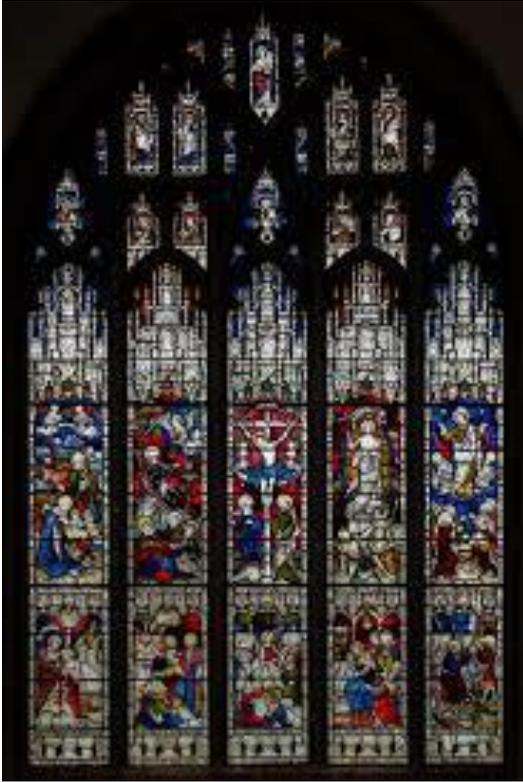




Daily Prayer

Ordinary Time



Daily Prayer

Sunday in Ordinary Time

Chelmsford Cathedral Morning Prayer

Sunday

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:

**O God of truth, prepare our minds
To hear and heed your holy word;
Fill every heart that longs for you
With your mysterious presence, Lord.**

**The word of God for ever stands,
Is carved upon eternal stone;
His mouth has uttered it for us
Who cannot live by bread alone.**

**To Father, Son and Spirit blest
Unending praise and glory give:
Their silent voice no ear has heard,
Yet by their every word we live.**

*Words: Stanbrook Abbey. © 1974, 1975 Stanbrook Abbey, Wass York YO61 4AY.
Tune: Plainsong or LITTLE MARVEL – Carl F. Schalk or any Long Metre tune*

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: 30/5; 18/7; 5/9; 24/10	118, 117
Week 2: 6/6; 25/7; 12/9; 31/10	81, 117
Week 3: 13/6; 20/7; 19/9;	135, 117
Week 4: 20/6; 1/8; 26/9;	139, 117
Week 5: 27/6; 15/8; 3/10;	33, 117
Week 6: 4/7; 22/8; 10/10	30, 117
Week 7: 11/7; 29/8; 17/10	66, 117

Canticle: A Song of David

**Splendour and majesty are yours, O God;
you are exalted as head over all.**

1 Blessed are you, God of Israel, for ever and ever,
for yours is the greatness, the power,
the glory, the splendour and the majesty.

2 Everything in heaven and on earth is yours;
yours is the kingdom, O Lord,
and you are exalted as head over all.

3 Riches and honour come from you
and you rule over all.

4 In your hand are power and might;
yours it is to give power and strength to all.

5 And now we give you thanks, our God,
and praise your glorious name.

6 For all things come from you,
and of your own have we given you.

1 Chronicles 29.10b-13, 14b

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.**

**Splendour and majesty are yours, O God;
you are exalted as head over all.**

Reading

- 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 have raised up for us a mighty Saviour,
born of the house of your servant David.

Prayers of intercession and thanksgiving are offered.

The Collect of the day or the following is used:

God of glory,
by the raising of your Son
you have broken the chains of death and hell:
fill your Church with faith and hope;
for a new day has dawned
and the way to life stands open
in our Saviour Jesus Christ.

All **Amen**

The Lord's Prayer

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.



Daily Prayer

Monday in Ordinary Time

Chelmsford Cathedral Morning Prayer

Monday

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.
Alleluia!**

This hymn or another is sung:

**How deep the riches of our God,
His wisdom how sublime,
How high his judgements soar above
All judgement of mankind.**

**What mind has read the mind of God,
Or given him counsel sure?
Who from his riches gave to God
What was not first received?**

**From God all things created flow;
All things through him exist;
To him for judgement all return,
To whom all praise is due.**

**To God the Father, fount of grace,
Through his beloved Son,
With God their Spirit, bond of love,
Be glory evermore.**

Words: James Quinn SJ (1919-2010)

Tune: Plainsong (CANTON) or SAINT BOTOLPH (Gordon Slater (1896-1979))

