

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

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

Ā, tērā e puta ake he wana i te take i a Hehe, ā, ka whai hua tētahi peka e tupu ake i roto i ōna pakiaka. Ka noho hoki te Wairua o Īhowa ki runga ki a ia.

Ihāia 11.1

E te Atua Matua

I arahi nei ngā tamariki o Īharaira

Te kai hanga, te kai hōmai i te kawenata

Tūhia ki roto i ō mātou ngākau ngā akoranga o āu ture

Ko te whiwhinga ko te hari koa ki te rongopai

I pūāwai mai i roto i tāu tama i a Īhu Karaiti

I whakamanatia e te Wairua Tapu. **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 80

- 1 Tahuri mai tōu taringa, e te Hēpara o Īharaira, e ārahi nei i a Hōhepa ānō he kāhui hipi! •
Whiti mai koe e noho mai nā i waenganui i ngā kerupima;
- 2 whakaohohokia tōu kaha i te aroaro o Ēparaima, o Pineamine, o Mānahi; •
ā, haere mai ki te whakaora i a mātou.
- 3 Whakahokia ake mātou, e te Atua; •

- kia mārama mai tōu mata, ā, ka ora mātou.
- 4 E Ihowā, e te Atua o ngā mano, •
kia pēhea ake te roa o tōu riri ki te īnoi a tāu iwi?
 - 5 Kua whāngaia mai e koe he roimata hei taro mā
rātou, •
he nui hoki te mēhua roimata kua hōmai nei e koe kia
inumia e rātou.
 - 6 Kua meinga mātou e koe hei totohetanga mā ō mātou
hoa, •
ā, e kataina ana mātou e ō mātou hoariri.
 - 7 Whakahokia ake mātou, e te Atua o ngā mano; •
kia mārama mai tōu mata, ā, ka ora mātou.
 - 8 I maua mai e koe he wāina i Īhipa; •
ka oti i a koe ngā tauwiwi te panga, nā, whakatōkia iho
e koe.
 - 9 I whakapaia e koe he tūnga mōna; •
nā, ka hou ōna pakiaka, ā, ka kapi te whenua.
 - 10 Taumarumaruru ana tōna ata ki runga ki ngā
pukepuke; •
ko ōna manga rite tonu ki ngā hīta a te Atua.
 - 11 I tautotoro atu ōna manga ki te moana, •
ōna rārā ki te awa.
 - 12 He aha i pākaruhia ai e koe ōna taiepa ki raro, •
kia kōwhakiwhakia ai ia e ngā tāngata katoa e tika
ana i te ara?
 - 13 Mongamonga noa i te poaka toa o te ngahere, •
e kainga ana e te kīrehe mohoa o te pārae.
 - 14 Tahuri mai anō, e te Atua o ngā mano, e īnoi atu nei
mātou; •
titiro iho i te rangi, kia kite mai koe, ka toro mai i tēnei
wāina,
 - 15 i te rākau i whakatōkia e tōu matau, •
i te manga hoki i meinga e koe kia pakari māu.

- 16 Kua pau i te ahi, kua tuaina ki raro; •
ngaro iho rātou i te riri o tōu mata.
- 17 Waiho tōu ringa i runga i te tangata o tōu matau, •
i te tama a te tangata i whakakahangia e koe māu.
- 18 Pēnei e kore mātou e hoki atu i a koe; •
whakahauorangia mātou, ā, ka karanga mātou ki tōu
ingoa.
- 19 Whakahokia ake mātou, e Ihowā, e te Atua o ngā
mano; •
kia mārama mai tōu mata, ā, ka ora mātou.

