

DAILY PRAYER FORM 4

*Wednesdays in Ordinary Time
Incarnation/ Christmas*

WALTHAM GROUP CHURCHES

A note on Daily Prayer

The rhythms of Daily Prayer are right at the heart of Anglicanism. When Thomas Cranmer was re-shaping the prayers of the church, he took 'offices' (patterns of prayer throughout the day) that were used in the monasteries and simplified them so that they could be shared by all.

Daily Prayer is a way to pattern our lives so that we can pray with others, wherever they are, knowing that we do this together as the body of Christ.

If you would like to join with others in saying Daily Prayer, we usually live-stream Morning Prayer on Facebook at 8.30 am (facebook.com/walthamgroupchurches).

The pattern of service here is adapted from **Common Worship Daily Prayer** and **The Daily Office SSF** and used the pattern of psalms from **Celebrating Common Prayer** (Mowbray, 1992). This offers a simpler pattern of prayer for online worship. If you would like to pray with a wider variety of psalms and readings, you may wish to get a copy of the Revised Common Lectionary. Please see the back page of this booklet for details for Church House Publishing.

In the summer of 2020, we are building up a set of Daily Prayer leaflets, and will use each new set as it arrives for a few weeks. Once everyone has all seven booklets, we will begin the rotation suggested in the title.

MORNING PRAYER FORM 4

Preparation

O Lord, open our lips
and our mouth shall proclaim your praise.

Reveal among us the light of your presence
that we may behold your power and your glory.

Blessed are you, Sovereign God 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.
As we rejoice in the gift of your presence among us,
let the light of your love always shine in our hearts,
Father, Son and Holy Spirit.

Blessed be God forever.

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

silence

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 forever.

Amen.

The Word of God

Psalmody

One or more of the following, or another psalm is said.

Psalms 146 - 150 are the Lauds Psalms, traditionally said in the mornings.

It is customary to pause and draw breath at the ♦ and to carry on without pause between verses.

weekly cycle:

S/1	89.5-18, 147, pt 2
M/2	85, 147, pt 2
T/3	112, 147 pt 2
W/4	19, 147 pt 2
Th/5	113, 147, pt 2
F/6	20, 147 pt 2
S/7	96, 147 pt 2

Christmas lauds psalms:

25 Dec & 31 Jan	117
26 Dec & 3 Jan	147 pt 1
27 Dec	147 pt.2
28 Dec & 2 Jan	146
29 Dec & 5 Jan	147
30 Dec	148
5 Jan	149

Psalm 89.5-18

5. The heavens bear witness to your wonders, O Lord ♦
and to your faithfulness in the assembly of the holy ones.
6. For who in the skies can be compared to the Lord ♦
who is like the Lord among the gods?
7. God is much to be feared in the council of the holy ones, ♦
great and terrible to all those round about him.
8. Who is like you, Lord God of hosts? ♦
O mighty Lord, your faithfulness is all around you.
9. You rule the raging of the sea ♦
and still the surging of its waves.
10. You have crushed Rahab of the deep with a deadly wound ♦
you have scattered your enemies with your mighty arm.

11. Yours are the heavens; the earth also is yours; ♦
you laid the foundations of the world and all that is in it.
12. You have made the north and the south; ♦
Tabor and Hermon rejoice in your name.
13. You have a mighty arm; ♦
strong is your hand and high is your right hand.
14. Righteousness and justice are the foundations of your throne; ♦
love and truth go before your face.
15. Happy are the people who know the festal shout! ♦
they walk, O Lord, in the light of your presence.
16. They rejoice daily in your name; ♦
they are jubilant in your righteousness.
17. For you are the glory of their strength, ♦
and by your favour our might is exalted.
18. Truly, the Lord is our ruler; ♦
the Holy One of Israel is our king.

*As we sing your love, O Lord,
establish your covenant with us
and anoint us with the seal of your Spirit
that we may praise your faithfulness
and proclaim your righteousness from age to age;
through Jesus Christ our Lord.*

Psalm 85

1. You have been gracious to your land, O Lord, ♦
you have restored the good fortune of Jacob.
2. You have forgiven the iniquity of your people ♦
and blotted out all their sins.
3. You have withdrawn all your fury, ♦
and turned yourself from your wrathful indignation.