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

<i>Week 1: 19/7; 6/9; 25/10</i>	145, 150
<i>Week 2: 7/6; 26/7; 13/9</i>	65, 150
<i>Week 3: 14/6; 2/8; 20/9;</i>	121, 150
<i>Week 4: 21/6; 9/8; 27/9;</i>	99, 150
<i>Week 5: 28/6; 16/8; 4/10;</i>	47, 150
<i>Week 6: 5/7; 23/8; 11/10</i>	111, 150
<i>Week 7: 12/7; 30/8; 18/10</i>	93, 150

Canticle: A Song of Deliverance

**All the earth, shout and sing for joy,
for great in your midst is the Holy One.**

- 1 'Behold, God is my salvation;
I will trust and will not be afraid;
- 2 'For the Lord God is my strength and my song,
and has become my salvation.'
- 3 With joy you will draw water
from the wells of salvation.
- 4 On that day you will say,
'Give thanks to the Lord, call upon his name;
- 5 'Make known his deeds among the nations,
proclaim that his name is exalted.
- 6 'Sing God's praises, who has triumphed gloriously;
let this be known in all the world.
- 7 'Shout and sing for joy, you that dwell in Zion,
for great in your midst is the Holy One of Israel.'

Isaiah 12.2-6

**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 the earth, shout and sing for joy,
for great in your midst is the Holy One.**

Reading

After a short pause for reflection, this responsory is said

Trust in the Lord with all your heart;
and be not wise in your own sight
**All Trust in the Lord with all your heart;
and be not wise in your own sight**

In all your ways acknowledge him
and he will make straight your paths.

All Trust in the Lord with all your heart;
Glory to the Father and to the Son
and to the Holy Spirit

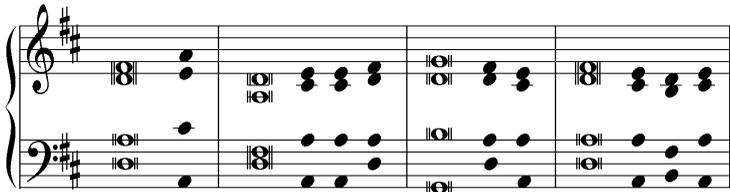
**All Trust in the Lord with all your heart;
and be not wise in your own sight** *from Proverbs 3*

Gospel Canticle – Benedictus

Refrain



*You have set us free to worship you without fear,
holy and righteous in your sight.*



*I 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 have set us free to worship you without fear,
holy and righteous in your sight.*

Prayers of intercession and thanksgiving are offered.

The Collect of the day or the following is used:

Lord our God,
as with all creation
we offer you the life of this new day,
give us grace to love and serve you
to the praise of Jesus Christ our Lord.

All **Amen**

The Lord's Prayer

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 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



Daily Prayer

Tuesday in Ordinary Time

Chelmsford Cathedral Morning Prayer

Tuesday

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:

**O Christ, the light of heaven,
And of the world true light,
You come in all your radiance
To cleave the web of night.**

**May what is false within us
Before your truth give way,
That we may live untroubled
With quiet hearts this day.**

**May steadfast faith sustain us
And hope made firm in you;
The love that we have wasted,
O God of love, renew.**

**Blest Trinity we praise you
In whom our quest will cease;
Keep us with you for ever
In happiness and peace.**

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:

<i>Week 1: 8/6; 27/7; 14/9;</i>	<i>25, 146</i>
<i>Week 2: 15/6; 3/8; 21/9;</i>	<i>70, 75, 146</i>
<i>Week 3: 22/6; 10/8; 28/9;</i>	<i>50, 146</i>
<i>Week 4: 29/6; 17/8; 5/10</i>	<i>28, 76, 146</i>
<i>Week 5: 6/7; 24/8; 12/10</i>	<i>62, 82, 146</i>
<i>Week 6: 13/7; 31/8; 19/10</i>	<i>40, 146</i>
<i>Week 7: 1/6; 20/7; 7/9; 26/10</i>	<i>9, 146</i>

Canticle: A Song of Peace

Refrain:

**All Spirit of God, teach us your ways,
that we may walk in the paths of peace.**

- 1 Come, let us go up to the mountain of God,
to the house of the God of Jacob;
- 2 That God may teach us his ways,
and that we may walk in his paths.
- 3 For the law shall go out from Zion,
and the word of the Lord from Jerusalem.
- 4 God shall judge between the nations,
and shall mediate for many peoples.
- 5 They shall beat their swords into ploughshares,
and their spears into pruning hooks.

