

Rā 3, Ko te Haerenga Mai – Rātū/Tūrei i te ata

He Karakia mō ngā Rātū/Tūrei o te "Wā Noaiho", o ia rā rānei o te wā o te Haerenga Mai

Ka whakapuakina anō te korōria o Ihowā, a ka kite ngātahi ngā kikokiko katoa.

Ihāia 40.5

Kia horo te tata mai, e Īhu te Ariki
Tū waenganui i a mātou i te rā nei
Hei whakatau, hei pōwhiri i a mātou
Kia ū mātou, kia noho tahi
Kia rongo ai i te mahanatanga
I te hari koa, o te nohoanga tahitanga
O te teina tuakana i raro i te whakaaro kotahi. **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 rā katoa o te tau, nā, ko tēnei, **Korōria ki . . .***

Te Rāwhitu tuatahi, me ngā Rātapu o te Haerenga Mai – Waiata 24

- 1 Nō Ihowā te whenua, me ōna tini mea, •
te ao, me ngā tāngata e noho ana i runga.
- 2 He mea whakatū hoki nāna ki runga ki ngā moana, •
he mea whakaū ki runga ki ngā roma.
- 3 Ko wai e eke ki te maunga o Ihowā? •
Ko wai e tū ki tōna wāhi tapu?
- 4 Ko te tangata he mā nei ngā ringa, he harakore tōna ngākau, •
kāhore nei i ara tōna wairua ki te horihori, ā, kāhore i oati teka.

- 5 Ka riro i a ia te manaaki a Ihowā, •
me te tika a te Atua o tōna whakaoranga.
- 6 Ko te whakatupuranga tēnei o te hunga e rapu ana ki
a ia, •
e rapu nei i tōu mata, e Hākopa.
- 7 Kia ara ō koutou mātenga, e ngā tatau, •
ara ake, e ngā tatau onamata; ā, ka tomo te Kīngi o te
korōria.
- 8 Ko wai tēnei Kīngi korōria? •
Ko Ihowā, ko te kaha, ko te mārohirohi, ko Ihowā, ko
te mārohirohi ki te whawhai.
- 9 Kia ara ō koutou mātenga, e ngā tatau, kia ara ake, e
ngā tatau onamata, •
ā, ka tomo te Kīngi o te korōria.
- 10 Ko wai tēnei Kīngi korōria? •
Ko Ihowā o ngā mano, ko ia te Kīngi korōria.

Te Rāwhitu tuarua, me ngā Rāhina/Mane o te Haerenga Mai, Waiata 75

- 1 Ka whakawhetai tonu mātou ki a koe, e te Atua, ka
whakawhetai tonu mātou; kei te tata mai hoki tōu
ingoa: •
e kōrerotia ana e te tangata āu mahi whakamīharo.
- 2 “Ka kitea e ahau te wā e rite ana, •
ka tika tāku whakawā.
- 3 Kūteretere noa iho te whenua me ōna tāngata katoa; •
nāku i whakatū ōna pou.
- 4 I mea ahau ki te hunga whakakake, ‘Kāti rā te
whakakake;’ •
ki te hunga hara anō, ‘Kaua e whakaarahia te haona.
- 5 Kaua tō koutou haona e whakaarahia ki runga: •
kāti te whakamārō i te kakī ina kōrero.’ ”

- 6 Nō te mea kāhore he aranga i te rāwhiti, •
kāhore i te hauāuru, kāhore hoki i te tonga.
- 7 Ko te Atua ia te kaiwhakawā; •
ko tēnei e whakaititia iho ana e ia, ko tērā e
whakaarahia ake ana.
- 8 Kei te ringa hoki o Ihowā he kapu, pāhuka tonu te
wāina; kī tonu, whakananu rawa, hei ringihanga
māna: •
ko ngā nganga ia, mā te hunga kino katoa o te
whenua e tatau, e inu.
- 9 Ko ahau ia, ka kauwhau tonu: •
ka hīmene ki te Atua o Hākopa.
- 10 Ā, ka kotia e ahau ngā haona katoa o te hunga
kino: •
ka whakaarahia ake ia ngā haona o te tangata tika.

