

Rā 7, Te Rā o te Hunga Tapu ki te Haerenga Mai – Rāhoroi/Hātarei i te ata

He Karakia mō ngā Rāhoroi/Hātarei o te “Wā Noaiho”, o ia rā rānei o te wā mai i Te Rā o te Hunga Tapu ki te Haerenga Mai

Pai tonu te Reme i whakamatea hei tango i te kaha, i te taonga, i te mātauranga, i te mana, i te hōnore, i te korōria, me te whakapai.

Whakakitenga 5.12

E te Ariki e hui tahi nei koutou me te Wairua Tapu
Noho mai hei kīngi i roto i ō mātou ngākau
Kia tae mai tōu rangatiratanga i runga i te whenua
Kia rite anō ki tō te Rangi
Ki te korōria e kore e taea te tatau. **Āmine.**

Te Kupu a te Atua

*Ētahi o ēnei Waiata a Rāwiri, ko rātou e whakarite ana i te Maramataka o te tau rānei, ā, ka mutu ia waiata, ia waiata, i ngā ra katoa o te tau, na, ko tēnei, **Korōria ki . . .***

Te Rāwhitu tuatahi, me ngā Rā Tapu i te wā mai i Te Rā o te Hunga Tapu ki te Haerenga Mai – nā Waiata 63

- 1 E te Atua, nōku Atua koe; ka moata tāku rapu i a koe. •
E hiainu ana tōku wairua ki a koe, e hiahia ana ōku kikokiko ki a koe, i te whenua maroke, ruha noa, kāhore nei he wai.
- 2 Koia i titiro atu ai ahau ki a koe i te wāhi tapu, •
kia kite ai i tōu kaha, i tōu korōria.
- 3 Pai atu tōu aroha i te ora; •

mō reira ka whakamoemiti ōku ngutu ki a koe.

- 4 Inā, ka whakapai ahau ki a koe i ahau anō e ora nei; •
ka totoro atu ōku ringa i runga i tōu ingoa.
- 5 Ka mākona tōku wairua, ānō i te hinu wheua, i te
ngako, •
ā, ka hari ōku ngutu ina whakamoemiti tōku māngai
ki a koe.
- 6 Ina mahara ahau ki a koe i runga i tōku moenga, •
ina whakaaro ki a koe i ngā mataaratanga o te pō.
- 7 Ko koe hoki tōku kaiāwhina; •
nā, ka hari ahau ki te taumarumarutanga iho o ōu
pākau.
- 8 Piri tonu tōku wairua ki a koe •
e tautoko ake ana tōu matau i ahau.

**Te Rāwhitu tuarua, me ngā Rāhina/Mane i te wā mai i
Te Rā o te Hunga Tapu ki te Haerenga Mai – Waiata 125**

- 1 Ko te hunga e whakawhirinaki ana ki a Ihowā ka rite
ki Maunga Hiona, •
e kore nei e taea te whakangāueue, pūmau tonu ake
ake.
- 2 Me ngā maunga e taiāwhio nei i Hiruhārama, •
te karapoti a Ihowā i tōna iwi, āianeī ā ake tonu atu.
- 3 E kore hoki te tokotoko a te whakaarokore e waiho
tonu i runga i te wāhi o te hunga tika, •
kei totoro te ringa o te hunga tika ki te kino.
- 4 Kia pai tāu mahi, e Ihowā, ki te hunga pai, •
ki te hunga he tika nei ō rātou ngākau.
- 5 Ko te hunga ia e peka kē ana ki ō rātou ara
kōpikopiko, mā Ihowā rātou e ārahi tahi atu me ngā

kaimahi i te kino. •
Kia mau te rongō ki a Īharaira!