6 Nation shall not lift up sword against nation,
neither shall they learn war any more.

7 O people of Jacob, come:
let us walk in the light of the Lord.

Isaiah 2.3-5

**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 Spirit of God, teach us your ways,
that we may walk in the paths of peace.**

Reading

After a short pause for reflection, this responsory is said

Open my eyes, O Lord,
that I may see the wonder of your law

**All Open my eyes, O Lord,
that I may see the wonder of your law**

Lead me in the path of your commandments

All that I may see the wonder of your law
Glory to the Father and to the Son

and to the Holy Spirit

**All Open my eyes, O Lord,
that I may see the wonder of your law**

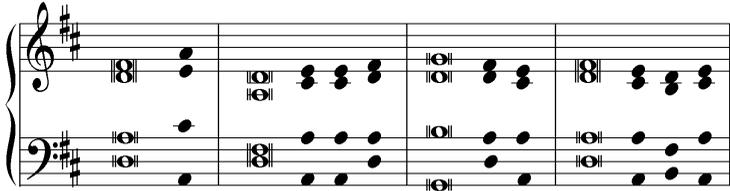
from Psalm 119

Gospel Canticle – Benedictus

Refrain



In your tender compassion, O God,
the dawn from on high shall break upon us.



- 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.

In your tender compassion, O God,
the dawn from on high shall break upon us.

Prayers of intercession and thanksgiving are offered.

The Collect of the day or the following is used:

Eternal God and Father,
you create and redeem us by the power of your love:
guide and strengthen us by your Spirit,
that we may give ourselves in love and service
to one another and to you;
through Jesus Christ our Lord.

All **Amen**

The Lord's Prayer

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.**



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: 21/7; 8/9; 27/10	89.5-18, 147.13-end
Week 2: 9/6; 28/7; 15/9;	85, 147.13-end
Week 3: 16/6; 4/8; 22/9;	112, 147.13-end
Week 4: 23/6; 11/8; 29/9;	19, 147.13-end
Week 5: 30/6; 18/8; 6/10	113, 147.13-end
Week 6: 7/7; 25/8; 13/10	20, 147.13-end
Week 7: 14/7; 1/9; 20/10	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

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

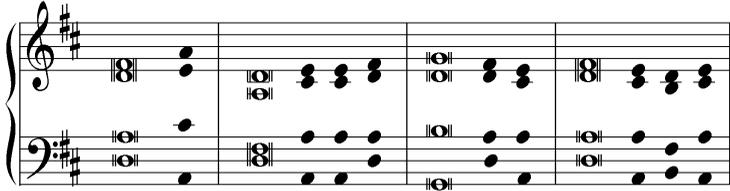
**All Lord, you will guide me with your counsel
and afterwards receive me with glory.** *from Psalm 73*

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

All As our Saviour has taught us, so we pray
**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

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

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



Daily Prayer

Thursday in Ordinary Time

Chelmsford Cathedral Morning Prayer

Thursday

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:

**The day is filled with splendour
When God brings light from light;
And all renewed creation,
Rejoices in his sight.**

**The Father gives his children
The wonder of the world
In which his power and glory
Like banners are unfurled.**

**With every living creature,
Awaking with the day,
We turn to God our Father,
Lift up our hearts and pray:**

**O Father, Son and Spirit,
Your grace and mercy send,
That we may live to praise you
Today and to the end.**

*Words: Stanbrook Abbey Tune: Stanbrook Abbey or CHRISTUS, DER IST MEIN
LEBEN: Melchior Vulpus (c.1560-1616)*

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.

Psalmody

Week 1: 10/6; 11/7; 16/9;	93, 148
Week 2: 17/6; 5/8; 23/9;	99, 148
Week 3: 24/6; 12/8; 30/9;	97, 148
Week 4: 1/7; 19/8; 7/10	66, 148
Week 5: 8/7; 26/8; 14/10	24, 148
Week 6: 15/7; 2/9; 21/10	57, 148
Week 7: 3/6; 22/7; 9/9; 28/10	21, 148

Canticle: A Song of the Covenant

**All I have given you as a light to the nations,
and I have called you in righteousness .**

- 1 Thus says God, who created the heavens,
who fashioned the earth and all that dwells in it;
- 2 Who gives breath to the people upon it
and spirit to those who walk in it,
- 3 'I am the Lord and I have called you in righteousness,
I have taken you by the hand and kept you;
- 4 'I have given you as a covenant to the people,
a light to the nations, to open the eyes that are blind,
- 5 'To bring out the captives from the dungeon,
from the prison, those who sit in darkness.
- 6 'I am the Lord, that is my name;
my glory I give to no other.'

**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 I have given you as a light to the nations,
and I have called you in righteousness. *Isaiah 42.5-8a***

Reading

After a short pause for reflection, this responsory is said

Fear not, for I have redeemed you.

