



Morning Meditation in Ordinary Time

Please find a seat and make yourself comfortable.

Welcome

Lead O Lord, open our lips

All **and our mouth shall proclaim your praise.**

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

Silence is kept.

Lead 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.**

Psalm

A Psalm may be said. Please stand at the end to say:

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.**

Reading

Please sit for a reading from Scripture as appointed for the day.

Gospel Cantic

Please stand for the Benedictus (Luke 1:68-79)

- 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.
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.

The Prayers

Please sit or kneel for the prayers, which conclude with the collect for the day

The Lord's Prayer

Lead 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

Lead The Lord bless us, and preserve us from all evil,
and keep us in eternal life.
All Amen.
Lead Let us bless the Lord.
All Thanks be to God.

Thank you for joining us for this Morning Meditation