Te Rāwhitu tuatoru, me ngā Rātū/Tūrei i te wā mai i Te Rā o te Hunga Tapu ki te Haerenga Mai – Waiata 124

- 1 Me kua a Ihowā i a tātou - •
he kī tēnei mā Īharaira -
- 2 me kua a Ihowā i a tātou, •
i te whakatikanga mai o te tangata ki a tātou;
- 3 pēnei kua horomia oratia tātou e rātou, •
i te muranga o tō rātou riri ki a tātou.
- 4 Kua ngaro tātou i ngā wai, •
kua taupokina ō tātou wairua e te ia;
- 5 pēnei kua taupokina ō tātou wairua •
e ngā wai whakakake.
- 6 Kia whakapaingia a Ihowā, •
kīhai nei i tuku i a tātou hei ngaunga mā ō rātou niho.
- 7 Kua mawhiti ō tātou wairua, me he manu i roto i te māhanga a ngā kaihopu; •
kua motu te māhanga, ā, mawhiti ana tātou.
- 8 Kei te ingoa o Ihowā he āwhina mō tātou, •
kei te kaihangā i te rangi, i te whenua.

Te Rāwhitu tuawhā, me ngā Rāapa/Wenerei i te wā mai i Te Rā o te Hunga Tapu ki te Haerenga Mai – Waiata 92

- 1 He mea pai te whakawhetai ki a Ihowā, •
te hīmene atu ki tōu ingoa, e te Runga Rawa;
- 2 te whakakite i tōu atawhai i te ata, •
i tōu pono i ngā pō katoa;
- 3 i runga i te aho tekau, i te hātere; •

i te tangi huatau a te hāpa.

- 4 Nāu hoki ahau, e Ihowā, i whakahari ki tāu mahi; •
ka whakamanamana ahau ki ngā meatanga a ōu
ringa.
- 5 Anō te nui o āu mahi, e Ihowā! •
Hōhonu rawa ōu whakaaro.
- 6 Ko te tangata pōauau, kāhore ia e mātau; •
kāhore hoki tēnei e mōhiotia e te kūware.
- 7 Kia pihi ake ngā whakaarokore ānō he tarutaru, •
ā, kia tupu ngā kaimahi katoa i te kino; he
ngaromanga tēnā nō rātou ake ake.
- 8 Ko koe ia, e Ihowā, •
kei runga rawa ake ake.
- 9 Nā, ko ōu hoa whawhai, e Ihowā, nā, ko ōu hoa
whawhai, ka ngaro; •
ka marara katoa ngā kaimahi i te kino.
- 10 Otirā, ka ara i a koe tōku haona, ka pērā i tō te kau
mākā; •
ka whakawahia ahau ki te hinu hou.
- 11 Ka kite hoki tōku kanohi i tāku i hiahia ai ki runga ki
ōku hoariri, •
ka rongo ōku taringa i tāku i hiahia ai o te hunga kino
e whakatika ana mai ki ahau.
- 12 Ka rite te tupu o te tangata tika ki tō te nīkau; •
ka rite tōna nui ki tō te hīta i Repanōna.
- 13 Ko te hunga i whakatōkia ki te whare o Ihowā •
ka tupu ki ngā marae o tō tātou Atua.
- 14 Ka whai hua tonu rātou ua hina; •
kī tonu i te wai, matomato tonu;
- 15 hei whakakite i te tika o Ihowā; •
ko ia tōku kōhatu, kāhore hoki ōna hē.