I have called you by name; you are mine.

All Fear not, for I have redeemed you.

I have called you by name; you are mine.

When you pass through the waters, I will be with you.

When you walk through fire, you shall not be burned.

All I have called you by name; you are mine.

Glory to the Father and to the Son

and to the Holy Spirit.

All Fear not, for I have redeemed you.

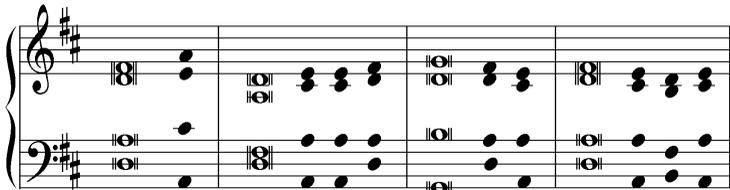
I have called you by name; you are mine. *from Isaiah 43*

Gospel Canticle – Benedictus

Refrain



You promised, O God, to save us from our enemies,
from the hands of all that hate us.



- 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 promised, O God, to save us from our enemies,
from the hands of all that hate us.

Prayers of intercession and thanksgiving are offered.

The Collect of the day or the following is used:

O God, the author of peace
and lover of concord,
to know you is eternal life,
to serve you is perfect freedom.
Defend us your servants
from all assaults of our enemies;
that we, surely trusting in your defence,
may not fear the power of any adversaries;
through Jesus Christ our Lord.

All **Amen**

The Lord's Prayer

All As our Saviour has taught us, so we pray
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.**



Daily Prayer

Friday in Ordinary Time

Chelmsford Cathedral Morning Prayer

Friday

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:

**We bless you, Father, Lord of life,
To whom all living beings tend,
The source of holiness and grace,
Our first beginning and our end.**

**We give you thanks, redeeming Christ,
Who bore our weight of sin and shame:
In dark defeat, you conquered sin,
And death, by dying, overcame.**

**Come, Holy Spirit, searching fire,
Whose flame all evil burns away;
With light and love come down to us,
In silence and in peace to stay.**

**We praise you, Trinity in One,
Sublime in majesty and might,
Who reign for ever, Lord of all,
In splendour and unending light.**

Words: Stanbrook Abbey Tune: Plainsong or MELCOMBE: Samuel Webbe (1740-1816)

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.

Psalmody

<i>Week 1: 4/6; 23/7; 10/9; 28/10</i>	26, 147:1-12
<i>Week 2: 11/6; 30/7; 17/9;</i>	32, 147:1-12
<i>Week 3: 18/6; 6/8; 23/9;</i>	56, 147:1-12
<i>Week 4: 25/6; 13/8; 30/9;</i>	3, 6, 147:1-12
<i>Week 5: 2/7; 20/8; 7/10</i>	25, 147:1-12
<i>Week 6: 9/7; 27/8; 14/10</i>	39, 147:1-12
<i>Week 7: 16/7; 3/9; 21/10</i>	13, 124, 147:1-12

Canticle: A Song of Humility

**All Raise us up, O God,
that we may live in your presence.**

- 1 Come, let us return to the Lord
who has torn us and will heal us.
- 2 God has stricken us
and will bind up our wounds.
- 3 After two days, he will revive us,
and on the third day will raise us up,
that we may live in his presence.
- 4 Let us strive to know the Lord;
his appearing is as sure as the sunrise.
- 5 He will come to us like the showers,
like the spring rains that water the earth.
- 6 'O Ephraim, how shall I deal with you?
How shall I deal with you, O Judah?
- 7 'Your love for me is like the morning mist,
like the dew that goes early away.
- 8 'Therefore, I have hewn them by the prophets,

and my judgement goes forth as the light.

9 'For loyalty is my desire and not sacrifice,
and the knowledge of God rather than burnt offerings.'

Hosea 6.1-6

**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 Raise us up, O God,
that we may live in your presence.**

Reading

5th February

Isaiah 56:1-8

12th February

Isaiah 61:1-9

After a short pause for reflection, this responsory is said

Forsake me not, O Lord;
be not far from me, O my God.

**All Forsake me not, O Lord;
be not far from me, O my God.**

Make haste to help me,
O Lord of my salvation.

All Be not far from me, O my God.

