

## Morning Prayer - Sunday and daily in Eastertide

### PREPARATION

Ko te Ingoa o te Atua ora tonu, tō tātou oranga,  
te Kai-hanga i te rangi, i te whenua.  
Kua ara mai a te Karaiti i te mate, kua waiho hei  
mātāmua mo te hunga kua moe.

1 Koroniti 15.20

E te Atua kaha rawa  
E whakapai ana mātou ki a koe  
Mo te whakaaranga o Ihu Karaiti i te mate  
Me tōu uakana i te tatau o te oranga tonutanga mo mātou  
Tukua mātou kia whai kaha i roto i tōna aranga  
Hei whakaatu i te pono ki te Ao katoa  
Kia whakahōnoretia kia whakakorōriatia tōu ingoa tapu. **Āmine.**

O Lord, open our lips;  
**And our mouth shall proclaim your praise.**

Blessèd are you, Lord our God, redeemer and ruler of all;  
to you be glory and praise for ever!

From the waters of chaos you drew forth the world,  
and in your great love, fashioned us in your image.

[Now, through the deep waters of death  
you have brought your people to new birth  
by raising your Son to life in triumph.]

May we, the firstfruits of your new creation,  
rejoice in this new day you have made;  
may Christ your light ever dawn in our hearts  
as we offer you our sacrifice of thanks and praise,  
Creator, Redeemer, and Giver of Life:

**Blessèd be God for ever!**

*The following is said*

God is the creator and redeemer of all.

**O come, let us worship.**

*Or, in Eastertide:*

Alleluia! Christ is risen indeed.

**O come, let us worship. Alleluia!**

*Or, on feasts of Group Commemorations:*

(Alleluia!) Christ is the ruler of the nations.

**O come, let us worship. (Alleluia!)**

*An opening psalm or Song of Praise may be used.*

*A hymn may be sung.*

*THE 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 may be 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

*the Psalm(s) - the following may be used, those in the Lectionary, or those in the Alternate Table of Psalms*

#### **Week 1 & Sundays in Eastertide — Psalm 100**

- 1 Cry out with joy to the Lord all the earth:  
    worship with gladness,  
    and enter the Lord's presence with songs of joy.
- 2 Know that the Lord is God,  
    our maker, whose people we are:  
    the flock which the Lord our God shepherds.
- 3 Enter the gates of the temple with thanksgiving,  
    and go into its courts with praise:  
    give thanks, and bless God's holy name.
- 4 For the Lord is a gracious God,  
    whose mercy is everlasting:  
    and whose faithfulness endures  
    from generation to generation.

*Amen! Praise and glory and wisdom,  
thanksgiving and honour, power and might,  
be to our God for ever and ever! **Amen.***

#### **Week 2 and Mondays in Eastertide — Psalm 118**

- 1 We give thanks to you O Lord  
    for you are gracious:  
    and your love endures for ever.
- 2 Let the house of Israel say:  
    'God's love endures for ever.'
- 3 Let the house of Aaron say:  
    'God's love endures for ever.'
- 4 Let those who fear the Lord say:  
    'God's love endures for ever.'
- 5 I called to you O Lord in my distress:  
    and your answer was to set me free.
- 6 The Lord is on my side, I will not fear:  
    for what can human power do to me?
- 7 The Lord is on my side to help me:  
    I will triumph over enemies.
- 8 It is better to take refuge in the Lord:  
    than to put any trust in people.
- 9 It is better to take refuge in the Lord:  
    than to put any trust in princes.
- 10 The nations all surrounded me:  
    but in the name of the Lord I drove them back.
- 11 They hemmed me in,  
    they hemmed me in on every side:  
    but in the name of the Lord I drove them back.
- 12 They swarmed around me like bees,  
    they blazed like fire among the thorns:  
    but in the name of the Lord I drove them back.

