

Morning Prayer - Friday
and daily in Lent and Passiontide

PREPARATION

Ka mea a Īhu, “Ki te mea tētahi kia haere mai ki te whai i ahau, me whakakāhore ia e ia anō, me amo tōna rīpeka, ka aru i ahau.” *Matiu 16.24*

E te Matua atawhai
Nāu ka hoki mai mātou ki te wāhi tika
Ki te ora tonu e kore nei e whakakorea
Hanga ki roto i a mātou
He ngākau hou, he ngākau rīpenetā
Kia kore e hinga e taka rānei ki te ngoikoretanga
Kia tino whiwhi ai ki te houhanga o te rongō
Ko Īhu te Ariki. **Āmine.**

O Lord, open our lips;

And our mouth shall proclaim your praise.

Blessèd are you, God of compassion and mercy,
to you be praise and glory for ever!

[In the darkness of our sin,
your light breaks forth like the dawn
and your healing springs up for deliverance.]

As we rejoice in the gift of your saving help,
sustain us with your bountiful Spirit
and open our lips to sing your praise,
Creator, Redeemer, and Giver of Life:

Blessèd be God for ever!

The following is said:

God has redeemed the world:

O come let us worship.

Or, in Lent:

Christ, though tempted like us, was without sin:

O come, let us worship.

Or, in Passiontide:

Christ suffered and died for us.

O come, let us worship.

Or, on feasts of Martyrs:

(Alleluia!) Christ is the strength of the martyrs:

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 page iv*

the Psalm(s) - the following may be used, those in the Lectionary,

or those in the Alternate Table of Psalms page

Week 1 & Sundays in Lent — Psalm 95

1 O come let us sing to the Lord:

let us shout with joy

to the rock of our salvation.

2 Let us come into God's presence

with thanksgiving:

and sing to the Lord with psalms of triumph.

3 For you Lord are a great God:

and a great king above all gods.

4 In your hand are the depths of the earth:

so also are the heights of the mountains.

5 The sea is yours and you made it:

the dry land also

which your hands have fashioned.

6 O come let us bow down and worship:

let us kneel before the Lord our maker.

7 For the Lord is our God:

we are the Lord's people,

the flock that God shepherds.

- 8 O that today you would listen to God's voice:
 'Do not harden your hearts as at Meribah,
 as on that day at Massah in the wilderness,
9 'when your forebears tried me,
 and put me to the test:
 although they had seen my works.
10 'Forty years long I had a loathing for
 this generation and said:
 'They are a people whose hearts are perverse,
 for they give no heed to my ways.'
11 'Then I vowed in my anger:
 'They shall never enter my rest.'"

*God of the desert, as we follow Jesus into the unknown,
may we recognise the tempter when he comes;
let it be your bread we eat,
your world we serve and you alone we worship. Amen.*

Week 2 and Mondays in Lent — Psalm 51

- 1 Have mercy on me O God in your great kindness:
 in the fullness of your mercy
 blot out my offences.
2 Wash away all my guilt:
 and cleanse me from my sin.
3 For I acknowledge my faults:
 and my sin is always before me.
4 Against you only have I sinned
 and done evil in your sight:
 so that you are justified in your sentence,
 and blameless in your judging.
5 Evil have I been from my birth:
 sinner I am from the time of my conception.
6 But you desire truth in our inward being:
 therefore teach me wisdom in my secret heart.
7 Take hyssop,
 sprinkle me with water and I shall be clean:
 wash me, and I shall be whiter than snow.
8 Let me hear the sounds of joy and gladness:
 that the bones you have broken may rejoice.
9 Turn away your face from my sins:

- and blot out all my misdeeds.
- 10 Create in me a clean heart O God:
and renew a right spirit within me.
 - 11 Do not cast me away from your presence:
do not take your holy Spirit from me.
 - 12 Give me the joy of your help again:
and strengthen me with a willing spirit.
 - 13 Then I will teach transgressors your ways:
and sinners will turn to you again.
 - 14 Rescue me from bloodshed O God my saviour:
and my tongue shall sing of your deliverance.
 - 15 O Lord open my lips:
and my mouth shall proclaim your praise.
 - 16 You desire no sacrifice, or I would give it:
but you take no delight in burnt-offerings.
 - 17 The sacrifice acceptable to God is a broken spirit:
a broken and contrite heart O God
you will not despise.
 - 18 Let it be your pleasure to do good to Jerusalem:
to rebuild the walls of the city.
 - 19 Then will you delight in the appointed sacrifices,
in burnt-offerings and oblations:
then will they offer young bulls
upon your altar.

