



Daily Prayer

Wednesday in Ordinary Time

Chelmsford Cathedral Morning Prayer

Wednesday

All O Lord, open our lips
and our mouth shall proclaim your praise.

**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.**

This hymn or another is sung:

**Awake, awake: fling off the night!
For God has sent his glorious light;
and we who live in Christ's new day
must works of darkness put away.**

**Let in the light; all sin expose
to Christ, whose life no darkness knows.
Before his cross for guidance kneel;
his light will judge and, judging, heal.**

**Awake, and rise up from the dead,
and Christ his light on you will shed.
Its power will wrong desires destroy,
and your whole nature fill with joy.**

**Then sing for joy, and use each day;
give thanks for everything alway.
Lift up your hearts; with one accord
praise God through Jesus Christ our Lord.**

Words: J R Pearcey (1896-1971) Tune: Plainsong or DEUS TUORUM MILITUM

The opening prayer is said

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Silence is 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.

All Amen.

PSALMS

Repeating weekly pattern of Psalms:

| | |
|-------------------------------|---------------------|
| Week 1: 10/6; 11/7; 16/9; | 89.5-18, 147.13-end |
| Week 2: 17/6; 5/8; 23/9; | 85, 147.13-end |
| Week 3: 24/6; 12/8; 30/9; | 112, 147.13-end |
| Week 4: 1/7; 19/8; 7/10 | 19, 147.13-end |
| Week 5: 8/7; 26/8; 14/10 | 113, 147.13-end |
| Week 6: 15/7; 2/9; 21/10 | 20, 147.13-end |
| Week 7: 3/6; 22/7; 9/9; 28/10 | 96, 147.13-end |

Canticle: A Song of the Word of the Lord

**All Return to the Lord, who will have mercy,
to our God, who will richly pardon.**

- 1 Seek the Lord while he may be found,
call upon him while he is near;
- 2 Let the wicked abandon their ways,
and the unrighteous their thoughts;
- 3 Return to the Lord, who will have mercy;
to our God, who will richly pardon.
- 4 'For my thoughts are not your thoughts,
neither are your ways my ways,' says the Lord.
- 5 'For as the heavens are higher than the earth,
so are my ways higher than your ways
and my thoughts than your thoughts.
- 6 'As the rain and the snow come down from above,
and return not again but water the earth,
- 7 'Bringing forth life and giving growth,
seed for sowing and bread to eat,

8 'So is my word that goes forth from my mouth;
it will not return to me fruitless,
9 'But it will accomplish that which I purpose,
and succeed in the task I gave it.' *Isaiah 55:6-11*

**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.**

**All Return to the Lord, who will have mercy,
to our God, who will richly pardon.**

Reading

LECTIONARY

GOSPEL – for the end of Morning Prayer

| | | |
|-------|------------------------------|----------------------|
| 3/6 | Ecclesiastes 3.1-15 | Mark 12.18-27 |
| 10/6 | Ecclesiastes 9.11-19 | Matthew 5.17-19 |
| 17/6 | Numbers 11.24-33(34-35) | Matthew 1.1-6, 16-18 |
| 24/6 | Ecclesiasticus 48.1-19 | Luke 1.57-66, 80 |
| 1/7 | Numbers 22.41-23.12 | Matthew 8.28-end |
| 8/7 | Deuteronomy 1.1-18 | Matthew 10.1-7 |
| 15/7 | Joshua 3.1-13 | Matthew 11.25-27 |
| 22/7 | 1 Samuel 16.14-23 | John 20.1-2, 11-18 |
| 29/7 | Judges 3.12-30 | Matthew 13.44-46 |
| 7/8 | Judges 7.19-8.12 | Matthew 15.21-28 |
| 14/8 | Judges 13.15-24 | Matthew 18.15-20 |
| 21/8 | Judges 18.16-31 | Matthew 20.1-16 |
| 28/8 | Job 6.1; 7.1-21 | Matthew 25.1-13 |
| 4/9 | Job 12.1; 14.1-22 | Luke 4.38-end |
| 11/9 | Job 29.1; 30.1-2, 16-31 | Luke 6.6-11 |
| 18/9 | Job 42.1-17 | Luke 7.21-35 |
| 25/9 | Judith 10.1-23 | Luke 9.1-6 |
| 2/10 | Hosea 4.11-19 | Luke 9.57-62 |
| 9/10 | Micah 2.1-13 | Luke 11.1-4 |
| 16/10 | Jonah 1.1-17-2.10 | Luke 11.42-46 |
| 23/10 | Ecclesiasticus 7.4-14 | Luke 12.39-48 |
| 30/10 | Wisdom 4.1-16 or Is.45.18-26 | John 15.27-37 |

After a short pause for reflection, this responsory is said

Lord, you will guide me with your counsel
and afterwards receive me with glory.