4. Restore us then, O God our Saviour, ♦
let your anger depart from us.
5. Will you be displeased with us for ever? ♦
will you prolong your anger from age to age?
6. Will you not give us life again, ♦
that your people may rejoice in you?
7. Show us your mercy, O Lord, ♦
and grant us your salvation.
8. I will listen to what the Lord God is saying, ♦
for he is speaking peace to his faithful people
and to those who turn their hearts to him.
9. Truly, his salvation is very near to those who fear him, ♦
that his glory may dwell in our land.
10. Mercy and truth have met together, ♦
righteousness and peace have kissed each other.
11. Truth shall spring up from the earth, ♦
and righteousness shall look down from heaven.
12. The Lord will indeed grant prosperity, ♦
and peace shall be a pathway for his feet.

*Be gracious to us, Lord our God,
and restore us to fulness of life with you;
that mercy and truth may be our guide
and peace be a pathway for our feet;
through our Saviour, Jesus Christ our Lord.*

Psalm 112

1. Alleluia, happy are they who fear the Lord ♦
and have great delight in his commandments.
2. Their descendants will be mighty in the land, ♦
and their righteousness will last for ever.

3. Light shines in the darkness for the upright; ♦
the righteous are merciful and full of compassion.
4. It is good for them to be generous in lending, ♦
and to manage their affairs with justice.
5. For they will never be shaken, ♦
the righteous will be kept in everlasting remembrance.
6. They will not be afraid of any evil rumours, *
their heart is right; they put their trust in the Lord.
7. Their heart is established and will not shrink, ♦
until they see their desire upon their enemies.
8. They have given freely to the poor, ♦
and their righteousness stands fast for ever;
they will uphold their head with honour.
9. The wicked will see it and be angry,
they will gnash their teeth and pine away ♦
the desires of the wicked will perish.

*Lord our God,
you have given us the Light of Christ to banish darkness
and to lead us in the way of your truth.
Make it ever our delight to do you will,
and truly love one another,
through Jesus Christ our Lord.*

Psalm 19

1. The heavens declare the glory of God, ♦
and the firmament shows his handiwork.
2. One day tells its tale to another, ♦
and one night imparts knowledge to another.
3. Although they have no words or language, ♦
and their voices are not heard,

4. Their sound has gone out into all lands, ♦
and their message to the end of the world.
5. In the deep has he set a pavilion for the sun, ♦
it comes forth like a bridegroom out of his chamber,
it rejoices like a champion to run its course.
6. It goes forth from the uttermost edge of the heavens,
and runs about to the end of it again, ♦
nothing is hidden from its burning heat.
7. The law of the Lord is perfect and revives the soul, ♦
the testimony of the Lord is sure
and gives wisdom to the innocent.
8. The statutes of the Lord are just and rejoice the heart, ♦
the commandment of the Lord is clear and gives light to the eyes.
9. The fear of the Lord is clean and endures for ever, ♦
the judgements of the Lord are true and righteous altogether.
10. More to be desired are they than gold,
more than much fine gold, ♦
sweeter far than honey, than honey in the comb.
11. By them also is your servant enlightened, ♦
and in keeping them there is great reward.
12. Who can tell how often he offends? ♦
Cleanse me from my secret faults.
13. Above all, keep your servant from presumptuous sins;
let them not get dominion over me, ♦
then shall I be whole and sound, and innocent of a great offence.
14. Let the words of my mouth and the meditation of my heart
be acceptable in your sight; ♦
O Lord, my strength and my redeemer.

*Let the Sun of Righteousness arise, O God,
with healing in his wings;*

may he come forth as the bridegroom to rejoice with the bride

*and make your people acceptable in his sight;
through Jesus Christ our Lord.*

Psalm 113

1. Alleluia, give praise you servants of the Lord, ♦
praise the name of the Lord.
2. Let the name of the Lord be blessed, ♦
from this time forth for evermore.
3. From the rising of the sun to its going down, ♦
let the name of the Lord be praised.
4. The Lord is high above all nations, ♦
and his glory above all the heavens.
5. Who is like the Lord our God, who sits enthroned on high, ♦
but stoops to behold the heavens and the earth?
6. He sets them with the princes, ♦
with the princes of his people.
7. He makes the woman of a childless house ♦
to be a joyful mother of children.