Te Rāwhitu tuarua, me ngā Rāhina/Mane o te Haerenga Mai, Waiata 123

- 1 Ka anga atu ōku kanohi ki a koe, •
e koe e noho mai nei i ngā rangi.
- 2 Inā, pērā tonu ngā kanohi o ngā pononga e titiro nei
ki te ringa o tō rātou rangatira, ngā kanohi hoki o te
kōtiro ki te ringa o tōna rangatira wahine; •
me ō mātou kanohi e titiro nei ki a Ihowā, ki tō mātou
Atua, kia tohu rā anō ia i a mātou.
- 3 Tohungia mātou, e Ihowā, tohungia mātou; •
kua tino kapi hoki mātou i te whakahāwea.
- 4 Kapi tonu tō mātou wairua i te whakahī a te hunga e
noho noa ana, •
i te whakahāwea a te hunga whakakake.

Te Rāwhitu tuatoru, me ngā Rātū/Tūrei o te Haerenga Mai, Waiata 144

- 1 Kia whakapaingia a Ihowā, tōku kāmaka, •
e whakaako nei i ōku ringa ki te whawhai, i ōku
maihaio ki te tatau;
- 2 ko te atawhai mōku, ko tōku pā, ko tōku pourewa me

tōku kaiwhakaora, •
ko tōku whakangungu rākau, ko tāku e
whakawhirinaki ai, ko te kaipēhi hoki o tōku iwi ki
raro i ahau.

- 3 E Ihowā, he aha te tangata i maharatia ai ia e koe, •
te tama rānei a te tangata i whakaaroa ai ia e koe?
- 4 Ko te rite o te tangata kei te mea memeha noa; •
ōna rā me te mea he ātārangi e rere atu ana.
- 5 Whakapikoa iho ōu rangi e Ihowā, ā, heke iho; •
pā ki ngā maunga, ā, ka pongere.
- 6 Kōkiritia mai he uira hei whakamarara i a rātou; •
kōperea mai āu pere, kia whati ai rātou.
- 7 Totoro iho tōu ringa i runga; tangohia ahau,
whakaorangia ahau i ngā wai nunui, •
i te ringa o ngā tāngata kē;
- 8 e kōrero teka nei tō rātou māngai, •
ā, he ringa matau teka tō rātou ringa matau.
- 9 Ka waiatatia e ahau he waiata hou ki a koe, e te
Atua; •
ka hīmene atu ahau ki a koe i runga i te hātere aho
tekau.
- 10 Ko ia te kaihōmai i te whakaoranga ki ngā kīngi, te
kaiwhakaora i a Rāwiri, i tāna pononga, •
i te hoari whakamate.
- 11 Tangohia ahau, whakaorangia hoki i ngā ringa o ngā
tāngata kē, e kōrero teka nei ō rātou māngai, •
ā, he ringa matau teka tō rātou ringa matau.
- 12 Ā, kia rite ā mātou tama i tō rātou taitamarikitanga ki
ngā māhuri e tupu ake ana; •
ā mātou tamāhine hoki ki ngā kōhatu kokonga,
whakapaipai rawa, nō te whare rangatira te tauira.
- 13 Kia kī ā mātou pākoro, mō te tiki noa atu i tēnā mea, i
tēnā mea; •

- kia mano, kia tini ngā hua o ā mātou hipi i ō mātou pārae;
- 14 kia taimaha ā mātou kau i ngā pīkaunga. Kia kāhore he pākarutanga mai ki roto, he whatinga atu hoki ki waho, •
ā, kia kāhore he auē i ō mātou huarahi.
- 15 Ka hari te iwi e pēnā ana; •
āe, ka hari te iwi ko Ihowā nei tō rātou Atua.