**Te Rāwhitu tuarima, me ngā Rāpare/Tāite i te wā mai i
Te Rā o te Hunga Tapu ki te Haerenga Mai – Waiata 145**

- 1 Ka whakanui ahau i a koe, e tōku Atua, e te Kīngi; •
ka whakapai ki tōu ingoa ake ake.
- 2 Ka whakapai ahau ki a koe i ngā rā katoa; •
ka whakamoemiti ki tōu ingoa ake ake.
- 3 He nui a Ihowā, kia nui anō te whakamoemiti ki a ia; •
e kore e taea tōna nui te rapu.
- 4 Mā tētahi whakatupuranga e whakamoemiti āu mahi,
tae noa atu ki tētahi whakatupuranga; •
e kōrero hoki āu mahi nunui.
- 5 Ka kōrerotia e ahau te korōria, te hōnore o tōu nui, •
me āu mahi whakamīharo.
- 6 Ka kōrerotia anō e te tangata te kaha o āu mahi
whakamataku; •
māku anō e kōrero tōu nui.
- 7 Ka whakapuakina e rātou te mahara ki te nui o tōu
pai; •
ka waiatatia anō tōu tika.
- 8 He atawhai a Ihowā, he aroha; •
he pūhoi ki te riri, he nui tāna mahi tohu.
- 9 He pai a Ihowā ki ngā mea katoa; •
kei runga anō tōna aroha i āna mahi katoa.
- 10 E whakamoemititia koe, e Ihowā, e āu mahi katoa; •
e whakapaingia e tōu hunga tapu.
- 11 Mā rātou e kōrero te korōria o tōu kīngitanga, •
e kauwhau hoki tōu kaha;
- 12 kia mōhiotia ai e ngā tama a te tangata āna mahi
nunui, •
me te korōria o te maruwehi o tōna kīngitanga.
- 13 He kīngitanga mutungakore tōu kīngitanga; kei ngā

- whakatupuranga katoa tōu rangatiratanga. •
- 14 E tautokona ana e Ihowā te hunga katoa e hinga ana; •
e whakaarahia ake ana hoki e ia te hunga katoa kua
whakapikoa iho.
 - 15 E tatari ana ki a koe ngā kanohi o te katoa; •
ā, e hoatu ana e koe ki a rātou tā rātou kai i te wā e
tika ai.
 - 16 E whakatuwhera ana koe i tōu ringa, •
ā, mākona iho i a koe te hiahia o ngā mea ora katoa.
 - 17 He tika ngā ara katoa o Ihowā; •
he tapu hoki āna mahi katoa.
 - 18 E tata ana a Ihowā ki te hunga katoa e karanga ana ki
a ia; •
ki te hunga katoa e karanga pono ana ki a ia.
 - 19 Ka whakamanā e ia te hiahia o te hunga e wehi ana i a
ia; •
e whakarongo hoki ia ki tā rātou tangi, ā, ka
whakaora i a rātou.
 - 20 Ko Ihowā hei tiaki i te hunga katoa e aroha ana ki a
ia; •
ko te hunga kino katoa ia e ngaro i a ia.
 - 21 Mā tōku māngai e kōrero te whakamoemiti ki a
Ihowā; •
kia whakapai anō hoki ngā kikokiko katoa ki tōna
ingoa tapu ake ake.

**Te Rāwhitu tuaono, me ngā Rāmere/Paraire i te wā mai i
Te Rā o te Hunga Tapu ki te Haerenga Mai – Waiata 23**

- 1 Ko Ihowā tōku hēpara; •
e kore ahau e hapa.
- 2 Ko ia hei mea kia takoto ahau ki ngā wāhi tarutaru

- hou; •
e ārahi ana ia i ahau ki te taha o ngā wai āta rere.
- 3 Ko ia hei whakahoki ake i tōku wairua; •
e ārahi ana ia i ahau i ngā ara o te tika, he whakaaro ki
tōna ingoa.
- 4 Āe, ahakoa haere ahau i te awaawa o te ātārangi o te
mate, kāhore he kino e wehi ai ahau; •
nō te mea kei tōku taha koe; ko tāu rākau, ko tāu
tokotoko, ko ēnā hei oranga ngākau mōku.
- 5 E takā ana e koe he tēpu ki tōku aroaro i te tirohanga
a ōku hoariri, •
e whakawahia ana e koe tōku mātenga ki te hinu,
pūrena tonu tāku kapu.
- 6 He pono e aru i ahau te pai me te atawhai i ngā rā
katoa e ora ai ahau, •
ā, ka noho ahau ki te whare o Ihowā ake tonu atu.

