

Friday
Morning Prayer – Proper 10 in Year 1

Opening Sentence

The hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. John 4:23

Versicle and Response

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 will be for ever. Amen. Alleluia.

Invitatory

Venite

Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation.
Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.

For the Lord is a great God, *
and a great King above all gods.
In his hand are the caverns of the earth, *
and the heights of the hills are his also.
The sea is his, for he made it, *
and his hands have molded the dry land.

Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.
For he is our God,
and we are the people of his pasture and the sheep of his hand. *
Oh, that today you would hearken to his voice!

Psalms

Psalm 31

¹In you, O LORD, have I taken refuge;
let me never be put to shame; *
deliver me in your righteousness.

²Incline your ear to me;*
make haste to deliver me.

³Be my strong rock, a castle to keep me safe,
for you are my crag and my stronghold;*
for the sake of your Name, lead me and guide me.

⁴Take me out of the net that they have secretly set for me,*
for you are my tower of strength.

⁵Into your hands I commend my spirit,*
for you have redeemed me,
O LORD, O God of truth.

⁶I hate those who cling to worthless idols, *
and I put my trust in the LORD.

⁷I will rejoice and be glad because of your mercy;*
for you have seen my affliction;
you know my distress.

⁸You have not shut me up in the power of the enemy;*
you have set my feet in an open place.

⁹Have mercy on me, O LORD, for I am in trouble; *
my eye is consumed with sorrow,
and also my throat and my belly.

¹⁰For my life is wasted with grief,
and my years with sighing;*
my strength fails me because of affliction,
and my bones are consumed.

¹¹I have become a reproach to all my enemies and even to my neighbors,
a dismay to those of my acquaintance;*
when they see me in the street they avoid me.

¹²I am forgotten like a dead man, out of mind; *
I am as useless as a broken pot.

¹³For I have heard the whispering of the crowd;
fear is all around;*
they put their heads together against me;
they plot to take my life.

¹⁴But as for me, I have trusted in you, O LORD. *
I have said, "You are my God.

¹⁵My times are in your hand;*
rescue me from the hand of my enemies,
and from those who persecute me.

¹⁶Make your face to shine upon your servant, *
and in your loving-kindness save me."

¹⁷LORD, let me not be ashamed for having called upon you;*
rather, let the wicked be put to shame;
let them be silent in the grave.

¹⁸Let the lying lips be silenced which speak against the righteous,*
haughtily, disdainfully, and with contempt.

¹⁹How great is your goodness, O LORD!
which you have laid up for those who fear you;*
which you have done in the sight of all
for those who put their trust in you.

²⁰You hide them in the covert of your presence from those who slander them;*
you keep them in your shelter from the strife of tongues.

²¹Blessed be the LORD! *
for he has shown me the wonders of his love in a besieged city.

²²Yet I said in my alarm,
"I have been cut off from the sight of your eyes." *
Nevertheless, you heard the sound of my entreaty
when I cried out to you.

²³Love the LORD, all you who worship him;*
the LORD protects the faithful,
but repays to the full those who act haughtily.

²⁴Be strong and let your heart take courage, *
all you who wait for the LORD.

Glory to the Father, and to the Son, and to the Holy Spirit
as it was in the beginning, is now, and will be for ever. Amen.

Reading

1 Samuel 21:1-15

David came to Nob to the priest Ahimelech. Ahimelech came trembling to meet David, and said to him, 'Why are you alone, and no one with you?' David said to the priest Ahimelech, 'The king has charged me with a matter, and said to me, "No one must know anything of the matter about which I send you, and with which I have charged you." I have made an appointment with the young men for such and such a place. Now then, what have you at hand? Give me five loaves of bread, or whatever is here.' The priest answered David, 'I have no ordinary bread at hand, only holy bread—provided that the young men have kept themselves from women.' David answered the priest, 'Indeed, women have been kept from us as always when I go on an expedition; the vessels of the young men are holy even when it is a common journey; how much more today will their vessels be holy?' So the priest gave him

the holy bread; for there was no bread there except the bread of the Presence, which is removed from before the Lord to be replaced by hot bread on the day it is taken away.

Now a certain man of the servants of Saul was there that day, detained before the Lord; his name was Doeg the Edomite, the chief of Saul's shepherds.

David said to Ahimelech, 'Is there no spear or sword here with you? I did not bring my sword or my weapons with me, because the king's business required haste.' The priest said, 'The sword of Goliath the Philistine, whom you killed in the valley of Elah, is here wrapped in a cloth behind the ephod; if you will take that, take it, for there is none here except that one.' David said, 'There is none like it; give it to me.'