Te Rāwhitu tuawhā, me ngā Rāapa/Wenerei o te Haerenga Mai, Waiata 11

- 1 Ko Ihowā tāku e whakawhirinaki ai; •
he aha koutou ka mea ai ki tōku wairua, “Rere ā–
manu atu ki tō koutou maunga?
- 2 Nanā, kua whakapikoa te kōpere e te hunga kino, e whakatikaia ana ā rātou pere ki te aho, •
hei perenga pukutanga mā rātou ki te hunga ngākau tika.
- 3 Ki te wāwāhia ngā tūranga ake, •
me pēhea te tangata tika?”
- 4 Kei tōna temepara tapu a Ihowā, kei te rangi te torōna o Ihowā. •
E titiro ana ōna kanohi, e whakamātautau ana ōna kamo i ngā tama a te tangata.
- 5 E whakamātautau ana a Ihowā i te tangata tika; •
ā, e kinongia ana e tōna wairua te tangata kino me te tangata e aroha ana ki te tutū.
- 6 Ka uaina e ia ki runga ki te hunga kino he māhanga, he ahi, he whānāriki, he āwhā tuai kerekere; •
ko te wāhi tēnā mō tō rātou kapu.
- 7 Nō te mea he tika a Ihowā, e aroha ana ki te tika; •
ka kite te hunga tika i tōna kanohi.

Te Rāwhitu tuarima, me ngā Rāpare/Tāite o te Haerenga Mai, Waiata 12

- 1 Whakaorangia, e Ihowā; ka mutu hoki ngā tāngata tapu; •
ka taweke atu te hunga pono i roto i ngā tama a te tangata.
- 2 E kōrero teka ana rātou tētahi ki tētahi; •
he ngutu patipati, he ngākau rua ō rātou ina kōrero.
- 3 Ka hātepea e Ihowā ngā ngutu patipati katoa, •
me te arero e kōrero whakapehapeha ana;
- 4 e mea nei, “Mā ō tātou arero tātou ka kake ai; •
nō tātou anō ō tātou ngutu, ko wai hei ariki mō tātou?”
- 5 “Mō te tūkinotanga i te hunga iti, mō te auē a te hunga rawakore, ka whakatika ahau āianeī,” e ai tā Ihowā, •
“Ka whakanohoia ia e ahau ki te wāhi e ora ai ia i ngā tāngata e whakatūpererū ana ki a ia.”
- 6 He kupu parakore ngā kupu a Ihowā; •
he hiriwa i whakakorea nei te para i roto i te oumu whenua, he mea tuku whitu.
- 7 Ka tiakina rātou e koe, e Ihowā, •
ka whakaorangia rātou i tēnei whakatupuranga ake tonu atu.
- 8 E hāereere noa ana ngā tāngata kino i tētahi taha, i tētahi taha, •
i te mea e whakateiteitia ana te kino i roto i ngā tama a te tangata.

Te Rāwhitu tuaono, me ngā Rāmere/Paraire o te Haerenga Mai, Waiata 42

- 1 Rite tonu ki te hāta e kihakiha nei ki ngā manga wai •

- tōku ngākau e kihakiha nei ki a koe, e te Atua.
- 2 E hiainu ana tōku wairua ki te Atua, ki te Atua ora; •
āhea ahau tae ai, puta ai ki te aroaro o te Atua?
 - 3 Ko ōku roimata tāku kai i te ao, i te pō, •
i a rātou e mea tonu mai nei ki ahau, “Kei hea tōu Atua?”
 - 4 Ka mahara ahau ki ēnei mea; me te wai tōku ngākau e maringi ana i roto i ahau: •
i haere hoki ahau i roto i te huihui, i haere tahi mātou ki te whare o te Atua, he hari te reo, he whakamoemiti, me te huihui e mea hākari ana.
 - 5 He aha koe i piko ai, e tōku wairua? i ohorere ai i roto i ahau? •
Tūmanako ki te Atua; tērā anō ahau e whakawhetai ki a ia, mō te ora o tōna mata,
 - 6 e tōku Atua. Kua piko tōku wairua i roto i ahau; •
koia ahau ka mahara ai ki a koe i te whenua o Horano, o ngā Heremoni, i Maunga Mitara.
 - 7 Rarā ana tētahi rire ki tētahi rire i te haruru o āu āwhiowhio wai; •
tika ana āu ngaru katoa me āu tūātea i runga i ahau.
 - 8 Ahakoa rā e whakahaua mai anō e Ihowā tōna atawhai i te awatea; •
ā, he waiata tāku ki a ia i te pō, he īnoi ki te Atua o tōku ora.
 - 9 Ka mea ahau ki te Atua, “E tōku kōhatu, he aha koe i wareware ai ki ahau? •
He aha ahau ka haere pōuri ai i te tūkinu a te hoariri?”
 - 10 Ānō he hoari i roto i ōku wheua te tāwai a ōku hoariri; •
i a rātou e mea mai nei ki ahau i ngā rā katoa, “Kei hea tōu Atua?”