**Te Rāwhitu tuawhitu, me ngā Rāhoroi/Hātarei i te wā
mai i Te Rā o te Hunga Tapu ki te Haerenga Mai –
Waiata 149**

- 1 Whakamoemititia a Ihowā! Waiatatia ki a Ihowā he
waiata hou, •
me te whakamoemiti ki a ia i te whakaminenga o te
hunga tapu.
- 2 Kia hari a Iharaira ki tōna kaihanga; •
kia koa ngā tama a Hiona ki tō rātou Kīngi.
- 3 Kia whakamoemiti rātou ki tōna ingoa me te kanikani
anō; •
kia hīmene rātou ki a ia i runga i te timipera, i te hāpa.
- 4 E manako ana hoki a Ihowā ki tāna iwi; •
māna e whakaataahua te hunga māhaki ki te

whakaoranga.

- 5 Kia koa te hunga tapu i runga i te korōria; •
kia hāmama rātou i te hari i runga i ō rātou moenga.
- 6 Kia whai whakamoemiti ō rātou māngai ki te Atua, •
kia whai hoari matarua tō rātou ringa;
- 7 hei rapu utu i ngā tauwiwi, •
hei whiu i ngā iwi;
- 8 hei herehere i ō rātou kīngi ki te mekameka, •
i ō rātou tāngata nunui ki ngā here rino;
- 9 hei whakaputa ki a rātou i te whakaritenga kua oti te
tuhituhi. •
Nō tōna hunga tapu katoa tēnei hōnore.
Whakamoemititia a Ihowā!

*Waiata Whakamoemiti nā te Kawenata Hou
ko tēnei*

Waiata Whakamoemiti tuatahi

- 1 Ka koa te hunga he rawakore nei te wairua; •
nō rātou hoki te rangatiratanga o te rangi.
- 2 Ka koa te hunga e tangi ana; •
ka whakamārietia hoki rātou.
- 3 Ka koa te hunga ngākau māhaki; •
ka riro hoki i a rātou te whenua.
- 4 Ka koa te hunga e hiakai ana, e hiainu ana, ki te tika; •
e mākona hoki rātou.
- 5 Ka koa te hunga tohu tangata; •
e tohungia hoki rātou.
- 6 Ka koa te hunga ngākau mā; •
e kite hoki rātou i te Atua.

- 7 Ka koa te hunga hohou rongou; •
ka huaina hoki rātou he tamariki nā te Atua.
- 8 Ka koa te hunga e whakatoia ana mō te tika; •
no rātou hoki te rangatiratanga o te rangi.

Matiu 5.3-10

Korōria ki . . .

ko tēnei rānei

Waiata Whakamoemiti tuarua

- 1 Nā, he tino tohunga nui tō tātou, kua tomo ki ngā
rangi, a Īhu, te Tama a te Atua, •
kia mau pū tātou ki te tikanga i whakaaetia e tātou.
- 2 Ehara hoki tō tātou i te tohunga nui •
e kore e āhei kia mamae tahi me tātou e ngoikore nei;
- 3 i whakamātautauria nei hoki ia i ngā mea katoa, •
i pēneitia me tātou, kāhore ia he hara.
- 4 Ahakoa he Tama ia, i whakaakona ia ki te ngohengohe
e ōna mamae. •
Ā, ka meinga nei ia kia tino rite, ka waiho ia hei take
mō te ora tonu ki te hunga katoa e ngohengohe ana ki
a ia.
- 5 Nā, ko te tino tēnei o ēnei kōrero; •
he tohunga pērā tō tātou, kua noho ki matau o te
torōna o te Nui i ngā rangi;
- 6 Nā, kia haere māia atu tātou ki te torōna o te aroha
noa, kia puta mai ai ki a tātou te mahi tohu, •
kia kitea ai e tātou tā te aroha noa hei āwhina mai mō
ngā wā e mate ai.

nā Ngā Hiperu 4.14-16; 5.8, 9; 8.1

Korōria ki . . .

