

Morning Prayer

The Visitation of the Blessed Virgin Mary

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord,
my strength and my redeemer.

Psalm 19:14

Invitatory and Psalter

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Officiant Lord, open our lips.

People **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.

Jubilate

Psalm 100

The mercy of the Lord is everlasting: Come let us adore him.

Be joyful in the Lord, all you lands; *

serve the Lord with gladness and come before his presence with a song.

Know this: The Lord himself is God; *

he himself has made us, and we are his; we are his people and the sheep of his pasture.

Enter his gates with thanksgiving; go into his courts with praise; *

give thanks to him and call upon his Name.

For the Lord is good; his mercy is everlasting; *

and his faithfulness endures from age to age.

The mercy of the Lord is everlasting: Come let us adore him.

Psalm 72

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Give the King your justice, O God, *

and your righteousness to the King's son;

That he may rule your people righteously *

and the poor with justice.

That the mountains may bring prosperity to the people, *

and the little hills bring righteousness.

He shall defend the needy among the people; *

he shall rescue the poor and crush the oppressor.

He shall live as long as the sun and moon endure, *

from one generation to another.

He shall come down like rain upon the mown field, *

like showers that water the earth.

In his time shall the righteous flourish; *

there shall be abundance of peace till the moon shall be no more.

He shall rule from sea to sea, *
and from the River to the ends of the earth.
His foes shall bow down before him, *
and his enemies lick the dust.
The kings of Tarshish and of the isles shall pay tribute, *
and the kings of Arabia and Saba offer gifts.
All kings shall bow down before him, *
and all the nations do him service.
For he shall deliver the poor who cries out in distress, *
and the oppressed who has no helper.
He shall have pity on the lowly and poor; *
he shall preserve the lives of the needy.
He shall redeem their lives from oppression and violence, *
and dear shall their blood be in his sight.
Long may he live! and may there be given to him gold from Arabia; *
may prayer be made for him always, and may they bless him all the day long.
May there be abundance of grain on the earth, growing thick even on the hilltops; *
may its fruit flourish like Lebanon, and its grain like grass upon the earth.
May his Name remain for ever and be established as long as the sun endures; *
may all the nations bless themselves in him and call him blessed.
Blessed be the Lord GOD, the God of Israel, *
who alone does wondrous deeds!
And blessed be his glorious Name for ever! *
and may all the earth be filled with his glory. Amen. Amen.
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 Lessons

The First Lesson 1 Sam. 1:1-20

A Reading from the First Book of Samuel.

There was a certain man of Ramathaim, a Zuphite from the hill country of Ephraim, whose name was Elkanah son of Jeroham son of Elihu son of Tohu son of Zuph, an Ephraimite. He had two wives; the name of the one was Hannah, and the name of the other Peninnah. Peninnah had children, but Hannah had no children. Now this man used to go up year by year from his town to worship and to sacrifice to the LORD of hosts at Shiloh, where the two sons of Eli, Hophni and Phinehas, were priests of the LORD. On the day when Elkanah sacrificed, he would give portions to his wife Peninnah and to all her sons and daughters; but to Hannah he gave a double portion, because he loved her, though the LORD had closed her womb. Her rival used to provoke her severely, to irritate her, because the LORD had closed her womb. So it went on year by year; as often as she went up to the house of the LORD, she used to provoke her. Therefore Hannah wept and would not eat. Her husband Elkanah said to her, "Hannah, why do you weep? Why do you not eat? Why is your heart sad? Am I not more to you than ten sons?"

After they had eaten and drunk at Shiloh, Hannah rose and presented herself before the LORD. Now Eli the priest was sitting on the seat beside the doorpost of the temple of the LORD. She was deeply distressed and prayed to the LORD, and wept bitterly. She made this vow: "O LORD of hosts, if only you will look on the misery of your servant, and remember me, and not forget your servant, but will give to your servant a male child, then I will set him before you as a

nazirite until the day of his death. He shall drink neither wine nor intoxicants, and no razor shall touch his head.” As she continued praying before the LORD, Eli observed her mouth. Hannah was praying silently; only her lips moved, but her voice was not heard; therefore Eli thought she was drunk. So Eli said to her, “How long will you make a drunken spectacle of yourself? Put away your wine.” But Hannah answered, “No, my lord, I am a woman deeply troubled; I have drunk neither wine nor strong drink, but I have been pouring out my soul before the LORD. Do not regard your servant as a worthless woman, for I have been speaking out of my great anxiety and vexation all this time.” Then Eli answered, “Go in peace; the God of Israel grant the petition you have made to him.” And she said, “Let your servant find favor in your sight.” Then the woman went to her quarters, ate and drank with her husband, and her countenance was sad no longer.

