

Morning Prayer
Sunday 16th August 2020
The Tenth 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

The appointed psalmody is said.

Psalm 92

You, O Lord, shall be exalted for evermore.

It is a good thing to give thanks to the Lord
and to sing praises to your name, O Most High;

To tell of your love early in the morning
and of your faithfulness in the night-time,

Upon the ten-stringed instrument, upon the harp,
and to the melody of the lyre.

For you, Lord, have made me glad by your acts,
and I sing aloud at the works of your hands.

O Lord, how glorious are your works!
Your thoughts are very deep.

The senseless do not know,
nor do fools understand,

That though the wicked sprout like grass
and all the workers of iniquity flourish,

It is only to be destroyed for ever;
but you, O Lord, shall be exalted for evermore.

For lo, your enemies, O Lord,
lo, your enemies shall perish,
and all the workers of iniquity shall be scattered.

But my horn you have exalted
like the horns of wild oxen;
I am anointed with fresh oil.

My eyes will look down on my foes;
my ears shall hear the ruin of the evildoers
who rise up against me.

The righteous shall flourish like a palm tree,
and shall spread abroad like a cedar of Lebanon.

Such as are planted in the house of the Lord
shall flourish in the courts of our God.

They shall still bear fruit in old age;
they shall be vigorous and in full leaf;

That they may show that the Lord is true;
he is my rock,
and there is no unrighteousness in him.

You, O Lord, shall be exalted for evermore.

*Give us the music of your praise, Lord,
morning, noon and night,
that our lives may be fruitful
and our lips confess you as the true and only God.*

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.

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.**

Gospel Reading

Matthew 15. 10-28

Things That Defile

Then he called the crowd to him and said to them, 'Listen and understand: it is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles.' Then the disciples approached and said to him, 'Do you know that the Pharisees took offence when they heard what you said?' He answered, 'Every plant that my heavenly Father has not planted will be uprooted. Let them alone; they are blind guides of the blind. And if one blind person guides another, both will fall into a pit.' But Peter said to him, 'Explain this parable to us.' Then he said, 'Are you also still without understanding? Do you not see that whatever goes into the mouth enters the stomach, and goes out into the sewer? But what comes out of the mouth proceeds from the heart, and this is what defiles. For out of the heart come evil intentions, murder, adultery, fornication, theft, false witness, slander. These are what defile a person, but to eat with unwashed hands does not defile.'

The Canaanite Woman's Faith

Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, 'Have mercy on me, Lord, Son of David; my daughter is tormented by a demon.' But he did not answer her at all. And his disciples came and urged him, saying, 'Send her away, for she keeps shouting after us.' He answered, 'I was sent only to the lost sheep of the house of Israel.' But she came and knelt before him, saying, 'Lord, help me.' He answered, 'It is not fair to take the children's food and throw it to the dogs.' She said, 'Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table.' Then Jesus answered her, 'Woman, great is your faith! Let it be done for you as you wish.' And her daughter was healed instantly.

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

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 (The Song of Zechariah)

**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

These responses may be used

Lord, in your mercy
hear our prayer

Silence may be kept.

The Collect of the day is said

The Collect of the day is said

Let your merciful ears, O Lord,
be open to the prayers of your humble servants;
and that they may obtain their petitions
make them to ask such things as shall please you;
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.

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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