Ngā Pānui Karaipiture

ko tētahi o ēnei pānui, ko tētahi nō te Maramataka o te tau rānei

Te Rāwhitu tuatahi, me ngā Rā Tapu i te wā mai i Te Rā o te Hunga Tapu ki te Haerenga Mai

Nā, moe iho ia Hākopa, ko tētahi arawhata e tū ana i runga i te whenua, ko tōna pito i tutuki ki te rangi; nā, ko ngā anahera a te Atua e piki ana, e heke ana i runga i taua mea. Nā, ko Ihowā e tū ana i runga atu i taua mea, e mea ana, “Ko Ihowā ahau, ko te Atua o Āperahama, o tōu pāpā, ko te Atua hoki o Īhaka; ko te whenua e takoto nā koe, ka hoatu e ahau ki a koe, ki ōu uri anō hoki.” Nā, ka oho ake a Hākopa i tāna moe, ka mea, “He pono kei tēnei wāhi a Ihowā - ā, kīhai ahau i mōhio.” Nā, ka wehi ia, ka mea, “Anō te wehi o tēnei wāhi! Ehara tēnei i te mea kē atu i te whare o te Atua, ā, ko te kūwaha tēnei ki te rangi.”
Kenehi 28.12-13, 16-17

Te Rāwhitu tuarua, me ngā Rāhina/Mane i te wā mai i Te Rā o te Hunga Tapu ki te Haerenga Mai

Kāhore ianei koutou i mōhio, ko tātou kua iriiria nei ki roto ki a Karaiti Īhu, kua iriiria ki roto ki tōna matenga? Nā, kua tanumia ngātahitia tātou me ia ki roto ki te matenga, he mea nā te iriiri; kia rite ai ki a te Karaiti i whakaarahia ake nei i te hunga mate e te korōria o te Matua, waihoki ko tātou kia haere i roto i te houtanga o te ora.

Rōma 6.3-4

Te Rāwhitu tuatoru, me ngā Rātū/Tūrei i te wā mai i Te Rā o te Hunga Tapu ki te Haerenga Mai

Nā, ka whakatika te anahera a te Atua, i haere rā i mua i te ope o Īharaira, ā, haere ana ki muri i a rātou; i neke atu anō te pou kapua i tō rātou aroaro, ā, tū ana i muri i a rātou. I haere hoki ki waenganui o te nohoanga o ngā Īhipiana, o te nohoanga hoki o Īharaira. Ā, tērā te kapua me te pōuri, otiia e whakamārama ana ia i te pō, ā, kīhai tētahi i whakatata ki tētahi ā pau katoa te pō.

Ekoruhe 14.19-20

Te Rāwhitu tuawhā, me ngā Rāapa/Wenerei i te wā mai i Te Rā o te Hunga Tapu ki te Haerenga Mai

Ka mea te Atua ki a Mohi, “Ā, ka tango ahau i a koutou hei iwi māku, ko ahau anō hei Atua mō koutou. Ā, e mōhio koutou ko Ihowā ahau, ko tō koutou Atua, e whakaputa ana i a koutou i raro i ngā kawenga a ngā Īhipiana. Māku anō hoki koutou e kawē atu ki te whenua i whakamārō ai ahau i tōku ringaringa mō reira kia hoatu ki a Āperahama, ki a Īhaka, ki a Hākopa; ā, ka hoatu a reira e ahau ki a koutou hei kāinga tūturu. Ko Ihowā ahau.” Nā, ka kōrero a Mohi i te aroaro o Ihowā, ka mea, “Nanā, kāhore ngā tama a Īharaira i whakarongo ki ahau; me pēhea e rongō ai a Parao ki ahau, he ngutu kokotikore nei hoki ahau?” Nā, ka kōrero a Ihowā ki a Mohi rāua ko Ārona, hōmai ana e ia ki a rāua he ako ki ngā tama a Īharaira, ki a Parao hoki kīngi o Īhipa, mō ngā tama a Īharaira kia whakaputaina i te whenua o Īhipa.

