

**Morning Prayer**  
**Sunday 30<sup>th</sup> August 2020**  
**The Twelfth 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 107.1-32

O give thanks to the Lord, for he is gracious,  
for his steadfast love endures for ever.

Let the redeemed of the Lord say this,  
those he redeemed from the hand of the enemy,

And gathered out of the lands  
from the east and from the west,  
from the north and from the south.

Some went astray in desert wastes  
and found no path to a city to dwell in.

Hungry and thirsty,  
their soul was fainting within them.

So they cried to the Lord in their trouble  
and he delivered them from their distress.

He set their feet on the right way  
till they came to a city to dwell in.

Let them give thanks to the Lord for his goodness  
and the wonders he does for his children.

For he satisfies the longing soul  
and fills the hungry soul with good.

Some sat in darkness and in the shadow of death,  
bound fast in misery and iron,

For they had rebelled against the words of God  
and despised the counsel of the Most High.

So he bowed down their heart with heaviness;  
they stumbled and there was none to help them.

Then they cried to the Lord in their trouble,  
and he delivered them from their distress.

He brought them out of darkness and out of the shadow of death,  
and broke their bonds asunder.

Let them give thanks to the Lord for his goodness  
and the wonders he does for his children.

For he has broken the doors of bronze  
and breaks the bars of iron in pieces.

Some were foolish and took a rebellious way,  
and were plagued because of their wrongdoing.

Their soul abhorred all manner of food  
and drew near to the gates of death.

Then they cried to the Lord in their trouble,  
and he delivered them from their distress.

He sent forth his word and healed them,  
and saved them from destruction.

Let them give thanks to the Lord for his goodness  
and the wonders he does for his children.

Let them offer him sacrifices of thanksgiving  
and tell of his acts with shouts of joy.

Those who go down to the sea in ships  
and ply their trade in great waters,

These have seen the works of the Lord  
and his wonders in the deep.

For at his word the stormy wind arose  
and lifted up the waves of the sea.

They were carried up to the heavens  
and down again to the deep;  
their soul melted away in their peril.

They reeled and staggered like a drunkard  
and were at their wits' end.

Then they cried to the Lord in their trouble,  
and he brought them out of their distress.

He made the storm be still  
and the waves of the sea were calmed.

Then were they glad because they were at rest,  
and he brought them to the haven they desired.

Let them give thanks to the Lord for his goodness  
and the wonders he does for his children.

Let them exalt him in the congregation of the people  
and praise him in the council of the elders.

*O living Christ,  
rescue us from foolish passion  
and still the storms of our self-will;  
and, as you are our anchor in this life,  
so bring us to the haven you have prepared for us;  
for your mercy's sake.*

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.**

Scripture Reading

## Gospel Reading

### Matthew 16. 21-end

#### Jesus Foretells His Death and Resurrection

From that time on, Jesus began to show his disciples that he must go to Jerusalem and undergo great suffering at the hands of the elders and chief priests and scribes, and be killed, and on the third day be raised. And Peter took him aside and began to rebuke him, saying, 'God forbid it, Lord! This must never happen to you.' But he turned and said to Peter, 'Get behind me, Satan! You are a stumbling-block to me; for you are setting your mind not on divine things but on human things.'

#### The Cross and Self-Denial

Then Jesus told his disciples, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will find it. For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?

'For the Son of Man is to come with his angels in the glory of his Father, and then he will repay everyone for what has been done. Truly I tell you, there are some standing here who will not taste death before they see the Son of Man coming in his kingdom.'

*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**

Almighty and everlasting God,  
you are always more ready to hear than we to pray  
and to give more than either we desire or deserve:  
pour down upon us the abundance of your mercy,  
forgiving us those things of which our conscience is afraid  
and giving us those good things  
    which we are not worthy to ask  
but through the merits and mediation  
of 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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