

Morning Prayer
Sunday 5 July 2020
The Fourth Sunday after Trinity

Preparation

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

The Benedicite – a Song of Creation (shorter version)

Bless the Lord all you works of the Lord:
sing his praise and exalt him for ever.

Bless the Lord you heavens:
sing his praise and exalt him for ever.

Bless the Lord you angels of the Lord:
sing his praise and exalt him for ever.

Bless the Lord all people on earth:
sing his praise and exalt him for ever.

O people of God bless the Lord:
sing his praise and exalt him for ever.

Bless the Lord you priests of the Lord:
sing his praise and exalt him for ever.

Bless the Lord you servants of the Lord:
sing his praise and exalt him for ever.

Bless the Lord all you of upright spirit:
bless the Lord you that are holy and humble in heart.

The Song of the Three 35-37, 60-65

Bless the Father, the Son and the Holy Spirit:
sing his praise and exalt him for ever.

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.

Amen.

The Word of God

Psalmody

Psalm 55.1-15,18-22

Cast your burden upon the Lord and he will sustain you.

Hear my prayer, O God;
hide not yourself from my petition.

Give heed to me and answer me;
I am restless in my complaining.

I am alarmed at the voice of the enemy
and at the clamour of the wicked;

For they would bring down evil upon me
and are set against me in fury.

My heart is disquieted within me,
and the terrors of death have fallen upon me.

Fearfulness and trembling are come upon me,
and a horrible dread has overwhelmed me.

And I said: 'O that I had wings like a dove,
for then would I fly away and be at rest.

'Then would I flee far away
and make my lodging in the wilderness.

'I would make haste to escape
from the stormy wind and tempest.'

Confuse their tongues, O Lord, and divide them,
for I have seen violence and strife in the city.

Day and night they go about on her walls;
mischief and trouble are in her midst.

Wickedness walks in her streets;
oppression and guile never leave her squares.

For it was not an open enemy that reviled me,
for then I could have borne it;

Nor was it my adversary that puffed himself up against me,
for then I would have hid myself from him.

But it was even you, one like myself,
my companion and my own familiar friend.

As for me, I will call upon God
and the Lord will deliver me.

In the evening and morning and at noonday
I will pray and make my supplication,
and he shall hear my voice.

He shall redeem my soul in peace
from the battle waged against me,
for many have come upon me.

God, who is enthroned of old,
will hear and bring them down;
they will not repent, for they have no fear of God.

My companion stretched out his hands against his friend
and has broken his covenant;

Cast your burden upon the Lord and he will sustain you.

*Lord, in all times of fear and dread,
grant that we may so cast our burdens upon you,
that you may bear us on the holy wings of the Spirit
to the stronghold of your peace;
through Jesus Christ our Lord.*

Each psalm or group of psalms 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 for ever. Amen.**

Gospel Reading

Matthew 11. 16-end

‘But to what will I compare this generation? It is like children sitting in the market-places and calling to one another,

“We played the flute for you, and you did not dance;
we wailed, and you did not mourn.”

For John came neither eating nor drinking, and they say, “He has a demon”; the Son of Man came eating and drinking, and they say, “Look, a glutton and a drunkard, a friend of tax-collectors and sinners!” Yet wisdom is vindicated by her deeds.’

Woes to Unrepentant Cities

Then he began to reproach the cities in which most of his deeds of power had been done, because they did not repent. ‘Woe to you, Chorazin! Woe to you, Bethsaida! For if the deeds of power done in you had been done in Tyre and Sidon, they would have repented long ago in sackcloth and ashes. But I tell you, on the day of judgement it will be more tolerable for Tyre and Sidon than for you. And you, Capernaum, will you be exalted to heaven?

No, you will be brought down to Hades.

For if the deeds of power done in you had been done in Sodom, it would have remained until this day. But I tell you that on the day of judgement it will be more tolerable for the land of Sodom than for you.’

Jesus Thanks His Father

At that time Jesus said, ‘I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and

humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

Canticle

A Song of David

**Splendour and majesty are yours, O God;
you are exalted as head over all.**

Blessed are you, God of Israel, for ever and ever,
for yours is the greatness, the power,
the glory, the splendour and the majesty.

Everything in heaven and on earth is yours;
yours is the kingdom, O Lord,
and you are exalted as head over all.

Riches and honour come from you
and you rule over all.

In your hand are power and might;
yours it is to give power and strength to all.

And now we give you thanks, our God,
and praise your glorious name.

For all things come from you,
and of your own have we given you.

I Chronicles 29.10b-13, 14b

**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.**

**Splendour and majesty are yours, O God;
you are exalted as head over all.**

Responsory

Awake, O sleeper, and arise from the dead
And Christ shall give you light.

You have died and your life is hid with Christ in God.
Awake, O sleeper, and arise from the dead.

Set your minds on things that are above,
not on things that are on the earth.
And Christ shall give you light.

When Christ our life appears you will appear with him in glory.
**Awake, O sleeper, and arise from the dead,
and Christ shall give you light.**

from Colossians 3

Gospel Canticle

The Benedictus

**You have raised up for us a mighty Saviour,
born of the house of your servant David.**

Blessed be the Lord the God of Israel,
who has come to his people and set them free.

He has raised up for us a mighty Saviour,
born of the house of his servant David.

Through his holy prophets God promised of old
to save us from our enemies,
from the hands of all that hate us,

To show mercy to our ancestors,
and to remember his 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 him without fear,
holy and righteous in his sight
all the days of our life.

And you, child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare his way,

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

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

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 for ever. Amen.**

**You have raised up for us a mighty Saviour,
born of the house of your servant David.**

Prayers

Intercessions are offered

for the day and its tasks
for the world and its needs
for the Church and her life

The universal Church
Bishops, synods and all who lead the Church
The leaders of the nations
The natural world and the resources of the earth
All who are in any kind of need

Lord, in your mercy
hear our prayer

Silence may be kept.

The Collect of the day is said

O God, the protector of all who trust in you,
without whom nothing is strong, nothing is holy:
increase and multiply upon us your mercy;
that with you as our ruler and guide
we may so pass through things temporal
that we lose not our hold on things eternal;
grant this, heavenly Father,
for our Lord Jesus Christ's sake,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
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.**

The 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.

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