- 13 They pressed hard upon me, so that I almost fell:  
but the Lord came to my help.
- 14 The Lord is my strength and my defence:  
and has become my deliverer.
- 15 There are shouts of joy and deliverance  
in the tents of the righteous:  
the right hand of the Lord does mighty things.
- 16 The right hand of the Lord raises up:  
the right hand of the Lord does mighty things.
- 17 I shall not die but live:  
and proclaim what the Lord has done.
- 18 The Lord indeed has punished me:  
but did not give me over to death.
- 19 Open to me the gates of the temple:  
that I may enter and give thanks to the Lord.
- 20 This is the gate of the Lord:  
through which the righteous shall enter.
- 21 I will thank you because you have answered me:  
and you have become my deliverer.
- 22 The stone which the builders rejected:  
has become the head of the corner.
- 23 This is the Lord's doing:  
and it is marvellous in our eyes.
- 24 This is the day which the Lord has made:  
let us rejoice and be glad in it.
- 25 Save us O Lord we pray:  
Lord we pray you to give us success.
- 26 Blessed is the one who comes  
in the name of the Lord:  
we bless you from the house of the Lord.
- 27 The Lord is God, and has given us light:  
with branches in your hands,  
go forward in procession up to  
the horns of the altar.
- 28 You are my God and I will thank you:  
you are my God and I will extol you.
- 29 We give thanks to you O Lord  
for you are gracious:  
and your love endures for ever.

*Living Christ, you are risen from the dead!*

*Love reigns!*

*You are life stronger than death;*

*raise our eyes to see you*

*as the new day dawns. Amen.*

**Week 3 & Tuesdays in Eastertide — from Psalm 135**

- 1 Whakamoemitiā a Ihowa. / Praise the Lord.  
O praise the name of the Lord:  
give praise O you servants of the Lord,
- 2 you that stand in the house of the Lord:  
in the temple courts of our God.
- 3 O praise the Lord, for the Lord is good:

- sing praises to the name of the  
Lord for the Lord is gracious.
- 4 For you O God have chosen Jacob  
to be your own:  
and Israel as your special treasure.
  - 5 For I know that you O Lord are great:  
and that you are above all gods.
  - 6 You do whatever you will  
in heaven and on earth:  
in the sea and in all the depths.
  - 7 You bring up the clouds from the ends  
of the earth:  
you send lightning with the rain,  
and bring out the wind from your storehouse.
  - 8 You struck down the first-born of Egypt:  
both of man and also of beast.
  - 9 You worked signs and wonders in Egypt:  
against Pharaoh and all his servants.
  - 10 You struck down great nations:  
and put to death mighty kings,
  - 12 and gave their lands as a heritage:  
a heritage for Israel your people.
  - 13 Your name O Lord endures for ever:  
the remembrance of you  
throughout all generations.
  - 14 You Lord will give your people justice:  
and have compassion on your servants.

*Eternal Father,  
through the resurrection of your Son,  
help us to face the future  
with courage and assurance,  
knowing that nothing in death or life  
can ever part us from your love. Amen.*

**Week 4 & Wednesdays in Eastertide — Psalm 139**

- 1 Lord you have searched me out and known me:  
you know when I sit down  
and when I stand up,  
you discern my thoughts from afar.
- 2 You mark my path, and the places where I rest:  
you are acquainted with all my ways.
- 3 Even before there is a word on my tongue :  
you Lord know it altogether.
- 4 You guard me from behind and before:  
and cover me with your hand.
- 5 Such knowledge is too wonderful for me:  
so high that I cannot attain to it.
- 6 Where shall I go from your spirit:  
or where shall I flee from your presence?
- 7 If I climb up to heaven you are there:  
if I make my bed in the grave you are there also.
- 8 If I take the wings of the dawn:

- and alight at the uttermost parts of the sea,  
9 even there your hand will lead me:  
and your right hand will hold me fast.  
10 If I say, 'Let the darkness cover me:  
and my day be turned to night,'  
11 the darkness is no darkness with you,  
but the night is as clear as the day:  
for darkness and light to you are both alike.  
12 It was you that created my inward parts:  
and pieced me together in my mother's womb.  
13 I will praise you, for you are  
awesome and wonderful:  
marvellous are your works,  
and you know me through and through.  
14 My body was not hidden from you:  
when I was being fashioned in secret,  
and woven together in the depths of the earth.  
15 Your eyes looked at my body:  
while it was as yet imperfectly formed.  
16 In your book all the days of my life were written:  
while as yet there was not one of them.  
17 How deep are your thoughts O God:  
and how great is the sum of them.  
18 If I should count them,  
they are more in number than the sand:  
to finish the count,  
my life-span must needs be equal to yours.  
23 Examine me O God and know my heart:  
test me, and discover my thoughts.  
24 Watch closely, lest I follow a path of error:  
and lead me in the way everlasting.

*God, you are the first light  
cutting through the void.*

*You are the final light  
which we shall enjoy forever.*

*Help us to welcome the light and walk in it always. Amen.*

**Week 5 & Thursdays in Eastertide — from Psalm 33**

- 1 Rejoice in the Lord, you righteous:  
praise comes well from the upright in heart.  
4 For your word O Lord is true:  
and you are faithful in all you do.  
5 You love what is just and right:  
the earth is full of your kindness.  
6 By your word were the heavens made:  
and the stars in their hosts  
by the breath of your mouth.  
7 You gathered up the sea as into a water-jar:  
you laid up the deep as in a storehouse.  
8 Let all the earth fear you O Lord:  
and all the inhabitants of the world  
stand in awe of you.

- 9 For you spoke, and the world came to be:  
you commanded and it stood firm.
- 10 You Lord bring the counsels of the nations  
to nothing:  
and frustrate the designs of the peoples.
- 11 Your counsel shall endure for ever:  
the purpose of your heart to all generations.
- 12 How blest are the people whose God is the Lord:  
the people you chose as your own possession.
- 13 You Lord look down from heaven  
upon all people:  
from the place where you dwell  
you consider all who inhabit the earth.
- 14 You fashion the hearts of them all:  
and observe all their deeds.
- 17 But your eye O Lord is on those who fear you:  
on those who rely on your steadfast love,  
18 to deliver them from death:  
and to keep them alive in famine.
- 19 We have waited eagerly for you O Lord:  
for you are our help and our shield.
- 20 Our heart shall rejoice in you:  
because we have hoped in your holy name.
- 21 Let your constant love attend us O Lord:  
as we put our trust in you.

*Creator of the universe, infinite and glorious,  
you give us laws to save us from our folly;  
give us eyes to see your plan unfolding,  
your purpose emerging as the world is made;  
give us courage to follow the truth  
courage to go wherever you lead;  
then we shall know blessings beyond our dreams;  
then will your will be done. Amen.*

**Week 6 & Fridays in Eastertide — Psalm 30**

- 1 I will extol you O Lord for you have lifted me up:  
you have not let my enemies triumph over me.
- 2 O Lord my God I cried to you for help:  
and you have restored my health.
- 3 Lord you have brought me back from the dead:  
you have saved my life  
from among those going down to the Abyss.
- 4 Let all your servants sing praises to you O Lord:  
and give thanks to your holy name.
- 5 For your anger is but for a moment,  
and in your kindness is life:  
tears may linger at nightfall,  
but joy comes with the dawn.
- 6 In my prosperity I said, 'I shall never be shaken:  
your favour O Lord has made me  
as firm as any strong mountain.'
- 7 You turned your face away from me:

- and I was greatly dismayed.
- 8 I called to you O God:  
to the Lord I made my appeal.
- 9 'What profit is there in my death:  
in my going down to the grave?
- 10 'Will the dust give you praise:  
or will it proclaim your faithfulness?
- 11 'Hear O Lord, and be gracious to me:  
O Lord be my helper.'
- 12 You have turned my mourning into dancing:  
you have stripped off my sackcloth  
and clothed me with joy,
- 13 so that my heart shall sing your praise  
without ceasing:  
O Lord my God,  
I will give thanks to you for ever.

