

## Morning Prayer - Tuesday and daily in Advent

### PREPARATION

Ka whakapuakina anō te korōria o Ihowa, a ka kite ngātahi ngā kikokiko katoa.  
*Ihāia 40.5*

Kia horo te tata mai, e Ihu 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 rongō ai i te mahanatanga  
I te hari koa, o te nohoanga tahitanga  
O te teina tuakana i raro i te whakaaro kotahi. **Āmine.**

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

Blessèd are you, Sovereign God of all,  
to you be glory and praise for ever!  
[In your tender compassion,  
the dawn from on high is breaking upon us  
to dispel the lingering shadows of night.]  
As we look for your coming among us this day,  
open our eyes to behold your presence  
and strengthen our hands to do your will,  
that the world may rejoice and give you praise,  
Creator, Redeemer, and Giver of Life:  
**Blessèd be God for ever!**

*The following is said:*

God fills the earth with goodness:  
**O come let us worship.**

*Or, in Advent:*

Our Sovereign and Saviour draws near:  
**O come, let us worship.**

*Or, on feasts of Religious:*

(Alleluia!) Christ, the pure and lowly in heart:  
**O come, let us worship. (Alleluia!)**

*An opening psalm or canticle 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** — *see the introduction*

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

### **Week 1 & Sundays in Advent — Psalm 24**

- 1 The earth is the Lord's and all that is in it:  
the world and its inhabitants.
- 2 For the Lord has founded it upon the seas:  
and planted it firm upon the waters beneath.
- 3 Who may ascend the hill of the Lord:  
or who may stand in God's holy place?
- 4 Those who have clean hands and a pure heart:  
who have not set their minds on falsehood,  
or sworn a deceitful oath.
- 5 They shall receive blessing from the Lord:  
and recompense from God their saviour.
- 6 So it is with those who seek the Lord:  
with those who seek  
the face of the God of Jacob.
- 7 Lift up your heads you gates,  
lift yourselves up, you everlasting doors:  
that the king of glory may come in.
- 8 'Who is the king of glory?':  
'It is the Lord strong and mighty,  
the Lord who is mighty in battle.'
- 9 Lift up your heads you gates,  
lift yourselves up, you everlasting doors:  
that the king of glory may come in.
- 10 'Who is the king of glory?':  
'It is the Lord, the Lord of hosts  
who is the king of glory.'

*God of all hope and joy,  
open our hearts in welcome,  
that your Son Jesus Christ at his coming  
may find in us a dwelling prepared for himself;  
who lives and reigns with you and the Holy Spirit,  
one God now and for ever. Amen.*

### **Week 2 and Mondays in Advent — Psalm 75**

- 1 To you O God we give thanks:  
yes, to you O Lord we give thanks.
- 2 We call on your name:  
and tell of all your marvellous deeds.
- 3 'At the time of my appointing:  
I will judge the world with justice.
- 4 'The earth may shake, with all who dwell in it:  
but it is I who keep steady its pillars.
- 5 'To the boastful I say, "Boast no longer":  
and to the wicked, "Do not toss your horns.
- 6 ' "Do not toss your horns so high:  
or speak with stiff-necked pride." '
- 7 For help comes neither from the east  
nor from the west:  
neither from the desert nor yet  
from the mountains.

- 8 But it is God who is judge:  
the Lord puts down one, and raises up another.
- 9 In the Lord's hand is a cup of wine  
foaming and spiced:  
the Lord gives it to each of them to drink.
- 10 All the wicked of the earth shall drink from it:  
they shall drain it to the dregs.
- 11 But I will rejoice for ever:  
I will sing praises to the God of Jacob.
- 12 'All the horns of the wicked I will break:  
but the horns of the righteous  
shall be lifted high.'

*Almighty God, you alone are our true judge,  
for you know what we are,  
you know what we should be,  
and with you there is mercy.  
Give us a feeling for what is right;  
set us on fire to see that right is done. Amen.*

**Week 3 & Tuesdays in Advent — Psalm 25**

- 1 To you Lord I lift up my soul,  
my God I have put my trust in you:  
let me not be disappointed,  
nor let my enemies triumph over me.
- 2 For all those who hope in you  
shall not be ashamed:  
but only those who wantonly break faith.
- 3 Make known to me your ways O Lord:  
and teach me your paths.
- 4 Lead me in the way of your truth and teach me:  
you are God my saviour,  
for you have I waited all the day long.
- 5 Call to remembrance O Lord your tender care:  
and the unfailing love  
which you have shown from of old.
- 6 Do not remember the sins and offences  
of my youth:  
but according to your mercy,  
remember me Lord in your goodness.
- 7 You O Lord are upright and good:  
therefore you show the path  
to those who go astray.
- 8 You guide the humble to do what is right:  
and those who are gentle you teach your way.
- 9 All your ways are loving and sure:  
to those who keep your  
covenant and your commandments.
- 10 For your name's sake O Lord:  
pardon my guilt, which indeed is great.
- 11 If there are any who fear the Lord:  
to them the Lord will show  
the path they should choose.