All Lord, you will guide me with your counsel
and afterwards receive me with glory.

For I am always with you;
you hold me by my right hand.

All And afterwards receive me with glory.

Glory to the Father and to the Son
and to the Holy Spirit

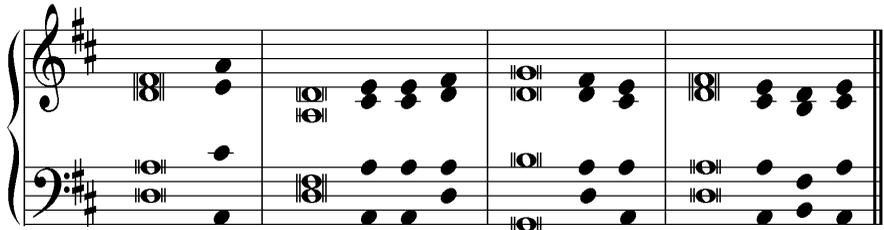
All Lord, you will guide me with your counsel
and afterwards receive me with glory. *from Psalm 73*

Gospel Canticle – Benedictus

Refrain



You show mercy to our ancestors,
and remember your holy covenant.



- 1 Blessed be the Lord the God of Israel, •
who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour, •
born of the house of his servant David.
- 3 Through his holy prophets God promised of old •
to save us from our enemies, from the hands of all that hate us

- 4 To show mercy to our ancestors, •
and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham: •
to set us free from the hands of our enemies,
- 6 Free to worship him without fear, •
holy and righteous in his 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 his way,
- 8 To give his people knowledge of salvation •
by the forgiveness of all 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. *Luke 1.68–79*
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.

You show mercy to our ancestors,
and remember your holy covenant.

Prayers of intercession and thanksgiving are offered.

The Collect of the day or the following is used:

Almighty and everlasting God;
we thank you that you have brought us safely
to the beginning of this day.
Keep us from falling into sin
or running into danger,
order us in all our doings
and guide us to do always what is righteous in your sight;
through Jesus Christ our Lord.

All **Amen**

The Lord's Prayer

Being made one by the power of the Spirit,
as our Saviour has taught us, so we pray

All **Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen.**

The conclusion

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

All **Amen.**

Let us bless the Lord.

All **Thanks be to God.**

Chelmsford Cathedral

Evening Prayer

Wednesday

All O God, make speed to save us.
 O Lord, make haste to help us.

This or another office hymn is sung:

**O God most holy, God most high,
Who spread the splendour of the sky,
And paint its spacious canvas bright
With shining stars and fiery light;**

**Who give the blazing sun a throne,
Its course from east to west make known,
And set the moon and stars on ways
That mark the seasons, months and days;**

**Grant us, as signs of night return,
Your just and faithful ways to learn,
That as we gaze on darkened skies
Our hope, the light of Christ, will rise.**

**O let the Sun of Justice reign
To shatter every earthly chain
And make our wounded world within
Resplendent with your grace again.**

**O Father, this we ask be done
Through Jesus Christ, your only Son,
Whom in the Spirit we adore:
One God who reigns for evermore**

*Words: Keith McClellan ©1994 St Meinrad Archabbey, 200 Hill Drive, St. Meinrad, Indiana 47577
Tune: Plainsong or SONG 34 Orlando Gibbons (1583-1625)*

The opening prayer is said

That this evening may be holy, good and peaceful,
let us pray with one heart and mind.

Silence is kept.

As our evening prayer rises before you, O God,
so may your mercy come down upon us
to cleanse our hearts and set us free to sing your praise
now and for ever.

All Amen.