*Jesus Christ our Saviour,  
you have delivered us  
from death and sin.  
You have brought with the dawn  
a new beginning and an empty tomb;  
grant us strength and humility  
to enter into life. Amen.*

**Week 7 & Saturdays in Eastertide — from Psalm 66**

- 1 Cry out with joy all people on earth:  
sing to the honour of God's name  
make the praise of the Lord glorious.
- 3 'For all the world shall worship you:  
sing to you and praise your name.'
- 4 O come and see what the Lord has done:  
what God has wrought in terror  
among all people.
- 5 The Lord turned the sea into dry land,  
and they crossed the river on foot:  
therefore in God let us rejoice,
- 6 who rules with power for ever,  
whose eyes keep watch on the nations:  
let not the rebellious lift up their heads.
- 7 Praise our God all peoples:  
and let the sound of praise be heard.
- 8 The Lord has preserved us among the living:  
and kept our feet from stumbling.
- 9 For you O God have tested us:  
and refined us as silver is refined.
- 10 You led us into the snare:  
you laid a burden of trouble upon our backs.
- 11 You let enemies ride over our heads,  
we went through fire and water:  
but you have brought us out  
into a place of liberty.
- 15 Come then and listen, all you that fear the Lord:

- and I will tell you what God has done for me.
- 16 I cried aloud to God:  
high praise was ready on my tongue.
- 17 If I had cherished evil in my heart:  
the Lord would not have heard me.
- 18 But truly God has heard me:  
and has given heed to my prayer.
- 19 Blessèd are you O God,  
for you have not rejected my prayer:  
nor withdrawn from me your steadfast love.

*Christ, you are risen from the dead.*

*We are risen with you.*

*May our life never deny*

*this eternal life,*

*this peace and hope and joy.*

*Praise and glory to the God of life*

*who is stronger than all kinds of death. Alleluia. Amen.*

*THE NEW TESTAMENT CANTICLE*

*If there are two Scripture Readings, the first may be read before the NT canticle, or both may be read after it.*

*Either: A NEW HEAVEN AND A NEW EARTH*

- 1 I saw a new heaven and a new earth:  
for the first heaven and earth had passed away,  
and there was no longer any sea.
- 2 I saw the holy city new Jerusalem:  
coming down out of heaven from God.
- 3 I saw no temple in the city:  
for its temple is the Lord God  
the Almighty and the Lamb.
- 4 The city has no need of sun or moon to shine  
upon it:  
for the glory of God illuminates it,  
and the Lamb is its light.
- 5 The throne of God and of the Lamb  
will be in the city:  
and the servants of God  
shall worship before the throne.
- 6 They shall see God face to face:  
and bear the name of their God  
upon their foreheads.
- 7 There shall be no more night:  
nor will they need the light of lamp or sun,
- 8 for the Lord God will give them light:  
and they shall reign for ever and ever.
- 9 To the One who is seated on the throne  
and to the Lamb:  
be blessing and honour, glory and might  
for ever and ever. Amen.

*Revelation 21.1, 2, 22, 23; 22.3-5; 5.13*

*Or: A LIVING HOPE*

- 1 Blessèd be the God and Father  
of our Lord Jesus Christ:

- by whose great mercy we have been born anew,  
 2 born to a living hope:  
     by the resurrection of Jesus Christ  
     from the dead;  
 3 born to an inheritance  
     which will never perish or wither away:  
     one that is kept in heaven for us.  
 4 By God's power we are guarded through faith:  
     for a salvation ready to be revealed  
     at the end of time.  
 5 We rejoice in this,  
     though now we suffer various trials:  
         so that the genuineness of our faith,  
         more precious than gold that is tested by fire,  
 6 may result in praise and glory and honour:  
     at the revelation of Jesus Christ.