They rose early in the morning and worshiped before the LORD; then they went back to their house at Ramah. Elkanah knew his wife Hannah, and the LORD remembered her. In due time Hannah conceived and bore a son. She named him Samuel, for she said, “I have asked him of the LORD.”

The Word of the Lord.

Thanks be to God.

16. The Song of Zechariah

Luke 1: 68-79

Blessed be the Lord, the God of Israel; *
he has come to his people and set them free.
He has raised up for us a mighty savior, *
born of the house of his servant David.
Through his holy prophets he promised of old, that he would save us from our enemies, *
from the hands of all who hate us.
He promised to show mercy to our fathers *
and to remember his holy covenant.
This was the oath he swore to our father Abraham, *
to set us free from the hands of our enemies,
Free to worship him without fear, *
holy and righteous in his sight all the days of our life.
You, my child, shall be called the prophet of the Most High, *
for you will go before the Lord to prepare his way,
To give his people knowledge of salvation *
by the forgiveness of their sins.
In the tender compassion of our God *
the dawn from on high shall break upon us,
To shine on those who dwell in darkness and the shadow of death, *
and to guide our feet into the way of peace.
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 Second Lesson Heb. 3:1-6

A Reading from the Book of Hebrews.

Therefore, brothers and sisters, holy partners in a heavenly calling, consider that Jesus, the apostle and high priest of our confession, was faithful to the one who appointed him, just as Moses also “was faithful in all God’s house.” Yet Jesus is worthy of more glory than Moses, just as the builder of a house has more honor than the house itself. (For every house is built by someone, but the builder of all things is God.) Now Moses was faithful in all God’s house as a servant, to testify to the things that would be spoken later. Christ, however, was faithful over God’s house as a son, and we are his house if we hold firm the confidence and the pride that belong to hope.

The Word of the Lord.

Thanks be to God.

21. You are God

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You are God: we praise you; You are the Lord; we acclaim you; You are the eternal Father: All creation worships you. To you all angels, all the powers of heaven, Cherubim and Seraphim, sing in endless praise: Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. The glorious company of apostles praise you. The noble fellowship of prophets praise you. The white-robed army of martyrs praise you. Throughout the world the holy Church acclaims you; Father, of majesty unbounded, your true and only Son, worthy of all worship, and the Holy Spirit, advocate and guide. You, Christ, are the king of glory, the eternal Son of the Father. When you became man to set us free you did not shun the Virgin’s womb. You overcame the sting of death and opened the kingdom of heaven to all believers. You are seated at God’s right hand in glory. We believe that you will come and be our judge. Come then, Lord, and help your people, bought with the price of your own blood, and bring us with your saints to glory everlasting.

The Apostles’ Creed

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**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.

Officiant The Lord be with you.

People **And also with you.**

Officiant Let us pray.

The Lord's Prayer

**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,
and the power, and the glory,
for ever and ever. Amen.**

Suffrages A

- ✓ Show us your mercy, O Lord;
R. **And grant us your salvation.**
✓ Clothe your ministers with righteousness;
R. **Let your people sing with joy.**
✓ Give peace, O Lord, in all the world;
R. **For only in you can we live in safety.**
✓ Lord, keep this nation under your care;
R. **And guide us in the way of justice and truth.**
✓ Let your way be known upon earth;
R. **Your saving health among all nations.**
✓ Let not the needy, O Lord, be forgotten;
R. **Nor the hope of the poor be taken away.**
✓ Create in us clean hearts, O God;
R. **And sustain us with your Holy Spirit.**

The Visitation of the Blessed Virgin Mary

Father in heaven, by your grace the virgin mother of your incarnate Son was blessed in bearing him, but still more blessed in keeping your word: Grant us who honor the exaltation of her lowliness to follow the example of her devotion to your will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

A Collect for the Renewal of Life

O God, the King eternal, whose light divides the day from the night and turns the shadow of death into the morning: Drive far from us all wrong desires, incline our hearts to keep your law, and guide our feet into the way of peace; that, having done your will with cheerfulness during the day, we may, when night comes, rejoice to give you thanks; through Jesus Christ our Lord. **Amen.**

A Prayer for Mission

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh; and hasten the coming of your kingdom; through Jesus Christ our Lord. **Amen.**

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

The General Thanksgiving

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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.**

Let us bless the Lord.

Thanks be to God.

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.**

2 Corinthians 13:14