



Morning Meditative Prayer in Ordinary Time

Please make yourself comfortable.

You are invited to light a candle as you enter the space.

Introduction

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

Blessed are you, creator of all,
to you be praise and glory for ever.
As your dawn renews the face of the earth
bringing light and life to all creation,
may we rejoice in this day you have made;
as we wake refreshed from the depths of sleep,
open our eyes to behold your presence
and strengthen our hands to do your will,
that the world may rejoice and give you praise.
Blessed be God, Father, Son and Holy Spirit.

All **Blessed be God forever.**

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. Amen.

Scripture Reading

A reading for the day.

Silence

A time of personal meditation.

Reflection

A reflection relating to the reading of the day is read.

Silence

A time of personal meditation concluding with the Lord's Prayer.

The Lord's Prayer

Let us pray with confidence as our Saviour has taught us,
**All Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come; thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and 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.

The service ends in silence.

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