

Wednesday – Year 1 Proper 29
Morning Prayer

Opening Sentence

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*

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

Jubilate

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.

Psalms

119: 145 - 176

145 I call with my whole heart; *
answer me, O Lord, that I may keep your statutes.

146 I call to you;
oh, that you would save me! *
I will keep your decrees.

147 Early in the morning I cry out to you, *
for in your word is my trust.

148 My eyes are open in the night watches, *
that I may meditate upon your promise.

149 Hear my voice, O Lord, according to your loving-kindness; *
according to your judgments, give me life.

150 They draw near who in malice persecute me; *
they are very far from your law.

151 You, O Lord, are near at hand, *
and all your commandments are true.

152 Long have I known from your decrees *
that you have established them for ever.

153 Behold my affliction and deliver me, *
for I do not forget your law.

154 Plead my cause and redeem me; *
according to your promise, give me life.

155 Deliverance is far from the wicked, *
for they do not study your statutes.

156 Great is your compassion, O Lord; *
preserve my life, according to your judgments.

157 There are many who persecute and oppress me, *
yet I have not swerved from your decrees.

158 I look with loathing at the faithless, *
for they have not kept your word.

159 See how I love your commandments! *
O Lord, in your mercy, preserve me.

160 The heart of your word is truth; *
all your righteous judgments endure for evermore.

161 Rulers have persecuted me without a cause, *
but my heart stands in awe of your word.

162 I am as glad because of your promise *
as one who finds great spoils.

163 As for lies, I hate and abhor them, *
but your law is my love.

164 Seven times a day do I praise you, *
because of your righteous judgments.

165 Great peace have they who love your law; *
for them there is no stumbling block.

166 I have hoped for your salvation, O Lord, *
and have fulfilled your commandments.

167 I have kept your decrees *
and I have loved them deeply.

168 I have kept your commandments and decrees, *
for all my ways are before you.

169 Let my cry come before you, O Lord; *
give me understanding, according to your word.

170 Let my supplication come before you; *
deliver me, according to your promise.

171 My lips shall pour forth your praise, *
when you teach me your statutes.

172 My tongue shall sing of your promise, *
for all your commandments are righteous.

173 Let your hand be ready to help me, *
for I have chosen your commandments.

174 I long for your salvation, O Lord, *
and your law is my delight.

175 Let me live, and I will praise you, *
and let your judgments help me.

176 I have gone astray like a sheep that is lost; *
search for your servant,
for I do not forget your commandments.

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

Obadiah 15-21

For the day of the Lord is near against all the nations.
As you have done, it shall be done to you;
your deeds shall return on your own head.
For as you have drunk on my holy mountain,
all the nations around you shall drink;
they shall drink and gulp down,*
and shall be as though they had never been.

But on Mount Zion there shall be those that escape,

and it shall be holy;
and the house of Jacob shall take possession of those who dispossessed them.
The house of Jacob shall be a fire,
the house of Joseph a flame,
and the house of Esau stubble;
they shall burn them and consume them,
and there shall be no survivor of the house of Esau;

for the Lord has spoken.

Those of the Negeb shall possess Mount Esau,
and those of the Shephelah the land of the Philistines;
they shall possess the land of Ephraim and the land of Samaria,
and Benjamin shall possess Gilead.

The exiles of the Israelites who are in Halah*
shall possess* Phoenicia as far as Zarephath;
and the exiles of Jerusalem who are in Sepharad
shall possess the towns of the Negeb.

Those who have been saved* shall go up to Mount Zion
to rule Mount Esau;
and the kingdom shall be the Lord's.

The Word of the Lord.

Thanks be to God.

Canticle 11 The Third Song of Isaiah

Arise, shine, for your light has come, *
and the glory of the Lord has dawned upon you.
For behold, darkness covers the land; *
deep gloom enshrouds the peoples.
But over you the Lord will rise, *
and his glory will appear upon you.
Nations will stream to your light, *
and kings to the brightness of your dawning.
Your gates will always be open; *
by day or night they will never be shut.
They will call you, The City of the Lord, *
The Zion of the Holy One of Israel.
Violence will no more be heard in your land, *
ruin or destruction within your borders.
You will call your walls, Salvation, *
and all your portals, Praise.
The sun will no more be your light by day; *
by night you will not need the brightness of the moon.

The Lord will be your everlasting light, *
and your God will be your glory.

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 Peter 2:1-10

Rid yourselves, therefore, of all malice, and all guile, insincerity, envy, and all slander. Like newborn infants, long for the pure, spiritual milk, so that by it you may grow into salvation— if indeed you have tasted that the Lord is good.

Come to him, a living stone, though rejected by mortals yet chosen and precious in God's sight, and like living stones, let yourselves be built* into a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ. For it stands in scripture:

'See, I am laying in Zion a stone,

a cornerstone chosen and precious;

and whoever believes in him* will not be put to shame.'

To you then who believe, he is precious; but for those who do not believe,

'The stone that the builders rejected

has become the very head of the corner',

and

'A stone that makes them stumble,

and a rock that makes them fall.'

They stumble because they disobey the word, as they were destined to do.

But you are a chosen race, a royal priesthood, a holy nation, God's own people,* in order that you may proclaim the mighty acts of him who called you out of darkness into his marvellous light.

Once you were not a people,

but now you are God's people;

once you had not received mercy,

but now you have received mercy.

The Word of the Lord.

Thanks be to God.

Canticle 16

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 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

Save your people, Lord, and bless your inheritance;

Govern and uphold them, now and always.

Day by day we bless you;

We praise your name for ever.

Lord, keep us from all sin today;

Have mercy on us, Lord, have mercy.

Lord, show us your love and mercy;

For we put our trust in you.

In you, Lord, is our hope;

And we shall never hope in vain.

Collect of the Day: Pentecost, proper 29

Almighty and everlasting God, whose will it is to restore all things in your well-beloved Son, the King of kings and Lord of lords: Mercifully grant that the peoples of the earth, divided and enslaved by sin, may be freed and brought together under his most gracious rule; who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

A Collect for Peace

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

For Mission

Almighty and everlasting God, by whose Spirit the whole body of your faithful people is governed and sanctified: Receive our supplications and prayers which we offer before you for all members of your holy Church, that in their vocation and ministry they may truly and devoutly serve you; through our Lord and Savior Jesus Christ. *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