- 12 They themselves shall dwell in prosperity:  
and their children shall inherit the land.
- 13 Your friendship O Lord is for those  
who honour you:  
and to them you reveal your covenant.
- 14 My eyes are always on you O Lord:  
for you will release my feet from the net.
- 15 Turn to me Lord and have mercy:  
for I am lonely and oppressed.
- 16 Relieve the sorrows of my heart:  
and bring me out of my distress.
- 17 Look at my affliction and my trouble:  
and forgive me all my sins.
- 18 See how many are my enemies:  
how violent is their hatred for me.
- 19 Preserve my life and deliver me:  
let me not be disappointed,  
for I have put my trust in you.
- 20 Let integrity and righteous dealing preserve me:  
let me not be disappointed,  
for I have put my trust in you.
- 21 Redeem your people O God:  
and bring them out of all their distress.

*Praise and honour to you, living God;  
you chose the Hebrew people  
and brought them step by step  
to look for a redeemer, and hope for the Christ.  
Give us grace to see our need  
and recognise salvation when it comes. Amen.*

**Week 4 & Wednesdays in Advent — Psalm 28**

- 1 To you I call O Lord my rock,  
be not deaf to my cry:  
lest if you answer with silence,  
I become like those  
who go down to the grave.
- 2 Hear the voice of my pleading  
when I cry to you for help:  
when I lift up my hands  
towards the shrine of your holy temple.
- 3 Do not cast me off with the wicked  
and those who do evil:  
who speak peace to their neighbours,  
but mischief is in their hearts.
- 6 Because they give no heed to your acts O Lord,  
or to the work of your hands:  
you will break them down  
and never rebuild them.
- 7 Blessed are you O Lord:  
for you have heard my plea for mercy.
- 8 You are my strength and my shield,  
my heart trusts in you and I am helped:

- therefore my heart dances for joy,  
and in my song I will praise you.
- 9 You Lord are the strength of your people:  
and a sure refuge for your anointed king.
- 10 O Lord save your people,  
and bless your inheritance:  
be a shepherd to them,  
and bear them up for ever.

*God of unchangeable power,  
our strength at all times;  
guard us from all dangers  
and support us in all difficulties  
that we may live victoriously now and forever;  
through Jesus Christ our Saviour. Amen.*

**Week 5 & Thursdays in Advent — from Psalm 62**

- 1 My soul truly is still, and waits for God:  
from whom comes my deliverance.
- 2 In truth the Lord is my rock and my salvation:  
my tower of strength, so that I stand unshaken.
- 5 Yet be still my soul, and wait for God:  
from whom comes my hope of deliverance.
- 6 God only is my rock and my salvation:  
my tower of strength, so that I stand unshaken.
- 7 In God is my deliverance and my honour:  
the rock of my strength and my place of refuge.
- 8 Put your trust in God always you people:  
pour out your hearts  
before the one who is our refuge.
- 9 For we mortals are only a puff of wind,  
the great among us are but illusion:  
weighed in the balance they rise upward,  
all of them lighter than air.
- 10 Put no trust in extortion,  
set no vain hopes on plunder:  
if riches increase,  
do not set your heart upon them.
- 11 Once God has spoken,  
and twice I have heard God say:  
'Power belongs to God alone.'
- 12 Steadfast love O Lord is yours:  
and you reward us all according to our deeds.

*Almighty God, you alone can bring order  
to our unruly wills and affections;  
give us grace to love what you command  
and desire what you promise,  
that in all the changes and chances  
of this uncertain world,  
our hearts may surely there be fixed  
where true joys are to be found;  
through Jesus Christ our Lord. Amen.*

**Week 6 & Fridays in Advent — Psalm 40**

- 1 I waited patiently for you O Lord:  
and you bent down to me and heard my cry.
- 2 You lifted me out of the horrible pit,  
out of the miry clay:  
and set my feet upon a rock,  
and made my foothold sure.
- 3 And you put a new song in my mouth:  
a song of praise to our God.
- 4 Many shall see it, and be filled with awe:  
and so they will trust in the Lord.
- 5 Blessèd are those who have put their trust  
in the Lord:  
who have not turned to the proud,  
or to those who stray after false gods.
- 6 O Lord my God,  
great are the wonderful things you have done,  
and the things you have in mind for us:  
there is none to be compared with you.
- 7 I would proclaim them and speak of them:  
but they are more than can be numbered.
- 8 Sacrifice and offering you do not desire,  
but you have opened my ears to hear:  
burnt-offering and sacrifice for sin  
you have not required of me.
- 9 Then I said, 'Look, I have come:  
in the scroll of the book it is written  
that I should do your will.'
- 10 I delight to do your will O my God:  
truly your law is in my heart.
- 11 I have told the glad news of deliverance  
in the great assembly:  
I did not restrain my lips,  
as you well know O Lord.
- 12 I have not kept your goodness  
hidden in my heart:  
I have spoken of your faithfulness  
and your saving help.
- 13 I have not concealed your steadfast love:  
nor your truth from the great assembly.
- 14 Lord, do not withhold from me your tender care:  
let your love and faithfulness ever preserve me.
- 15 For innumerable troubles beset me:  
my sins have overtaken me, and I cannot see.
- 16 They are more in number  
than the hairs of my head:  
and my heart utterly fails me.
- 17 Be pleased O Lord to deliver me:  
O Lord make haste to help me.
- 18 Let those who seek my life  
be put to shame and confusion:  
let those who desire my hurt  
be turned back in disgrace.