*Gentle Father,
show us our sins as they really are
so that we may truly renounce them
and know the depth and richness of your mercy. Amen.*

Week 3 & Tuesdays in Lent — Psalm 56

- 1 Be merciful to me O God,
for my assailants are treading me down:
they harass me all the day long.
- 2 My enemies tread me down all day long:
for many are those who fight against me.
- 3 When I am afraid O God most high:
I will put my trust in you.
- 4 In God whose word I praise,
in God I trust and will not be afraid:

- for what can human malice do to me?
- 5 All day long they distort my words:
all their thoughts are to do me evil.
 - 6 They gather together and lie in ambush:
they track me down, and seek to take my life.
 - 7 Recompense them O God for their wickedness:
in your anger bring down the nations.
 - 8 You have taken account of my wanderings,
you have stored up my tears in your bottle:
are not these things entered in your book?
 - 9 My enemies shall turn back on the day that I call:
this I know, for God is on my side.
 - 10 In God whose word I praise:
in the Lord whose word I praise,
 - 11 in God I trust, I shall not be afraid:
for what can human malice do to me?
 - 12 To you O God I must perform my vows:
to you I will offer my thanksgiving.
 - 13 For you have saved me from death,
and kept my feet from stumbling:
so that I may walk
in your presence in the light of the living.

*God our friend, you never change,
you are always here.*

*When we are lonely or helpless
you watch over us.*

*Hear us,
be with us, as you were with your Son,
alone on his cross. Amen.*

Week 4 & Wednesdays in Lent — Psalm 6

- 1 Lord, do not rebuke me in your anger:
do not punish me in your wrath.
- 2 Be merciful to me O Lord, for I am weak:
O Lord heal me,
for my bones are racked with pain.
- 3 My soul also is shaken with dismay:
how long O Lord will you punish me?
- 4 Turn O Lord and deliver me:

- O save me for your mercy's sake.
- 5 For in death no one remembers you:
and who will give you thanks in the grave?
 - 6 I am wearied with my groaning:
every night I weep upon my bed,
and drench my couch with my tears.
 - 7 My eyes have become dim through my grief:
and worn out with all my troubles.
 - 8 Away from me, all you that do evil:
for the Lord has heard the sound
of my weeping.
 - 9 The Lord has heard my entreaty:
the Lord will receive my prayer.
 - 10 All my enemies shall be confounded
and greatly dismayed:
they shall turn back,
and be put to sudden confusion.

*Christ our Redeemer,
you have crushed the serpent's head;
you have freed us from our sin;
rescue all your suffering world from the evil
that attracts us still. Amen.*

Week 5 & Thursdays in Lent — Psalm 13

- 1 How long O Lord will you utterly forget me:
how long will you hide your face from me?
- 2 How long must I suffer anguish in my soul,
and be so grieved in my heart
day and night:
how long shall my enemy triumph over me?
- 3 Look at me, and answer me O Lord my God:
give light to my eyes, lest I fall asleep in death,
- 4 lest my enemies should claim
to have prevailed against me:
lest my foes should rejoice at my downfall.
- 5 But my trust is in your mercy:
let my heart be joyful in your salvation.
- 6 I will sing to you O Lord,
because you have dealt so lovingly

with me:

I will praise your name O Lord most high.

*Merciful God,
grant to your faithful people pardon and peace;
that we may be cleansed from all our sins
and serve you with a quiet mind;
through Jesus Christ our Redeemer. Amen.*

Week 6 & Fridays in Lent — from Psalm 22

- 1 My God my God, why have you forsaken me:
why are you so far from my help,
and from my cry of distress?
- 2 O my God I cry out in the daytime,
but you do not answer:
at night also, but I get no relief.
- 3 But you are the Holy One:
enthroned on the praises of your people.
- 4 Our ancestors trusted in you:
they trusted and you delivered them.
- 5 They called to you and were rescued:
they put their trust in you,
and were not disappointed.
- 6 But I am a worm and something less than human:
an object of scorn and an outcast of the people.
- 7 All those who see me laugh me to scorn:
they curl their lips and toss their heads saying,
- 8 'You trusted in God for deliverance:
if God cares for you, let God rescue you.'
- 9 But you are the one who took me
out of the womb:
you kept me safe upon my mother's breast.
- 10 On you have I been cast ever since I was born:
and you are my God
even from my mother's womb.
- 11 Be not far from me, for trouble is close at hand:
and there is no one to help me.
- 12 I am poured out like water,
and all my bones are out of joint:
my heart within my breast has melted like wax.

- 13 My mouth is parched as dry clay,
my tongue clings to my jaws:
and I am laid in the dust of death.
- 14 Many dogs have come around me:
and the wicked hem me in on every side.
- 15 They pierce my hands and my feet,
I can count all my bones:
they stand staring and gloating over me.
- 16 They share out my garments among them:
and they cast lots for my clothing.
- 17 Do not stand far off from me O Lord:
you are my helper, come quickly to my rescue.
- 18 Deliver me from the sword:
my precious life from the mauling of dogs.
- 19 Save me from the lion's mouth:
my afflicted soul
from the horns of the wild cattle.
- 20 I will declare your name to my people:
in the midst of the assembly I will praise you.
- 21 Give praise all you that fear the Lord:
proclaim God's greatness,
all you children of Jacob,
stand in awe all you children of Israel.
- 22 For you O God have not despised or abhorred
the poor in their affliction:
you have not hidden your face from them,
but you heard them when they called to you.
- 23 You are the theme of my praise
in the full assembly:
my vows I will perform
in the sight of those who fear you.
- 24 The poor shall eat and be satisfied:
those who seek you O Lord shall praise you,
may they be in good heart for ever.
- 25 Let all the ends of the earth remember
and turn to you O Lord:
and let all the families
of the nations bow down before you.