PSALMS

Repeating weekly pattern of Psalms

| | |
|-------------------------------|---------------|
| Week 1: 10/6; 11/7; 16/9; | 89.1-4, 19-29 |
| Week 2: 17/6; 5/8; 23/9; | 2, 110 |
| Week 3: 24/6; 12/8; 30/9; | 84 |
| Week 4: 1/7; 19/8; 7/10 | 45 |
| Week 5: 8/7; 26/8; 14/10 | 127, 128 |
| Week 6: 15/7; 2/9; 21/10 | 132 |
| Week 7: 3/6; 22/7; 9/9; 28/10 | 98 |

The psalm for today is said, ending with:

**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.**

Canticle: A Song of the Blessed

**All Rejoice and be glad
for you are the light of the world,
and great is your reward in heaven.**

- 1 Blessed are the poor in spirit,
for theirs is the kingdom of heaven.
- 2 Blessed are those who mourn,
for they shall be comforted.
- 3 Blessed are the meek,
for they shall inherit the earth.
- 4 Blessed are those who hunger

and thirst after righteousness,
for they shall be satisfied.

5 Blessed are the merciful,
for they shall obtain mercy.

6 Blessed are the pure in heart,
for they shall see God.

7 Blessed are the peacemakers,
for they shall be called children of God.

8 Blessed are those who suffer persecution
for righteousness' sake,
for theirs is the kingdom of heaven.

Matthew 5.3-10

**All 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.**

**All Rejoice and be glad
for you are the light of the world,
and great is your reward in heaven.**

The Gospel for the day may be read:

| | |
|------|----------------------|
| 3/6 | Mark 12.18-27 |
| 10/6 | Matthew 5.17-19 |
| 17/6 | Matthew 1.1-6, 16-18 |
| 24/6 | Luke 1.57-66, 80 |
| 1/7 | Matthew 8.28-end |
| 8/7 | Matthew 10.1-7 |
| 15/7 | Matthew 11.25-27 |
| 22/7 | John 20.1-2, 11-18 |
| 29/7 | Matthew 13.44-46 |
| 7/8 | Matthew 15.21-28 |
| 14/8 | Matthew 18.15-20 |
| 21/8 | Matthew 20.1-16 |
| 28/8 | Matthew 25.1-13 |
| 4/9 | Luke 4.38-end |
| 11/9 | Luke 6.6-11 |
| 18/9 | Luke 7.21-35 |
| 25/9 | Luke 9.1-6 |
| 2/10 | Luke 9.57-62 |

9/10 Luke 11.1-4
16/10 Luke 11.42-46
23/10 Luke 12.39-48
30/10 John 15.27-37

After a short pause for reflection, this responsory is said

Lord, you will guide me with your counsel
and afterwards receive me with glory.

**All Lord, you will guide me with your counsel
and afterwards receive me with glory.**

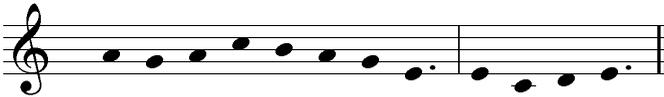
For I am always with you;
you hold me by my right hand.

All And afterwards receive me with glory.

Glory to the Father and to the Son
and to the Holy Spirit

**All Lord, you will guide me with your counsel
and afterwards receive me with glory.** *from Psalm 73*

Gospel Canticle – Magnificat



All Remember ber your pro - mise of mercy,
to Abraham and his children for ever.



I My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour; •
he has looked with favour on his lowly servant.

2 From this day all generations will call me blessed; •
the Almighty has done great things for me and holy is his name.

3 He has mercy on those who fear him, •
from generation to generation.

4 He has shown strength with his arm •

and has scattered the proud in their conceit,

5 Casting down the mighty from their thrones •
and lifting up the lowly.

6 He has filled the hungry with good things •
and sent the rich away empty.

7 He has come to the aid of his servant Israel, •
to remember his promise of mercy,

8 The promise made to our ancestors, •
to Abraham and his children for ever.

Luke 1.46-55

**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.**

**All You have mercy on those who fear you,
from generation to generation.**

Prayers of intercession and thanksgiving are offered.

The Collect of the day or the following is used:

Eternal Lord, our beginning and our end:
bring us with the whole creation
to your glory, hidden through past ages
and made known in Jesus Christ our Lord.
All **Amen.**

The Lord's Prayer

Looking for the coming of his kingdom,
as our Saviour taught us, so we pray

**All Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.**

**Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen.**

The Conclusion

**The grace of our Lord Jesus Christ,
and the love of God,
and the fellowship of the Holy Spirit,
be with us all evermore. Amen.**

All Let us bless the Lord.
Thanks be to God.