- 11 He aha koe i piko ai, e tōku wairua? He aha koe i ohorere ai i roto i ahau? •
Tūmanako ki te Atua; tērā anō ahau e whakawhetai ki a ia, ko te ora nei ia o tōku mata, ko tōku Atua.

Te Rāwhitu tuawhitu, me ngā Rāhoroi/Hātarei o te Haerenga Mai, Waiata 130

- 1 I karanga ahau ki a koe, e Ihowā, •
i roto i ngā hōhonu.
- 2 E te Ariki, whakarongo mai ki tōku reo! •
Kia anga mai ōu taringa ki tōku reo inoi!
- 3 Me i maharatia e koe ngā kino, e Ihowā, •
ko wai, e te Ariki, e tū?
- 4 Otirā, he muru hara tāu, •
e wehingia ai koe.
- 5 E tatari ana ahau ki a Ihowā, e tatari ana tōku wairua; •
e tūmanako ana hoki ahau ki tāna kupu.
- 6 Ko te tāringa o tōku wairua i te Ariki nui atu i tō te hunga e whanga ana ki te ata; •
āe, i tō te hunga e whanga ana ki te ata.
- 7 E Īharaira, kia tūmanako ki a Ihowā! Kei a Ihowā hoki te mahi tohu, •
ā, kei a ia te hokonga nui.
- 8 Ā, māna a Īharaira e hoko •
i roto i ōna hē katoa.

*Waiata Whakamoemiti nā te Kawenata Tawhito
ko tēnei*

Waiata Whakamoemiti tuatahi

- 1 Ka koa te koraha, koia anō kei te rōhi te whai puāwai; •
ka koa, āe rā, koa ana, waiata ana.
- 2 Ka kite rātou i te korōria o Ihowā, •
i te nui o tō tātou Atua.
- 3 Ko reira ngā kanohi o ngā matapō kite ai, •
ā, ka puare ngā taringa o ngā turi.
- 4 Ko reira te kopa tūpeke ai, anō he hāta, •
ka waiata te arero o te whango.
- 5 Nō te mea ka pakaru mai ngā wai i te koraha, •
ngā awa i te wāhi tītōhea.
- 6 Nā, ko ā Ihowā i hoko ai ka hoki mai, •
ka haere mai i runga i te waiata; i runga i ō rātou māhunga ko te haringa e kore e mutu;
- 7 ka whiwhi rātou ki te koa, ki te hari, •
ā, rere atu ana te pōuri me te auē.

Ihāia 35.1, 2, 5, 6, 10

Korōria ki . . .

ko tēnei rānei

Waiata Whakamoemiti tuarua

- 1 Nā tēnei ake, kei ngā rā whakamutunga, ka whakapūmautia •
te maunga i tō Ihowā whare ki te tihi o ngā maunga,
- 2 ka whakanekehia ake anō ki runga i ngā pukepuke; •
ā, ka rere ngā iwi katoa ki reira.
- 3 Ka haere hoki ngā iwi maha, ka mea, •
“Haere mai, tātou ka haere ki runga ki te maunga o Ihowā, ki te whare o te Atua o Hākopa;
- 4 ka whakaakona tātou e ia ki āna ara, •
ka haere hoki tātou i āna huarahi.”