26 As for those who sleep in the grave,
 how shall they worship you:
 all those who go down into the dust,
 how shall they bow before you?

27 To a people as yet unborn
 they shall make known:
 the saving deeds you have done.

*Jesus, you suffered on the cross for our redemption;
help us, if we are called to suffer,
to be like you:
to forgive and to trust
in the power of the Holy Spirit. Amen.*

Week 7 & Saturdays in Lent — Psalm 147, Part I

- 1 Whakamoemitia a Ihowa, / Praise the Lord,
 for it is good to sing praises to our God:
 how pleasant and seemly it is
 to praise the Most High.
- 2 You Lord are rebuilding Jerusalem:
 and gathering the scattered exiles of Israel.
- 3 You are healing the broken-hearted:
 and binding up their wounds.
- 4 You count the number of the stars:
 and call them all by their names.
- 5 Great are you O Lord, and mighty your power:
 yes, and your wisdom is infinite.
- 6 You raise up the lowly:
 and bring down the wicked to the dust.
- 7 Sing to the Lord in thanksgiving:
 make music on the harp to our God,
- 8 who covers the sky with clouds,
 and prepares rain for the earth:
 making the hills green with grass
 and with plants for human use.
- 9 You O Lord give the cattle their food:
 and the young ravens when they call to you.
- 10 You set no store by the power of a horse:
 nor by the strength of a warrior's thighs.
- 11 But your delight is in those who revere you:

in those who rely on your mercy.

*Jesus,
receive our love and worship.
Show us how to give you what we have,
for nothing is too big or small
for us to offer, or for you to use. 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: THE EXALTED ONE

- 1 Christ Jesus was in the form of God:
yet he did not think
to grasp at equality with God,
- 2 but emptied himself, taking the form of a servant:
and was born in our human likeness.
- 3 Being found in our human state,
he humbled himself:
and became obedient unto death,
even death on a cross.
- 4 Therefore God has highly exalted him:
and bestowed on him
the Name above every name;
- 5 that at the name of Jesus every knee should bow:
in heaven and on earth and under the earth,
- 6 and every tongue confess
that Jesus Christ is Lord:
to the glory of God the Father. Amen.

Philippians 2. 6-11

Or: SAVIOUR OF THE WORLD

- 1 Jesus, Saviour of the world,
come to us in your mercy:
we look to you to save and help us.
- 2 By your cross and your life laid down
you set your people free:
we look to you to save and help us.
- 3 When they were ready to perish
you saved your disciples:

- we look to you to come to our help.
- 4 In the greatness of your mercy
 loose us from our chains:
 forgive the sins of all your people.
 - 5 Make yourself known
 as our Saviour and mighty deliverer:
 save and help us that we may praise you.
 - 6 Come now and dwell with us, Lord Christ Jesus:
 hear our prayer and be with us always.
 - 7 And when you come in your glory:
 make us to be one with you
 and to share the life of your kingdom.
 - 8 Thanks be to you O Lord:
 Alleluia. Amen.

Or Song of Praise H. A SONG OF CHRIST'S GOODNESS page

THE SCRIPTURE READING(S)

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

This RESPONSE to the reading may be used:

To you, O Lord, I lift up my soul;

O my God, in you I trust.

THE GOSPEL CANTICLE: THE BENEDICTUS

Refrain:

**In the tender compassion of our God,*
the dawn from on high shall break upon us.**

Or, in Lent:

**You have given your people
knowledge of salvation, O God,*
by the forgiveness of their sins.**

Or, in Passiontide:

**The word of the cross is folly
to those who are perishing,*
but to those who are being saved,
it is the power of God.**

Or, on feasts of Martyrs:

**Blessèd are those who are persecuted
for the cause of right,*
for theirs is the kingdom of heaven.**

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 e.g. page 1]:

O Lord, you are our God:

we call upon you all day long.

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

Rescue the weak and poor,

deliver them from the power of the wicked.

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

Lord, our souls wait for you,

for our hope is in your word.

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

THE COLLECT of the day, or for Fridays and Lent

Loving God,

your Son willingly endured agony and shame for us.

Give us grace to take up our cross

and follow him in newness of life and hope;

for he is our Redeemer . . .

The Collect for Fridays and Passiontide

Gracious and merciful God,

for our sake your Son became incarnate

and suffered death upon the cross;

give us grace to choose him as master and king

who for us was crowned with thorns

and died in shame,

and now lives and reigns with you

and the Holy Spirit,

one God for ever and ever. **Amen.**

The Lord's Prayer follows

Jesus remember us in your kingdom

and teach us to 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.**

Or, in Lent:

**May God our Redeemer show us compassion and love.
Amen.**

Or, in Paschontide:

**May the life-giving cross
be the source of all our joy and peace. Amen.**

Let us bless the Lord.

Thanks be to God.