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

**All Forsake me not, O Lord;
be not far from me, O my God.**

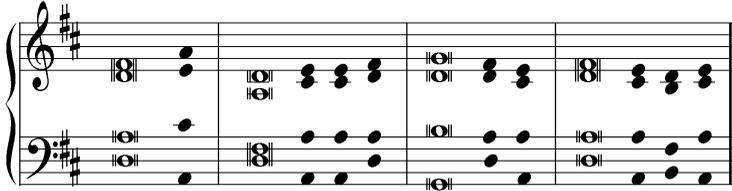
from Psalm 38

Gospel Canticle – Benedictus

Refrain



Give your people knowledge of salvation, O God,
by the forgiveness of all their sins.



- 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.
Give your people knowledge of salvation, O God,
by the forgiveness of all their sins.

Prayers of intercession and thanksgiving are offered.

The Collect of the day or the following is used:

Gracious Father,
you gave up your Son
out of love for the world:
lead us to ponder the mysteries of his passion,
that we may know eternal peace
through the shedding of our Saviour's blood,
Jesus Christ our Lord.

All **Amen**

The Lord's Prayer

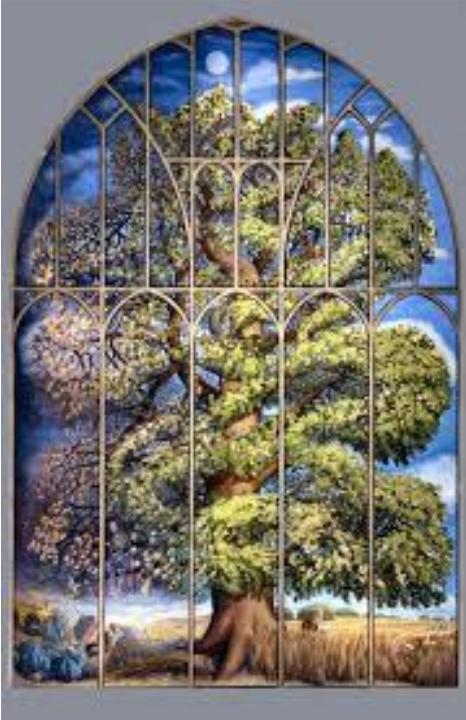
All As our Saviour has taught us, so we pray
Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the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

The Gospel for the day may be read

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.**



Daily Prayer

Saturday in Ordinary Time

Chelmsford Cathedral Morning Prayer

Saturday

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:

**The Father's glory, Christ our light,
With love and mercy comes to bless
Our fallen world, and be the way
That leads from sin to holiness.**

**Christ yesterday and Christ today,
For all eternity the same,
The image of our hidden God:
Eternal wisdom is his name.**

**He keeps his word from age to age,
Is with us to the end of days:
A cloud by day, a flame by night,
To go before us on his ways.**

**We bless you, Father, fount of light,
And Christ, your well-beloved Son,
Who with the Spirit dwell in us:
Immortal Trinity in One.**

Words: Stanbrook Abbey. © 1974, 1995 Stanbrook Abbey, Wass York YO61 4AY.

Tune: Plainsong or LOBT GOTT IN SEINEM HEILIGTUM –

Heinrich Schütz (1585-1672)

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: 5/6; 24/7; 11/9; 30/10	33, 149
Week 2: 12/6; 31/7; 18/9;	139, 149
Week 3: 19/6; 7/8; 25/9;	116, 149
Week 4: 26/6; 14/8; 2/10;	65, 149
Week 5: 3/7; 21/8; 9/10	145, 149
Week 6: 10/7; 28/8; 16/10	23, 125, 149
Week 7: 17/7; 4/9; 23/10	92, 97, 149

Canticle: A Song of Jerusalem our Mother

**All Thus says our God, I will comfort you,
you shall see and your heart shall rejoice.**

1 'Rejoice with Jerusalem and be glad for her,
all you who love her,' says the Lord.

2 'Rejoice with her in joy,
all you who mourn over her,

3 'That you may drink deeply with delight
from her consoling breast.'

4 For thus says our God,
'You shall be nursed and carried on her arm.

5 'As a mother comforts her children,
so I will comfort you;

6 'You shall see and your heart shall rejoice;
you shall flourish like the grass of the fields.'

Isaiah 66.10, 11a, 12a, 12c, 13a, 14a,b

**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.**

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.

Shine on us, O God, who dwell in darkness,
and guide us into the way of peace.

Prayers of intercession and thanksgiving are offered.

The Collect of the day or the following is used:

Grant, Lord,
that we who are baptized into the death
of your Son our Saviour Jesus Christ
may continually put to death our evil desires
and be buried with him;
and that through the grave and gate of death
we may pass to our joyful resurrection;
through his merits,
who died and was buried and rose again for us,
your Son Jesus Christ our Lord.

All **Amen**

The Lord's Prayer

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.**