*From the rising of the sun to its going down,
your name is praised, O Lord,
for you have raised us from the dust and set before us
the vision of your glory.
As you bestowed upon us the vision of a royal priesthood,
lift up our hearts as we celebrate your praise;
through Jesus Christ our Lord.*

Psalm 20

1. May the Lord answer you in the day of trouble, ♦
the name of the God of Jacob defend you.

2. Send you help from his holy place ♦
and strengthen you out of Zion;
3. Remember all your offerings ♦
and accept your burnt sacrifice;
4. Grant you your heart's desire ♦
and prosper all your plans.
5. We will shout for joy at your victory
and triumph in the name of our God, ♦
may the Lord grant all your requests.
6. Now I know that the Lord gives victory to his anointed, ♦
he will answer him out of his holy heaven,
with the victorious strength of his right hand.
7. Some will put their trust in chariots and some in horses, ♦
but we will call upon the name of the Lord our God.
8. They collapse and fall down ♦
but we will arise and stand upright.
9. O Lord, give victory to the king, ♦
and answer us when we call.

*O God, whose Son was born in our flesh to be our redeemer:
hear and defend us, who call upon his holy Name,
and grant us a share in his victory,
through Jesus Christ our Lord.*

Psalm 96

1. Sing to the Lord a new song ♦
sing to the Lord, all the whole earth.
2. Sing to the Lord and bless his name, ♦
proclaim the good news of his salvation from day to day.
3. Declare his glory among the nations, ♦
and his wonders among all peoples.

4. For great is the Lord and greatly to be praised, ♦
he is more to be feared than all gods.
5. As for all the gods of the nations, they are but idols, ♦
but it is the Lord who made the heavens.
6. O the majesty and magnificence of his presence! ♦
O the power and the splendour of his sanctuary!
7. Ascribe to the Lord, you families of the peoples, ♦
ascribe to the Lord honour and power.
8. Ascribe to the Lord the honour due to his name, ♦
bring offerings and come into his courts.
9. Worship the Lord in the beauty of holiness, ♦
let the whole earth tremble before him.
10. Tell it out among the nations: 'The Lord is king! ♦
he has made the world so firm that it cannot be moved;
he will judge the people with equity.'
11. Let the heavens rejoice and let the earth be glad;
let the sea thunder and all that is in it; ♦
let the field be joyful and all that is therein.
12. Then shall all the trees of the wood shout for joy
before the Lord when he comes, ♦
when he comes to judge the earth.
13. He will judge the world with righteousness, ♦
and the peoples with his truth.

*Heaven and earth, O Lord, are full of your glory
and all creation resounds with. Your praise.
As your Son has appeared in human form,
so may all creation share in the beauty of holiness;
through Jesus Christ our Lord. Amen.*

Psalm 147. 13-21 (part 2)

13. Worship the Lord, O Jerusalem; ♦
praise your God, O Zion.
14. For he has strengthened the bars of your gates; ♦
he has blessed your children within you.
15. He has established peace on your borders; ♦
and satisfies you with the finest wheat.
16. He sends out his command to the earth, ♦
and his word runs very swiftly.
17. He gives snow like wool, ♦
he scatters hoarfrost like ashes.
18. He scatters his hail like bread crumbs; ♦
who can stand against his cold?
19. He sends forth his word and melts them; ♦
he blows with his wind and the waters flow.
20. He declares his word to Jacob, ♦
his statutes and his judgements to Israel.
21. He has not done so to any other nation; ♦
to them he has not revealed his judgements. Alleluia.

*King of the Universe,
whose wisdom gives order and fruitfulness to the earth:
help us to respond trustfully to your call,
that being drawn into the unity of your Kingdom,
we may continually praise you,
through Jesus Christ our Lord. Amen.*

The psalm(s) may end with:

**Glory to the father, and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now and shall be forever. Amen.**

If there are two scripture readings, the first may be read here or after the canticle.