Te Rāwhitu tuatoru, me ngā Rātū/Tūrei o te Haerenga Mai, Waiata 25

- 1 Ka ara nei tōku wairua ki a koe, •
e Ihowā.
- 2 E tōku Atua, ko koe tōku whakawhirinakitanga; •
kei whakamā ahau, aua ōku hoariri e tukua kia
whakaputa ki ahau.
- 3 Āe, aua tētahi o te hunga e tatari ana ki a koe e tukua
kia whakamā; •
kia whakamā te hunga e tinihanga noa ana.
- 4 Whakakitea ki ahau āu ara, e Ihowā; •
whakaakona ahau ki āu huarahi.
- 5 Ārahina ahau i tōu pono, whakaakona hoki ahau; •
ko koe hoki te Atua o tōku whakaoranga; pau noa te
rā i ahau e tatari nei ki a koe.
- 6 E Ihowā, kia mahara ki āu mahi tohu, ki āu mahi
aroha; •

nōnamata riro hoki ēnā.

- 7 Kaua e maharatia ngā hara o tōku tamarikitanga, me
ōku kino; •
mahara mai koe ki ahau, e Ihowā, kia rite ki tāu mahi
tohu, kia whakaaro ki tōu pai.
- 8 He pai, he tika a Ihowā, •
ā, ka whakaakona e ia te hunga hara ki te huarahi.
- 9 Ka ārahina e ia te hunga māhaki i runga i te
whakawā; •
ka ākona hoki e ia te hunga māhaki ki tāna ara.
- 10 He mahi tohu, he pono ngā ara katoa o Ihowā ki te
hunga e pupuri ana i tāna kawenata, •
i āna whakaaturanga.
- 11 Kia mahara ki tōu ingoa, e Ihowā, •
ā, murua tōku kino, he nui nei hoki.
- 12 Ko wai te tangata e wehi ana ki a Ihowā? •
Ka whakaako ia i a ia ki te ara e pai ai ia.
- 13 Ka noho tōna wairua i runga i te pai, •
ā, ka riro te whenua i tōna uri.
- 14 Kei te hunga e wehi ana i a ia te mea ngaro a Ihowā; •
ā, māna e whakakite ki a rātou tāna kawenata.
- 15 E tau tonu ana ōku kanohi ki a Ihowā; •
māna hoki e unu ake ōku waewae i te kupenga.
- 16 Tahuri mai ki ahau, tohungia hoki ahau; •
he mokemoke hoki ahau, e mamae ana te ngākau.
- 17 Kua whakanuia ngā whakapāwera o tōku ngākau; •
whakaputaina ahau i roto i ngā mea e pēhi nei i ahau.
- 18 Tirohia tōku mate me tōku mamae, •
ā, murua katoatia ōku hara.
- 19 Tirohia mai ōku hoariri, he tokomaha hoki rātou: •
ā, he nanakia te kino e kino nei rātou ki ahau.
- 20 Tiakina tōku wairua, ā, whakaorangia ahau; •

kei whakamā ahau; e whakawhirinaki ana hoki ahau ki a koe.

- 21 Tukua mā te ngākau tapatahi, mā te tika ahau e tiaki; •
e tūmanako ana hoki ahau ki a koe.
- 22 Hokona, e te Atua, ā, Īharaira •
i roto i ōna whakapāwera katoa.

Te Rāwhitu tuawhā, me ngā Rāapa/Wenerei o te Haerenga Mai, Waiata 28

- 1 Ka karanga ahau ki a koe, e Ihowā, e tōku kōhatu, kua e wahangū ki ahau; •
ki te wahangū hoki koe ki ahau, ka rite ahau ki te hunga e heke atu ana ki te poka.
- 2 Whakarongo ki tōku reo īnoi, ua karanga ahau ki a koe, •
ina totoro ōku ringa ki tōu ahurewa tapu.
- 3 Kua ahau e kūmea tahitia me te hunga hē; •
me ngā kaimahi i te kino, he mārie ā rātou kupu ki ō rātou hoa, he kino ia kei roto i ō rātou ngākau.
- 4 Kia rite ki ā rātou mahi tāu e hoatu ai ki a rātou, ki te kino anō o ā rātou hanga; •
kia rite ki ngā mahi a ō rātou ringa tāu e hoatu ai ki a rātou, whakahokia tā rātou utu ki a rātou.
- 5 Nā, kāhore nei rātou e whakaaro ki ngā mahi a Ihowā, ki ngā meatanga a ōna ringa, •
mō reira ka whakahoroa iho rātou e ia, e kore anō e whakatūria ake.
- 6 Kia whakapaingia a Ihowā •
mōna i whakarongo mai ki tōku reo īnoi.
- 7 Ko Ihowā tōku kaha, tōku whakangungu rākau; i whakawhirinaki tōku ngākau ki a ia, •
ā, āwhinatia ana ahau; koia i hari ai tōku ngākau, i

whakamoemiti ai hoki tāku waiata ki a ia.