- 5 Nō te mea ka puta mai te ture i te maunga o Ihowā: •
me te kupu a Ihowā i Hiruhārama.
- 6 Ka whakarite hoki ia i ngā whakawā a ngā iwi, •
ka rīria anō e ia ngā iwi maha;
- 7 nā, ka patupatua e rātou ā rātou hoari hei hea
parau, •
ā rātou tao hei mea tapahi manga.
- 8 E kore tētahi iwi e hāpai hoari ki tētahi iwi, •
mutu pū tā rātou ako ki te whawhai.
- 9 E te whare o Hākopa, •
haere mai, tēnā tātou ka haere i tō Ihowā mārama!

Ihāia 2.2–5

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

Nā, ka mauria mai ki a ia he turi e whango ana; ka tohe ki a ia kia whakapākia iho tōna ringa ki a ia. Nā, ka tangohia ia e ia i roto i te mano ki tahaki, ā, kuhua ana ōna maihao ki ōna taringa, nā, ka tuwha, ka whakapā ki tōna arero. Ka titiro ki te rangi, ka whakapūmanawa, ka mea ki a ia, “Epata,” arā, “Kia puare.” Nā, puare tonu iho ōna taringa, korokoro noa ana te here o tōna arero, nā, kua tika āna kōrero.

Māka 7.32–35

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

“Tēnei te ungā atu nei e ahau tāku karere, māna e whakapai te ara i mua i ahau, ā, kitea rawatia ake, kua tae

te Ariki, e rapua nei e koutou, ki tōna temepara. Nā, ko te anahera o te kawenata, ko tā koutou e ngākau nui nā—nanā, tērā ia ka tae atu,” e ai tā Ihowā o ngā mano. Ā, ko wai e ū i te rā e tae mai ai ia? Ko wai hoki e tū, ina puta mai ia? Ko reira te whakahere a Hūrā rāua ko Hiruhārama rekaina ai e Ihowā, ka rite ki ngā rā ō mua, ki ngā tau onamata.”

Maraki 3.1–2a, 4

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

Ka mea a Īhu, “Kua rongu koutou i kōrerotia, ‘Kia aroha ki tōu hoa tata, kia kino hoki ki tōu hoa whawhai.’ Nā, ko tāku kupu tēnei ki a koutou: Arohaina ō koutou hoa whawhai, manaakitia te hunga e kanga ana i a koutou, kia pai te mahi ki te hunga e kino ana ki a koutou, me ĭnoi hoki mō te hunga e whakawhiu ana i a koutou, e whakatoī ana i a koutou; kia tupu ai koutou hei tamariki mā tō koutou Matua i te rangi; e mea nei hoki ia i tōna rā kia whiti ki te hunga kino, ki te hunga pai, kia ua hoki te ua ki te hunga tika, ki te hunga hē.”

Matiu 5.43–45

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

Arā, i roto te Atua i a te Karaiti e hohou ana i tā te ao rongu ki a ia, kore ake e whakairia ki a rātou ō rātou hē; ā, kua tukua mai ki a mātou te kupu mō te houhanga rongu. Nā, he karere mātou nā te Karaiti, me te mea anō ko te Atua tēnei kei roto i a mātou e karanga ana; ko mātou hei whakakapi mō te Karaiti ki te tohe atu ki a koutou, kia houhia tā koutou rongu ki te Atua.

2 Koroniti 5.19–20

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

Nā, ka karangatia e Hoani ētahi o āna ākonga tokorua, ka tonoa ki te Ariki, mea ai, “Ko koe rānei tērā e haere mai ana? Me tatari rānei tātou ki tētahi atu?” Ā, nō te taenga mai o aua tāngata ki a ia, ka mea, “Kua tonoa mai māua e Hoani Kaiiriiri ki a koe, mea ai, Ko koe rānei tērā e haere mai ana? Me tatari rānei tātou ki tētahi atu?” Ā, ka whakahoki a Īhu, ka mea ki a rāua, “Haere, kōrerotia ki a Hoani ngā mea e kite nei, e rongō nei kōrua; ko ngā matapō e titiro ana, ko ngā kopa e hāereere ana, ko ngā repera kua mā, ko ngā turi e rongō ana, ko ngā tūpāpaku e whakaarahia ana, e kauwhautia ana te rongopai ki te hunga rawakore; nā, ka koa te tangata e kore e hē ki ahau.”