Ekoruhe 6.7-8, 12-13

**Te Rāwhitu tuarima, me ngā Rāpare/Tāite i te wā mai i
Te Rā o te Hunga Tapu ki te Haerenga Mai**

Nā, i tēnei kapua nui o ngā kaiwhakaatu e karapoti nei i a tātou, whakarērea e tātou ngā whakataimaha katoa, me te hara whakaeke tata, kia manawanui hoki tātou ki te oma i te omanga e takoto nei i tō tātou aroaro. Me te titiro pū anō ki a Īhu, ki te kaitīmata, ki te kaiwhakaoti i te whakapono; i whakaaro hoki ia ki te hari i tōna aroaro, ā, whakamanawanui ana ki te rīpeka, whakahāwea ana ki te whakamā, nā, kua noho ki matau o te torōna o te Atua. Whakaaroa hoki ia i whakamanawanui nei ki taua totohe nui a te hunga hara ki a ia, kei hōhā ō koutou ngākau, kei ngākaukore koutou. Ko tā koutou pakanga, kāhore anō kia tae noa ki te toto i a koutou e whawhai nā ki te hara.

Ngā Hiperu 12.1-4

**Te Rāwhitu tuaono, me ngā Rāmere/Paraire i te wā mai i
Te Rā o te Hunga Tapu ki te Haerenga Mai**

Ehara i te mea kua mau rawa i ahau, kua tino rite rānei ahau; engari, e whāia atu ana e ahau, me kore e mau i ahau te mea i mau ai ahau i a Karaiti Īhu. E ōku tēina, kāhore āku kīanga ake kua mau i ahau, kotahi ia tāku, wareware ake i ahau ngā mea ō muri, whātoro tonu atu ki ngā mea i mua, ka tāwhai tonu ahau ki te tohu, ki te utu whakahōnore o tō runga karangatanga a te Atua, i roto i a Karaiti Īhu.

Piripai 3.12-14

**Te Rāwhitu tuawhitu, me ngā Rāhoroi/Hātarei i te wā
mai i Te Rā o te Hunga Tapu ki te Haerenga Mai**

Ka mea a Hopa, “E kitea ia ki hea te whakaaro nui? kei hea hoki te wāhi o te mōhio? E kore te tangata e mōhio ki

tōna utu, e kore anō taua hanga e kitea ki te whenua o te ora. E mōhio ana te Atua ki tōna ara, kua kite anō ia i tōna wāhi. E titiro ana hoki ia ki ngā pito o te whenua, e kite ana ia i ngā mea i raro i te rangi, ā puta noa. Ā, ka mea ia ki te tangata, 'Nā, ko te wehi ki te Ariki, ko te whakaaro nui tēnā; ā, ko te mawehe atu i te kino, koia te mātauranga.' "

Hopa 28.12-13, 23-24, 28

Te Waiata a Hakaraia

Kia whakapaingia te Ariki, te Atua o Īharaira: •

kua titiro mai hoki ia, kua hoko i tāna iwi.

Kua whakaarahia ake e ia he haona whakaora mō tātou: •

i roto i te whare o Rāwiri, o tāna pononga.

Ko tāna hoki ia i kōrerotia e te māngai o āna poropiti tapu: •

nō te tīmatanga iho anō o te ao:

Hei whakaora i a tātou i ō tātou hoa whawhai: •

i te ringa anō o te hunga katoa e kino ana ki a tātou;

Hei whakaputa i te mahi tohu ki ō tātou tūpuna: •

hei whakamahara ki tāna kawenata tapu;

Ki te oati i oati ai ia ki a Āperahama: •

ki tō tātou tupuna.

Kia tukua mai e ia ki a tātou he ora i te ringa o ō tātou hoa whawhai: •

kia mahi wehikore tātou ki a ia,

I runga i te tapu, i te tika, ki tōna aroaro: •

i ngā rā katoa e ora ai tātou.