1 Peter 1.3-7

*Or Song of Praise C. A SONG OF CREATION*

*or Song of Praise G. TE DEUM*

*Or in Eastertide Song of Praise F. THE EASTER ANTHEMS*

THE SCRIPTURE READING(S)

*The Short Scripture Reading may be used, or those from the lectionary, either is followed by the Responsory, or*

*This RESPONSE to the reading may be used:*

**Awake, O sleeper, and arise from the dead  
 And Christ shall give you light.**

THE GOSPEL CANTICLE: THE BENEDICTUS

*Refrain:*

**This is the day which the Lord has made;\*  
 let us rejoice and be glad in it.**

*Or, in Eastertide:*

**Alleluia! Christ is risen from the dead;\*  
 by his death he has trampled down death  
 and through the grave  
 all life has been set free. Alleluia!**

*Or, on feasts of Group Commemorations:*

**Give glory to God, all you people of God;\*  
 let the hearts that seek their Maker rejoice.**

The Song of Zechariah

- 1 Blessèd are you O Lord our God:  
     you have come to your people and set them free.
- 2 You have raised up for us a mighty Saviour:  
     born of the house of your servant David.
- 3 Through your holy prophets you promised of old:  
     that you would save us from our enemies,  
     from the hands of all who hate us.
- 4 You promised to show mercy to our forebears:  
     and to remember your holy covenant.
- 5 This was the oath you swore to our father  
     Abraham:

to set us free from the hands of our enemies,  
6 free to worship you without fear:  
holy and righteous in your sight  
all the days of our life.  
7 And you, child, shall be called  
the prophet of the Most High:  
for you will go before the Lord  
to prepare the way,  
8 to give God's people knowledge of salvation:  
through the forgiveness of their sins.  
9 In the tender compassion of our God:  
the dawn from on high shall break upon us,  
10 to shine on those who dwell in darkness  
and the shadow of death:  
and to guide our feet into the way of peace.

**Glory to God: Source of all being,  
Eternal Word, and Holy Spirit:  
as it was in the beginning, is now,  
and shall be for ever. Amen.**

*Or*

**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.**

*The refrain is repeated after the canticle.*

#### **THE PRAYERS**

*Intercession and Thanksgiving are offered in free prayer or in silence, ending with the following, [or some other appropriate litany]:*

One thing we ask of you, O Lord, one thing we seek:  
that we may dwell in your house all the days of our life.

**Lord, have mercy. E te Ariki, kia aroha mai.**

Let your loving-kindness, O Lord, be upon us,  
as we have put our trust in you.

**Christ, have mercy. E te Karaiti, kia aroha mai.**

Rise up and help us, O God our Saviour,  
and save us for the sake of your steadfast love.

**Lord, have mercy. E te Ariki, kia aroha mai.**

Ride on and conquer in the cause of truth,  
and for the sake of justice.

**Christ, have mercy. E te Karaiti, kia aroha mai.**

Let the heavens declare the rightness of your cause,  
and may your praises reach to the world's end.

**Lord, have mercy. E te Ariki, kia aroha mai.**

*THE COLLECT of the day, or for Sundays*

God our creator,  
yours is the morning and yours is the evening.  
Let Christ the sun of righteousness

shine for ever in our hearts  
and draw us to that light  
where you live in radiant glory.  
We ask this for the sake of Jesus Christ our  
Redeemer . . .

*The Collect for Eastertide*

Glorious Lord of Life,  
we praise you,  
that by the mighty resurrection of your Son,  
you have delivered us from sin and death  
and made your whole creation new;  
grant that we who celebrate with joy  
Christ's rising from the dead,  
may be raised from the death of sin  
to the life of righteousness;  
through him who lives and reigns  
with you and the Holy Spirit,  
one God now and for ever. **Amen.**

*The Lord's Prayer follows*

Rejoicing in God's new creation  
and as Christ teaches us we pray . . .

**THE CONCLUSION**

**THE BLESSING**

**The Lord bless us, and preserve us from all evil,  
and keep us in eternal life. Amen.**

*ko tēnei rānei*

**Ma 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.**

Let us bless the Lord.

**Thanks be to God.**

*Or, in Eastertide:*

**May the risen Christ grant us the joy of eternal life.  
Amen.**

Let us bless the Lord. Alleluia! Alleluia!

**Thanks be to God. Alleluia! Alleluia!**