- 8 Ko Ihowā tō rātou kaha, •
ko ia anō te kaha whakaora o tāna tangata i
whakawahi ai.
- 9 Whakaorangia tāu iwi, manaakitia tōu kāinga tupu; •
whāngainga rātou, whakaarahia ake ake.

Te Rāwhitu tuarima, me ngā Rāpare/Tāite o te Haerenga Mai, nā Waiata 62

- 1 Ko te Atua anake tāku e tatari nei; •
kei a ia te whakaoranga mōku.
- 2 Ko ia anake tōku kōhatu, tōku whakaoranga, tōku pā
hoki, •
e kore e nui tōku ngāueuetanga.
- 5 Tatari, e tōku wairua, ki te Atua anake; •
ko ia tāku e tūmanako nei.
- 6 Ko ia anake tōku kōhatu, tōku whakaoranga, tōku pā
hoki; •
e kore ahau e whakangāueuetia.
- 7 Kei te Atua te whakaoranga mōku, te korōria anō
mōku; •
kei te Atua te kōhatu o tōku kaha, tōku piringa.
- 8 Whakawhirinaki ki a ia i ngā wā katoa, e te iwi,
ringihia tō koutou ngākau ki tōna aroaro; •
hei piringa mō tātou te Atua.
- 9 He pono he mea memeha noa ngā ware, he teka noa
ngā rangatira; •
ki te pāunatia rātou, māmā noa ake rātou tahi i te
horihori.
- 10 Kauga e whakawhirinaki ki te tūkinu, kei wairangi
hoki ki te pāhua; •
ki te tini haere ngā taonga, kei whakamanawa tō
koutou ngākau ki reira.

- 11 Kotahi kōrerotanga a te Atua, •
ka rua ōku rongonga i tēnei, nō te Atua te kaha.
- 12 Nāu anō, e te Ariki, te mahi tohu; •
rite tonu hoki ki tāna mahi tāu utu ki te tangata.

**Te Rāwhitu tuaono, me ngā Rāmere/Paraire o te
Haerenga Mai, Waiata 40**

- 1 I tatari mārie ahau ki a Ihowā; •
ā, anga ana ia ki ahau, whakarongo ana ki tāku
karanga.
- 2 Nā, kei te tango ake ia i ahau i te poka whakamataku,
i te paru tāoruoru; •
kei te whakatū i ōku waewae ki runga ki te kōhatu,
kei te whakaū i ōku hīkoinga.
- 3 Ā, hōmai ana e ia he waiata hou ki tōku māngai, he
whakamoemiti ki tō tātou Atua. •
He tokomaha e kite, ā, ka wehi ka whakawhirinaki ki
a Ihowā.
- 4 Ka hari te tangata kua waiho nei e ia a Ihowā hei
whakawhirinakitanga mōna; •
ā, kāhore e tahuri ki te hunga whakakake, ki te hunga
hoki e peka ana ki te teka.
- 5 E Ihowā, e tōku Atua, he tini āu mahi whakamīharo i
mahia e koe, me ōu whakaaro ki a mātou; e kore e
taea te kōrero whakatepe atu ki a koe; •
me i mea ahau kia whakakitea, kia kōrerotia, e kore e
taea te tatau.
- 6 Kīhai i matenuitia e koe te patunga tapu, me te
whakahere; pokaia ana e koe ōku taringa. •
Kīhai koe i mea mai ki te tahunga tinana, ki te
whakahere hara.
- 7 Nā, ko tāku meatanga atu, “Nā, kua tae mai ahau; •
kei roto i te pukapuka te tuhituhi mōku.