Ā, ko koe, e tama, ka kīia ko te poropiti a te Runga rawa: •

e haere hoki koe i te aroaro o te Ariki, hei whakapai i

ōna ara;

Hei whakamātau i tāna iwi ki te ora: •

i ō rātou hara e murua ana;

He mea hoki nā te aroha, nā te mahi tohu a tō tātou

Atua: •

nā reira hoki i puta mai ai te pūaotanga o runga ki a tātou,

Hei whakamārama i te hunga e noho ana i te pōuri, i te ātārangi hoki o te mate: •

hei whakatika i ō tātou waewae ki te huarahi o te rangimārie. *Ruka 1.68-79*

Kia whakakorōriatia te Matua, te Tama; •

me te Wairua Tapu;

ko te ritenga ia i te tīmatanga, ā tēnei anō ināiane; •

ā ka mau tonu iho, ā ake ake. Āmine.

ko tēnei rānei

Korōria ki te Matua, ki te Tama,

ki te Wairua Tapu; •

mai i te tīmatanga, ki tēnei wā,

ā, haere ake nei. Āmine.

Ngā Īnoi

Ngā Īnoi takawaenga me ngā whakawhetai

E te Ariki, kia aroha mai.

E te Karaiti, kia aroha mai.

E te Ariki, kia aroha mai.

*Te Īnoi mō te rā, te ĩnoi mō te Rāhoroi/Hātarei, te ĩnoi mō te wā
mai i Te Rā o te Hunga Tapu ki te Haerenga Mai rānei*

Te Īnoi mō Rāhoroi/Hātarei

E te Atua kaha rawa,
tukuna mai ana e koe te Wairua o tāu Tama
ki roto i ō mātou ngākau,
ā whakatangatangatia ana mātou i ngā here o te kino;
hōmai he wairua aroha kia ngākau nui ai mātou
ki te mahi ki a koe,
kia mauria ai mātou me ngā tāngata katoa
ki te rangatiratanga korōria o ngā tamariki a te Atua;
ko Īhu Karaiti tō mātou Ariki.

Āmine.

**Te Īnoi mō te wā mai i te Rā o te Hunga Tapu ki te
Haerenga Mai**

E te Matua i te rangi,
āwhinatia mātou ki te tuku atu ki tōu atawhai
te hunga e arohatia ana e mātou;
i ngā wā e pēhia ai mātou e te pōuri,
ākona mātou ki te anga atu ki a koe
me te mahara anō ki te kapua nui
o ngā whakaatu e karapoti nei a mātou;
tukua mātou e ora nei, kia whiwhi me rātou,
ki te okiokinga me te rangimārie e hōmai e koe,
arā e tāu Tama, e tō mātou Ariki, e Īhu Karaiti.

Āmine.

Te Īnoi a te Ariki

I te tutukitanga o te kupu taurangi o te korōria, ā,
kua akona nei tātou e tō tātou Ariki, ka Īnoi tātou.

E tō mātou Matua i te rangi

Kia tapu tōu Ingoa.

Kia tae mai tōu rangatiratanga.

Kia meatia tāu e pai ai

ki runga ki te whenua,

kia rite anō ki tō te rangi.

Hōmai ki a mātou āiane

he taro mā mātou mō tēnei rā.

Murua ō mātou hara,

Me mātou hoki e muru nei

i ō te hunga e hara ana ki a mātou.

Aua hoki mātou e kawea kia whakawaia;

Ēngari whakaorangia mātou i te kino;

Nōu hoki te rangatiratanga, te kaha,

me te korōria,

Ake ake ake. Āmine.

Mā te Atua o te tūmanako,

e whakaū ō tātou ngākau

ki te koa, ki te rangimārie

kia pono ai tātou,

i runga i te ihi, i te mana,

o te Wairua Tapu. Āmine.