- 19 Let those who mock at my humiliation:  
be appalled at their reward of shame.
- 20 Let all who seek you rejoice and be glad in you:  
may those who love your saving help  
say always 'The Lord is great.'
- 21 As for me, I am poor and needy:  
but the Lord will take care of me.
- 22 You are my helper and my deliverer:  
make no long delay O my God.

*God of hope,  
when Christ your Son appears  
may he not find us asleep or idle,  
but active in his service and ready. Amen.*

**Week 7 & Saturdays in Advent — Psalm 146**

- 1 Whakamoemititia a Ihowa. / Praise the Lord.  
Praise the Lord O my soul:  
as long as I live I will praise the Lord.
- 2 Yes, as long as I have life:  
I will sing praises to my God.
- 3 Put no trust in princes, nor in any human power:  
for in them there is no help.
- 4 When they breathe their last, they return to dust:  
then all their plans come to nothing.
- 5 Happy are those  
whose helper is the God of Jacob:  
whose hope is in the Lord their God,
- 6 who made heaven and earth,  
the sea and all that is in them:  
who keeps a promise for ever,
- 7 who defends the cause of the oppressed:  
and gives food to the hungry.
- 8 The Lord sets free the prisoner,  
and gives sight to the blind:  
the Lord raises up those bowed down,  
and loves those who are just.
- 9 The Lord cares for the stranger in the land,  
and sustains the widows and orphans:  
but turns the way of the wicked to ruin.
- 10 The Lord shall reign for ever:  
your God O Jerusalem  
shall reign for all generations.  
Whakamoemititia a Ihowa. / O praise the Lord.

*God of all mercy,  
your Son brought good news to the despairing,  
freedom to the oppressed  
and joy to the sad;  
fill us with your Spirit,  
that the people of our day may see in us his likeness  
and glorify your name. Amen.*

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

*Either:*

*GREAT AND WONDERFUL*

- 1 Great and wonderful are your deeds  
O Lord God the almighty:  
just and true are your ways  
O Sovereign of the nations.
- 2 Who shall not revere and praise your name  
O Lord?:  
for you alone are holy.
- 3 All nations shall come and worship  
in your presence:  
for your just dealings have been revealed.
- 4 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 15.3b, 4; 5.13*

*Or:*

*A JOYFUL ASSEMBLY*

- 1 We have come before God's holy mountain:  
the heavenly Jerusalem,  
the city of the living God;
- 2 we have come before myriads of angels  
in festal gathering:  
before the assembly  
of the first-born citizens of heaven;
- 3 we have come before God the judge of all:  
before the spirits of the righteous made perfect,  
and Jesus the mediator of a new covenant.
- 4 We are receiving a kingdom  
that cannot be shaken:  
let us therefore give thanks to God,
- 5 thus offering acceptable worship  
with reverence and awe:  
for our God is a consuming fire.

*Hebrews 12.22-24, 28, 29*

**Glory to . . .**

**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:*

Now is the time to awake out of sleep,  
**For the night is far spent and the day is at hand.**

**THE GOSPEL CANTICLE: THE BENEDICTUS**

*Refrain:*

**The dawn from on high shall break upon us,\*  
to shine on those who dwell in darkness.**

*Or, from Advent Sunday until 16 December:*

**Look towards the east, O Jerusalem,\*  
and see the glory that is coming from God.**

*Or, from 17 December until Christmas Eve:*

**Like the sun in the morning sky,**

**the Saviour of the world will dawn;\*  
like rain upon the meadows,  
the Christ will come down upon us.**

*Or, on feasts of Religious:*

**They who wait upon God shall renew their strength;\*  
they shall mount up with wings as an eagle.**

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 or prayer]:*

O God, be merciful to us and bless us;  
show us the light of your countenance & come to us.  
**Lord, have mercy. E te Ariki, kia aroha mai.**

Let your ways be known upon earth,

your saving help among the nations.

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

Let the peoples praise you, O God,  
let all the peoples praise you.

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

*THE COLLECT of the day, or for Tuesdays*

Holy and everliving God,  
by your power we are created  
and by your love we are redeemed;  
guide and strengthen us by your Spirit,  
that we may give ourselves to your service  
and live this day in love to one another and to you;  
through Jesus Christ our Saviour . . .

*The Collect for Advent*

Almighty God,  
give us grace to cast away the works of darkness  
and to put on the armour of light,  
now in the time of this mortal life,  
in which your Son Jesus Christ  
came to us in great humility:  
so that when he shall come again  
in his glorious majesty  
we may rise to the life immortal;  
through him who is alive and reigns  
with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

*The Lord's Prayer follows*

Looking for the coming of God's kingdom  
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. Amine.**

*Or, in Advent:*

**May Christ who is to come find us watching and waiting. Amen.**

Let us bless the Lord.

**Thanks be to God.**