- 8 Ko taku pai ko te mea i tāu e pai ai, e tōku Atua; •
āe rā, kei tōku ngākau tāu ture.”
- 9 Kua kauwhautia e ahau te tika i roto i te
whakaminenga nui; •
nanā, kīhai i kopia ōku ngutu, tēnā koe te mātau ana,
e Ihowā.
- 10 Kīhai i hunā e ahau tōu tika i roto i tōku ngākau; kua
kōrerotia e ahau tōu pono me tāu whakaoranga; •
kīhai i hunā e ahau tōu aroha me tōu pono i te
whakaminenga nui.
- 11 Kei kaiponuhia tōu aroha ki ahau, e Ihowā; •
mā tōu atawhai me tōu pono ahau e tiaki i ngā wā
katoa.
- 12 Tā te mea kua karapotia ahau e ngā kino e kore e taea
te tatau; mau pū ahau i ōku kino, tē āhei te titiro
ake; •
he tini kē i ngā makawe o tōku mātenga; ā, hemo iho
tōku ngākau.
- 13 Kia pai, e Ihowā, ki te whakaora i ahau; •
e Ihowā, hohoro ki te āwhina i ahau.
- 14 Kia whakamā, kia pororaru ngātahi te hunga e rapu
ana i tōku wairua kia whakamatea; •
kia whakahokia ki muri, kia whakamā te hunga e
hiahia ana kia hē ahau.
- 15 Kia hunā, hei utu mō tō rātou whakamā, •
te hunga e mea mai ana ki ahau, “Ha, ha!”
- 16 Kia hari, kia koa ki a koe te hunga katoa e rapu ana i a
koe; •
kia mea tonu te hunga e pai ana ki tāu whakaoranga,
“Kia whakanuia a Ihowā.”
- 17 Ko ahau ia, he iti, he rawakore; heoi, e whakaaro ana
te Ariki ki ahau. •
Ko koe tōku āwhina, tōku kaiwhakaora; kua rā e

whakaroa, e tōku Atua.

**Te Rāwhitu tuawhitu, me ngā Rāhoroi/Hatarei o te
Haerenga Mai – Waiata 146**

- 1 Whakamoemititia a Ihowā! •
E tōku wairua, whakamoemititia a Ihowā!
- 2 I ahau e ora nei ka whakamoemiti ahau ki a Ihowā; •
ka hīmene ahau ki tōku Atua i ahau i te ao nei.
- 3 Kei whakawhirinaki ki ngā rangatira, ki te tama rānei
a te tangata, •
kāhore nei he āwhina.
- 4 Ko te putanga atu o tōna wairua, hoki ana ia ki tōna
oneone; •
kore iho ōna whakaaro i taua rā pū anō.
- 5 Ka hari te tangata ko te Atua nei o Hākopa tōna
kaiāwhina; •
ko tāna e tūmanako ai ko Ihowā, ko tōna Atua;
- 6 ko te kaihanganga o te rangi, o te whenua, o te moana, o
ngā mea katoa o reira; •
e pupuri nei i te pono ake ake;
- 7 e tohe nei i te whakawā a te hunga e tūkinotia ana; •
e whāngai nei i te hunga mate hiakai. Ko Ihowā hei
wewete i ngā herehere;
- 8 ko Ihowā hei whakatitiro i ngā matapō. •
Ko Ihowā hei whakaara i te hunga kua whakapikoa
iho; e aroha ana a Ihowā ki te hunga tika.
- 9 Ko Ihowā hei tiaki i ngā manene; ko ia hei tautoko i te
pani, i te pouaru; •
ko te ara ia o te hunga kino, ka huripokitia e ia.
- 10 Ko Ihowā hei kīngi ake ake, āe, ko tōu Atua, e
Hiona, •
tae noa ki ngā whakatupuranga katoa.
Whakamoemititia a Ihowā!

*Waiata Whakamoemiti nā te Kawenata Hou
ko tēnei*

Waiata Whakamoemiti tuatahi

- 1 “He nui āu mahi, e mīharotia ana, e te Ariki, e te Atua
Kaha Rawa! •
Tika tonu ōu ara, pono tonu, e te Kīngi o ngā
whakatupuranga!
- 2 Ko wai e kore e wehi i a koe, e te Ariki? E kore hoki e
whakakorōria i tōu ingoa? •
Ko koe anake hoki te tapu ana;
- 3 Ka haere mai hoki ngā tauwiwi katoa, ka koropiko ki
tōu aroaro; •
kua whakakitea hoki āu tikanga tika.”
- 4 “Waiho atu i tēnei e noho nei i runga i te torōna, i te
Reme hoki, •
te whakapai, te hōnore, te korōria, te kaha ā ake ake!”
Ngā Whakakitenga 15.3b, 4; 5.13

