life;
- 8 The Lord will watch over your coming and going
both now and forevermore.

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

The Scripture Reading

The first lesson is written in the Gosple of John 13:34-

“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”

Simon Peter asked him, “Lord, where are you going?”

Jesus replied, “Where I am going, you cannot follow now, but you will follow later.”

Peter asked, “Lord, why can’t I follow you now? I will lay down my life for you.”

Then Jesus answered, “Will you really lay down your life for me? Very truly I tell you, before the rooster Here ends the first lesson

Silence may be kept

Here follows The Song of the Church or the Prayer I see Your Hands by Freddie Askewⁱⁱⁱ

The song of the Church

(Te Deum)

- 1 We pray you O God: we acclaim you as Lord.
- 2 All creation worships you: the Father everlasting.
- 3 To you all angels all the powers of heaven:
cherubim and seraphim sing in
endless praise.
- 4 Holy holy holy Lord .. God of power and might:
heaven and earth are full
of your glory.
- 5 The glorious company of apostles praise you: the
noble fellowship of

- prophets praise you the white robed army of
martyrs praise you.
- 6 Throughout the world the holy Church acclaim
you: Father
of majesty unbounded.
- 7 Your true and only Son worthy of worship: and
the Holy Spirit advocate
and guide.
- 8 You Christ are the King of glory: the eternal Son
of the Father.
- 9 When you became man to set us free: you
humbly chose the Virgin's
womb.
- 10 You overcame the sting of death: and opened the
kingdom of heaven
to all believers.
- 11 You are seated at God's right hand in glory: we
believe that you will come
to be our judge.
- 12 Come then Lord and help your people: bought
with the price of your own
blood.
- 13 And bring us with your saints: to glory ever I
lasting.

The following verses may be added

- 14 Save your people Lord and bless: your
inheritance: govern and uphold
them now and always.
- 15 Day by day we bless you: we praise your Name
for ever.
- 16 Keep us today Lord from all sin: have mercy on
us Lord have mercy.
- 17 Lord show us your love and mercy: for we put our
trust in you.
- 18 In you Lord is our hope: let us never be put to
shame.

or,

**I see your Hands, not smooth and manicured,
But scarred and scratched and competent,
Reach out –**

**Not always to remove the weight I carry,
But to shift its balance, ease it,
Make it bearable
Lord, if this is where You want me,
I’m content.**

**No, not quite true, I wish it were
All I can say, in honesty, is this:
If this is where I’m meant to be,
I’ll stay. And try.**

**Just let me feel Your Hands.
And Lord, for all who hurt today –**

**Hurt more than me –
I ask for strength and that flicker of light,
The warmth, that says You're there.
Amen**

AFFIRMATION OF FAITH^{iv}

Do you believe and trust in God the Father,
source of all being and life,
the one for whom we exist?

We believe and trust in him.

Do you believe and trust in God the Son,
who took our human nature,
died for us and rose again?

We believe and trust in him.

Do you believe and trust in God the Holy Spirit,
who gives life to the people of God
and makes Christ known in the world?

We believe and trust in him.

This is the faith of the Church.

This is our faith.

**We believe and trust in one God,
Father, Son and Holy Spirit.**

Amen.

The Minister leads us in saying the Jesus Prayer^v
Let us pray

Lord Jesus Christ,
Son of the living God,
have mercy on me, a sinner

**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.**

**Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power, and the glory are
yours ,
now and for ever. Amen**

THE PRAYERS

*There may be the blessing of hands of care gives
individually or collectively. Please ensure sanitizing
guidelines are kept.*

The Prayer of Blessings of Hands^{vi}

Loving and gracious God, source of all life and
goodness, hear the prayers we have for those who
work to provide care and support especially for the

people of False Bay. Give us strength and courage to
carry out our duties with care, concern, compassion
and commitment. May we always reflect the
everlasting love that you have for all of Creation and
for all in need of your protection. We ask for your
blessing upon all of us and the work of our hands and
hearts. AMEN.