Canticle: The Song of the Wilderness

**To us a child is born, a son is given;
who is called Mighty God and Prince of Peace.**

1. The people who walked in darkness have seen a great light;
those who dwelt in a land of deep darkness,
upon them the light has dawned.
2. You have increased their joy and given them great gladness,
they rejoiced before you as with joy at the harvest.
3. For you have shattered the yoke that burdened them;
the collar that lay heavy on their shoulders.
4. For to us a child is born, and to us a son is given,
and the government shall be upon his shoulder.
5. And his name will be called:
Wonderful Counsellor; the Mighty God,
the Everlasting Father, the Prince of Peace.
6. Of the increase of his government and of peace
there will be no end,
7. Upon the throne of David and over his kingdom,
to establish an uphold it with justice and righteousness.
8. From this time forth and for evermore,
the zeal of the Lord of hosts will do this.

**Glory to the Father, and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now and shall be forever. Amen.**

**To us a child is born, a son is given;
who is called Mighty God and Prince of Peace.**

Scripture Reading

One of more of the following are read. Alternatively, the readings may follow the pattern of the Revised Common Lectionary.

Jeremiah 31.10-13

Hear the word of the Lord, O nations,
and declare it in the coastlands far away;
say, 'He who scattered Israel will gather him,
and will keep him as a shepherd a flock.'
For the Lord has ransomed Jacob,
and has redeemed him from hands too strong for him.
They shall come and sing aloud on the height of Zion,
and they shall be radiant over the goodness of the Lord,
over the grain, the wine, and the oil,
and over the young of the flock and the herd;
their life shall become like a watered garden,
and they shall never languish again.
Then shall the young women rejoice in the dance,
and the young men and the old shall be merry.
I will turn their mourning into joy,
I will comfort them, and give them gladness for sorrow.

1 Corinthians 2 (selected verses)

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory.

Ephesians 4.1-6

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.

The readings may be followed by a time of silence.

Responsory

The Word of Life which was from the beginning,
we proclaim to you.

The darkness is passing away and the true light is already shining:
the Word of Life, which was from the beginning.

That which we heard, which we saw with our eyes
and touched with our hands,
we proclaim to you.

For our fellowship is with the Father
and with his Son, Jesus Christ our Lord.

**The Word of Life which was from the beginning,
we proclaim to you.**

Gospel Canticle: The Benedictus

**God promised to remember his holy covenant
and raised up for us a mighty saviour.**

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

**Glory to the father, and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now and shall be forever. Amen.**

**God promised to remember his holy covenant
and raised up for us a mighty saviour.**

Prayers

*Prayers may be offered for the day and its tasks, the world and its needs,
and for the life of the church. Or, there may be a time of silence.*

Almighty God,
who wonderfully created us in your own image
and yet more wonderfully restored us in your Son Jesus Christ;
grant that, as he came to share our human nature,
so we may be partakers of his divine glory;
who is alive and reigns with you and the Holy Spirit,
one God, now and forever.

Amen.

The Lord's Prayer is said.

Let us pray with confidence as our Saviour has taught us.

**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.**

Conclusion

The Lord bless us and preserve us from all evil
and keep us in eternal life.

Amen.

Let us bless the Lord.

Thanks be to God.

If you have enjoyed praying the Daily Office, and would like to continue to do so, you can order a copy of **Common Worship: Morning and Evening Prayer** (a simple order), **Common Worship: Daily Prayer** (wide variety, a bit more page turning, or **The Daily Office SSF** at

Church House Bookshop
31 Great Smith Street
London
SW1P 3BN
United Kingdom

Tel: 0845 017 6965 (mail orders)

The charges for this number are the same as UK local calls via a landline.

Tel: 020 7799 4064 (general enquiries)

email: bookshop@chbookshop.co.uk

web: <https://chbookshop.hymnsam.co.uk/>

You may also want a copy of *The Revised Common Lectionary*. The easiest version to use is the one published by Church House, ISBN 9780715123713

If you need help with that, please ring

The Revd Kimberly Bohan (rector) - 01472 822172

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This service is adapted from *Common Worship Daily Prayer* with an order of psalms and some collects from *Celebrating Common Prayer* (Mowbray 1992. © The European order of the Society of Saint Francis).

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