ko tēnei rānei

Waiata Whakamoemiti tuarua

- 1 Kua tae nei tātou ki Maunga Hiona, •
ki te pā o te Atua ora, ki Hiruhārama i te rangi,
- 2 ki ngā mano tini o ngā anahera, ki te huihui nui, •
ki te hāhi o ngā mātāmua, kua oti te tuhituhi ki te
rangi,
- 3 ki te Atua hoki, ki te kaiwhakawā o ngā tāngata katoa,
ki ngā wairua anō o te hunga tika kua oti te mea kia
tino tika, •
ki a Īhu anō hoki, ki te takawaenga o te kawenata hou,
- 4 Nā, ka riro nei i a tātou he kīngitanga •

e kore e taea te whakangāueue,
5 kia whiwhi tātou ki te aroha noa e manakohia mai ai
tā tātou e mahi nei •
ki te Atua i runga i te hopohopo, i te wehi;
6 he ahi hoki e kai ana tō tātou Atua.
Hiperu 12.22–24, 28, 29
Korōria ki . . .

Ngā Pānui Karaipiture

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

Te Rāwhitu tuatahi, me ngā Rātapu o te Haerenga Mai
Kātahi a Ihowā ka mea ki a Kaina, “Kei hea a Āpera tōu teina?” Ka mea ia, “Kāhore ahau e mōhio. Ko ahau ianei te kaitiaki o tōku teina?” Nā, ka mea ia, “He mahi aha tēnei āu? E tangi mai ana te reo o te toto o tōu teina ki ahau i roto i te whenua. Nā, ka kangā koe i runga i te whenua, i hāmama nei tōna waha hei rerenga atu mō te toto o tōu teina i whakahekeka nei e tōu ringa.”

Kenehi 4.9–11

Te Rāwhitu tuarua, me ngā Rāhina/Mane o te Haerenga Mai

Tēnei anō hoki tētahi, e mōhio ana tātou ki te tāima, kua taka noa ake tēnei te wā e ara ake ai koutou i te moe. Kua tata kē hoki ināianei tō tātou whakaoranga i tō te wā i whakaponu tuatahi ai tātou. Kua aua atu te pō, ka tata te ao. Mō konei rā kia whakarērea e tātou ngā mahi o te pōuri, kia kākahuria iho ngā kākahu whawhai o te marama. Engari, kākahuria iho te Ariki, a Īhu Karaiti, kua hoki e whakaaroa wawetia te kikokiko kia mahia ko ōna hiahia.

Rōma 13.11–12, 14

Te Rāwhitu tuatoru, me ngā Rātū/Tūrei o te Haerenga Mai

Ā muri iho, ka haere a Mohi rāua ko Ārona, ka kōrero ki a Parao, “Ko te kupu tēnei a Ihowā, a te Atua o Īharaira, ‘Tukua tāku iwi kia haere ki te taka hākari ki ahau i te koraha.’ ” Nā, ka mea a Parao, “Ko wai a Ihowā kia rongohau ahau ki tōna reo, kia tukua a Īharaira? Kāhore ahau e mōhio ki a Ihowā, e kore hoki e tukua atu e ahau a Īharaira.”

Ekoruhe 5.1–2

Te Rāwhitu tuawhā, me ngā Rāapa/Wenerei o te Haerenga Mai

Ka mea a Mohi, “Kia mahara hoki ki te ara katoa i ārahi ai a Ihowā, tōu Atua, i a koe i te koraha, i ēnei tau e whā tekau, kia iro ai koe, hei whakamātautau hoki i a koe, kia mōhio ai ngā aha noa i roto i tōu ngākau, ka pupuri rānei koe i āna whakahau, kāhore rānei. Ā, whakawhiua ana koe e ia, whakamatea ana ki te kai, whāngaia ana ki te mana, kīhai nei i mōhio e koe, kīhai anō i mōhio e ōu mātua; kia whakamōhio ai ia i a koe e kore te tangata e ora i te taro kau, engari, mā ngā kupu katoa e puta mai ana i te māngai o Ihowā ka ora ai te tangata.”