*Individual Blessing of the Hands Oil is used as an
expression of strength, power and presence of God in all
that we do (parishioners and ministers to sanitise hands
before and after anointing).*

Prayer: May God bless the work of your hands in
bringing healing in body, mind and spirit to all those
He places in your care. **Amen**

or

May God, who called you as His ministers, guide your
hands as instruments of His compassion to all in
need. May God anoint your caring hands with His
power and bless you now and always, for blessed are
they who serve in the name of the Lord. **Amen.**

Collective Blessings without Anointing:

*(Please hold your hands out and reflect on all the
wonderful work of your hands as you fulfill your duties for
the needs of our community.)*

O God. Blessed be these hands that touch life:
Blessed be these hands that have felt pain.

Blessed be the works of these hands, O God.

Blessed be these hands that embrace with
compassion:

Blessed be these hands that express care. R.

Blessed be the works of these hands, O God.

Blessed be these hands that touch with kindness:

Blessed be these hands that reach out in friendship.

Blessed be the works of these hands, O God.

Blessed be these hands that hold the hands to show
love:

Blessed be these hands that bring comfort to the soul.

Blessed be the works of these hands, O God.

The Collect for THE ILL AND FRAIL^{vii}

God of compassion,

be close to those who are ill,
afraid or in isolation.

In their loneliness, be their consolation;

in their anxiety, be their hope;

in their darkness, be their light;

through him who suffered alone on the cross, but

reigns with you in glory, Jesus Christ our Lord. Amen

or

Merciful God, we entrust to
your tender care those who are ill or in pain,
knowing that whenever danger threatens your
everlasting arms are there to hold them safe.
Comfort and heal them,
and restore them to health and strength; through
Jesus Christ our Lord. Amen.

The Collect for PANDEMIC OUTBREAK

Keep us, good Lord,
under the shadow of your mercy in this time
of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us
from your love in Christ Jesus our Lord.
Amen.

The Collect for Christ's protection^{viii}

God under your wings we find healing
God under your wings we find renewal
God under your wings we are made whole
Through the blood of Christ we find healing
Through the blood of Christ we find renewal
Through the blood of Christ we are made whole
From the indwelling Spirit we find healing
From the indwelling Spirit we find renewal

From the indwelling Spirit we are made whole
**God of health,
God of wholeness,
God of love
Heal our bodies
Heal our souls
Heal our spirits
Redeem our lives
Amen**

CONCLUSION^{ix}

Eternal God,
our beginning and our end,
accompany us in this day's journey.
Dawn on our darkness,
open our eyes to praise you for your creation
and to see the work you set before us today.
Take us and use us
to bring to others the new life you give in Jesus
Christ our Lord. Amen

GRACE

**The grace of our Lord Jesus Christ, and the love of
God, and the fellowship
of the Holy Spirit, be with us all for ever. Amen**

REFERENCE LIST:

ⁱ Taken from prayers for the use during the Corona Outbreak

https://www.churchofengland.org/sites/default/files/2020-04/Prayer%20Book%20Digital%20Single%20Pages%202%20April_0.pdf

ⁱⁱ Daily Prayer for all seasons, Episcopal Church of America,
daily_prayer_all_seasons_eng_final_pages_0.pdf

ⁱⁱⁱ Taken from the Celtic Daily Prayer Book, Harper Collins Publishers, pg 690

^{iv} Church of England Prayer and Worship Resources;

<https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/common-material/new-patterns-worship/resource-section-themes/e-creeds-authorized-affirmations-faith>

^v Taken from prayers for the use during the Corona Outbreak

https://www.churchofengland.org/sites/default/files/2020-04/Prayer%20Book%20Digital%20Single%20Pages%202%20April_0.pdf

^{vi} <https://www.nacc.org/wp-content/uploads/2018/10/Blessing-of-Caregivers-2017.pdf>

^{vii} Taken from prayers for the use during the Corona Outbreak

https://www.churchofengland.org/sites/default/files/2020-04/Prayer%20Book%20Digital%20Single%20Pages%202%20April_0.pdf

^{viii} <https://godspacelight.com/2014/06/29/a-litany-of-healing/>

^{ix} <https://godspacelight.com/2014/06/29/a-litany-of-healing/>