David rose and fled that day from Saul; he went to King Achish of Gath. The servants of Achish said to him, 'Is this not David the king of the land? Did they not sing to one another of him in dances, "Saul has killed his thousands, and David his tens of thousands"?''

David took these words to heart and was very much afraid of King Achish of Gath. So he changed his behaviour before them; he pretended to be mad when in their presence.* He scratched marks on the doors of the gate, and let his spittle run down his beard. Achish said to his servants, 'Look, you see the man is mad; why then have you brought him to me? Do I lack madmen, that you have brought this fellow to play the madman in my presence? Shall this fellow come into my house?'

The Word of the Lord.

Thanks be to God.

Canticle 10 The Second Song of Isaiah

Seek the Lord while he wills to be found; *
call upon him when he draws near.

Let the wicked forsake their ways *
and the evil ones their thoughts;

And let them turn to the Lord, and he will have compassion, *
and to our God, for he will richly pardon.

For my thoughts are not your thoughts, *
nor your ways my ways, says the Lord.

For as the heavens are higher than the earth, *
so are my ways higher than your ways,
and my thoughts than your thoughts.

For as rain and snow fall from the heavens *
and return not again, but water the earth,

Bringing forth life and giving growth, *
seed for sowing and bread for eating,

So is my word that goes forth from my mouth; *
it will not return to me empty;

But it will accomplish that which I have purposed, *
and prosper in that for which I sent it.

Glory to the Father, and to the Son, and to the Holy Spirit
as it was in the beginning, is now, and will be for ever. Amen.

Reading

Acts 13:13-25

Then Paul and his companions set sail from Paphos and came to Perga in Pamphylia. John, however, left them and returned to Jerusalem; but they went on from Perga and came to Antioch in Pisidia. And on the sabbath day they went into the synagogue and sat down. After the reading of the law and the prophets, the officials of the synagogue sent them a message, saying, 'Brothers, if you have any word of exhortation for the people, give it.' So Paul stood up and with a gesture began to speak:

'You Israelites,* and others who fear God, listen. The God of this people Israel chose our ancestors and made the people great during their stay in the land of Egypt, and with uplifted arm he led them out of it. For about forty years he put up with* them in the wilderness. After he had destroyed seven nations in the land of Canaan, he gave them their land as an inheritance for about four hundred and fifty years. After that he gave them judges until the time of the prophet Samuel. Then they asked for a king; and God gave them Saul son of Kish, a man of the tribe of Benjamin, who reigned for forty years. When he had removed him, he made David their king. In his testimony about him he said, "I have found David, son of Jesse, to be a man after my heart, who will carry out all my wishes." Of this man's posterity God has brought to Israel a Saviour, Jesus, as he promised; before his coming John had already proclaimed a baptism of repentance to all the people of Israel. And as John was finishing his work, he said, "What do you suppose that I am? I am not he. No, but one is coming after me; I am not worthy to untie the thong of the sandals* on his feet."

The Word of the Lord.
Thanks be to God.

Canticle 18 A Song to the Lamb

Splendor and honor and kingly power *
are yours by right, O Lord our God,

For you created everything that is, *
and by your will they were created and have their being;

And yours by right, O Lamb that was slain, *

for with your blood you have redeemed for God,

From every family, language, people, and nation, *
a kingdom of priests to serve our God.

And so, to him who sits upon the throne, *
and to Christ the Lamb,

Be worship and praise, dominion and splendor, *
for ever and for ever more.

Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. Amen.

The Apostle's Creed

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

The Lord be with you.
And also with you.
Let us pray.

The Lord's Prayer

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.

Save us from the time of trial,
and deliver us from evil.

For the kingdom, the power,
and the glory are yours,
now and for ever. Amen.

Suffrages

Show us your mercy, O Lord;
And grant us your salvation.

Clothe your ministers with righteousness;
Let your people sing with joy.

Give peace, O Lord, in all the world;
For only in you can we live in safety.

Lord, keep this nation under your care;
And guide us in the way of justice and truth.

Let your way be known upon earth;
Your saving health among all nations.

Let not the needy, O Lord, be forgotten;
Nor the hope of the poor be taken away.

Create in us clean hearts, O God;
And sustain us with your Holy Spirit.

Collect of the Day: Proper 10

O Lord, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and may also have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

A Collect for Fridays

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way

of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord. Amen.

For Mission

O God and Father of all, whom the whole heavens adore: Let the whole earth also worship you, all nations obey you, all tongues confess and bless you, and men and women everywhere love you and serve you in peace; through Jesus Christ our Lord. Amen.

Prayers and Intercessions

Let us pray now for our own needs and those of others.

General Thanksgiving

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up our selves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen.

Benediction

Let us bless the Lord.

Thanks be to God.

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. Amen.

Ephesians 3:20,21