Ruka 7.19-20, 22-23

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

Anō te āhuareka o ngā waewae i runga i ngā maunga o te kaikawe i te rongō pai, e kauwhau ana i te maunga rongō; e kawē mai ana i te rongō whakahari o te pai, e kauwhau ana i te ora; e mea ana ki a Hiona, “E kīngi ana tōu Atua.” Te reo o āu tūtei! Ka maranga i a rātou te reo, ka waiata ngātahi; nō te mea ka kite rātou he kanohi, he kanohi, ua whakahoki a Ihowā i Hiona.

Ihāia 52.7-9

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

Ka mea a Īhu, “Ko ahau te tatau; ki te waiho ahau hei huarahi tomokanga mō tētahi, e ora ia, ā, ka haere ki roto, ka haere ki waho, ka kite hoki i te kai. Heoi anō tā te tāhae

e haere mai ai, he tāhae, he patu, he whakamōtī hoki. I haere mai ahau kia whiwhi ai rātou ki te ora, inā, tōna nui noa atu.”

Hoani 10.9–10

Te Waiata a te Puhi Tapu, a Meri

Ka whakanui tōku wairua i te Ariki: •

e hari ana tōku wairua ki te Atua, ki tōku Kaiwhakaora;

Mōna i titiro ki te iti o tāna pononga: •

tā te mea hoki kātahi ahau ka kīia e ngā whakatupuranga katoa e haere ake nei, he wahine hari.

He nui hoki ngā mahi a te Mea Kaha ki ahau: •

he tapu hoki tōna ingoa.

He mahi tohu tāna ki te hunga e wehi ana ki a ia: •

ki tēnei whakatupuranga, ki tēnei whakatupuranga.

Kua whakaputaina he kaha e ia, arā e tōna ringa: •

nāna te hunga whakakake i marara ai, i te whakaaro o ō rātou ngākau.

Kua whakatakā e ia ngā piriniha i ō rātou torōna: •

ā, whakateiteitia ake ana te hunga iti.

Kua whakakīa e ia te hunga mate hiakai ki ngā mea pai: •

kua tonoa kautia atu ana te hunga taonga.

Kua tautokona e ia a Īharaira, tāna pononga: •

he whakamahara hoki ki tāna mahi tohu.

Ki a Āperahama rātou ko tāna whānau ake tonu atu: •

pērā hoki me tāna i kōrero ai ki ō tātou mātua.

Ruka 1.46–55

**Kia whakakorōriatia te Matua, te Tama: •
me te Wairua Tapu;
ko te ritenga ia i te tīmatanga, ā tēnei anō ināianei: •
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 whakarwhetai

**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, o te koa,
whakapuaretia ō mātou ngākau ki te aroha,
kia kite ai tāu Tama a Īhu Karaiti i tōna haerenga mai
i tētahi kāinga kua whakaritea mai mōna i roto i a mātou;
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 mō te Haerenga Mai

**Naumai, haere mai Emanuera,
ko koe te huarahi, te pono me te ora;**

ko koe te aka pono, te taro o te ora.
Haere mai, e te Kaiwhakaora,
haere mai ki tō ao e tatari nei ki a koe.
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 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.

Kia tau ki a tātou katoa

te atawhai o tō tātou Ariki, o Īhu Karaiti,

me te aroha o te Atua,

me te whiwhinga tahitanga ki te Wairua Tapu,

ake ake. Āmine.