Tiuteronomi 8.2–3

Te Rāwhitu tuarima, me ngā Rāpare/Tāite o te Haerenga Mai

Mō konei kia mau ki ngā mea whawhai katoa a te Atua, kia taea ai e koutou te tū atu ki te riri i te rā kino, ā, ka poto i a koutou ngā mea katoa te mahi, kia tū. E tū rā, he mea whītiki ō koutou hope ki te pono, kākahuria iho anō hoki ko te tika hei pukupuku; herea iho te rongopai o te rangimārie hei hū mō ō koutou waewae, kia takatū ai. Mō

waho i ēnei mea katoa e mau ki te whakapono hei whakangungu rākau, e taea ai e koutou te tinei ngā mātia muramura katoa a te wairua kino. E mau hoki ki te ora hei pōtae, ki te hoari hoki a te Wairua, arā ki te kupu a te Atua. Kia pau te īnoi me te tohe, me īnoi i ngā wā katoa i roto i te Wairua.

Epeha 6.13–18a

Te Rāwhitu tuaono, me ngā Rāmere/Paraire o te Haerenga Mai

Kia ngohengohe anō hoki, koutou katoa, tētahi ki tētahi, ko te ngākau pāpaku anō hei whītiki mō koutou; nō te mea hoki, “E pakeke ana te Atua ki te hunga whakapehapeha, ka hoatu ia e ia he aroha noa ki te hunga pāpaku.” Nā, whakapāpaku iho koutou i raro i te ringaringa kaha o te Atua, kia whakateiteitia ake ai koutou e ia i te wā e pai ai. Makā atu ō koutou mānukanuka katoa ki runga ki a ia; e whakaaro ana hoki ia ki a koutou.

1 Pita 5.5b–7

Te Rāwhitu tuawhitu, me ngā Rāhoroi/Hatarei o te Haerenga Mai

Nā, haere ana a Irāia ki tētahi ana, ā, moe ana i reira. Nā, ka puta mai te kupu a Ihowā ki a ia; i mea ia: “E aha ana koe i konei, e Irāia?” Ā, ka mea tērā, “Nui atu tōku hae mō Ihowā, mō te Atua o ngā mano; kua whakarērea hoki tāu kawenata e ngā tama a Īharaira, ā, ko āu āta, wāhia iho e rātou, patua iho hoki e rātou āu poropiti ki te hoari. Ā, ko ahau, ko ahau rawa anake i mahue; ā, kei te rapu rātou i ahau kia whakamatea.” Nā, ka mea ia, “Putā mai, ka tū ki te maunga ki te aroaro o Ihowā.” Nā, ko te haerenga atu o Ihowā, he nui anō te hau, he kaha, e whakakōara ana i ngā maunga, e wāhi ana i ngā kōhatu i te aroaro o Ihowā.

Otiia, kāhore a Ihowā i roto i te hau; ā muri iho i te hau ko te rū; otiia, kāhore a Ihowā i roto i te rū. Ā, i muri o te rū ko te ahi; otiia kāhore a Ihowā i roto i te ahi; ā, i muri i te ahi ko te reo ngāwari, he mea iti. Ā, nō te rongonga o Irāia ka hīpokina e ia tōna mata ki tōna koroka, ā, haere ana, tū ana i te kūwaha o te ana.

1 Ngā Kīngi 19.9–13a

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 tūpuna.

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 Īnoi mō te Rātū/Tūrei, te Īnoi mō te Haerenga Mai rānei

Te Īnoi mō te Rātū/Tūrei

E te Atua o te tūmanako,

kia puta mai tāu Tama te Karaiti

aua ia e kite i a mātou e moe ana, e māngere ana,

engari e mahi ana ki a ia, ā e rite ana.

Āmine.

Te Īnoi mō te Haerenga Mai

E te Atua kaha rawa,
hōmai he aroha noa kia wetekia e mātou ngā mahi o te
kino,
kia whakamaua hoki ki ngā pūeru o te māramatanga
ināianei i tēnei ao matemate,
i haere pāpaku mai ai tāu Tama a Īhu Karaiti;
ā te wā e haere mai anō ia i runga i tōna rangatiratanga
tino ātaahua
kia ara ake ai mātou ki te oranga tonutanga;
ko ia e ora ana, e kīngi tahi ana, me koe
me te Wairua Tapu,
kotahi anō Atua, āianei ā ake tonu atu.
Āmine.

Te Īnoi a te Ariki

E tatari ana mō te taenga mai o te rangatiratanga o te
Atua, ā,
kua akona nei tātou e tō tātou Ariki, ka ĭnoi 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 āianei

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.