

# Morning Prayer Rite Two – Friday May 8, 2020

*Welcome – from Paula’s office*

*Officiant:* Alleliua! Christ is risen.

*People:* **The Lord is risen indeed. Alleliua!**

## The Invitatory and Psalter

*Officiant:* Lord, Open our lips,

*People:* **And our mouth shall proclaim your praise**

*Officiant and People*

**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. Alleliua.**

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

### *Christ our Passover Pascha nostrum*

*1 Corinthians 5:7-8; Romans 6:9-11; 1 Corinthians 15:20-22*

*Officiant & People:*

**Alleluia.**

**Christ our Passover has been sacrificed for us; \***

**therefore let us keep the feast,**

**Not with the old leaven, the leaven of malice and evil, \***

**but with the unleavened bread of sincerity and truth. Alleluia.**

**Christ being raised from the dead will never die again; \***

death no longer has dominion over him.  
The death that he died, he died to sin, once for all; \*  
but the life he lives, he lives to God.  
So also consider yourselves dead to sin, \*  
and alive to God in Jesus Christ our Lord. Alleluia.  
Christ has been raised from the dead, \*  
the first fruits of those who have fallen asleep.  
For since by a man came death, \*  
by a man has come also the resurrection of the dead.  
For as in Adam all die, \*  
so also in Christ shall all be made alive. Alleluia.

## The Psalm or Psalms Appointed

### Psalm 40 *Expectans, expectavi*

1 I waited patiently upon the Lord; \*  
he stooped to me and heard my cry.

2 He lifted me out of the desolate pit, out of the mire and clay; \*  
he set my feet upon a high cliff and made my footing sure.

3 He put a new song in my mouth,  
a song of praise to our God; \*  
many shall see, and stand in awe,  
and put their trust in the Lord.

4 Happy are they who trust in the Lord! \*  
they do not resort to evil spirits or turn to false gods.

5 Great things are they that you have done, O Lord my God!  
how great your wonders and your plans for us! \*  
there is none who can be compared with you.

6 Oh, that I could make them known and tell them! \*  
but they are more than I can count.

7 In sacrifice and offering you take no pleasure \*  
(you have given me ears to hear you);

8 Burnt-offering and sin-offering you have not required, \*  
and so I said, "Behold, I come.

9 In the roll of the book it is written concerning me: \*  
'I love to do your will, O my God;  
your law is deep in my heart.'"

10 I proclaimed righteousness in the great congregation; \*  
behold, I did not restrain my lips;  
and that, O Lord, you know.

11 Your righteousness have I not hidden in my heart;  
I have spoken of your faithfulness and your deliverance; \*  
I have not concealed your love and faithfulness from the great  
congregation.

12 You are the Lord;  
do not withhold your compassion from me; \*  
let your love and your faithfulness keep me safe for ever,

13 For innumerable troubles have crowded upon me;  
my sins have overtaken me, and I cannot see; \*  
they are more in number than the hairs of my head,  
and my heart fails me.

14 Be pleased, O Lord, to deliver me; \*  
O Lord, make haste to help me.

15 Let them be ashamed and altogether dismayed  
who seek after my life to destroy it; \*  
let them draw back and be disgraced who take pleasure in my  
misfortune.

16 Let those who say "Aha!" and gloat over me be confounded, \*  
because they are ashamed.

17 Let all who seek you rejoice in you and be glad; \*  
let those who love your salvation continually say,  
"Great is the Lord!"

18 Though I am poor and afflicted, \*  
the Lord will have regard for me.

19 You are my helper and my deliverer; \*  
do not tarry, O my God.

**Psalm 54 *Deus, in nomine***

1 Save me, O God, by your Name; \*  
in your might, defend my cause.

2 Hear my prayer, O God; \*  
give ear to the words of my mouth.

3 For the arrogant have risen up against me,  
and the ruthless have sought my life, \*  
those who have no regard for God.

4 Behold, God is my helper; \*  
it is the Lord who sustains my life.

5 Render evil to those who spy on me; \*  
in your faithfulness, destroy them.

6 I will offer you a freewill sacrifice \*  
and praise your Name, O Lord, for it is good.

7 For you have rescued me from every trouble, \*  
and my eye has seen the ruin of my foes.

**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 Readings

### *Exodus 34:18-35*

You shall keep the festival of unleavened bread. For seven days you shall eat unleavened bread, as I commanded you, at the time appointed in the month of Abib; for in the month of Abib you came out from Egypt.

All that first opens the womb is mine, all your male\* livestock, the firstborn of cow and sheep. The firstborn of a donkey you shall redeem with a lamb, or if you will not redeem it you shall break its neck. All the firstborn of your sons you shall redeem.

No one shall appear before me empty-handed.

For six days you shall work, but on the seventh day you shall rest; even in ploughing time and in harvest time you shall rest. You shall observe the festival of weeks, the first fruits of wheat harvest, and the festival of ingathering at the turn of the year. Three times in the year all your males shall appear before the Lord God, the God of Israel. For I will cast out nations before you, and enlarge your borders; no one shall covet your land when you go up to appear before the Lord your God three times in the year.

You shall not offer the blood of my sacrifice with leaven, and the sacrifice of the festival of the passover shall not be left until the morning.

The best of the first fruits of your ground you shall bring to the house of the Lord your God.

You shall not boil a kid in its mother's milk.

The Lord said to Moses: Write these words; in accordance with these words I have made a covenant with you and with Israel. He was there with the Lord for forty days and forty nights; he neither ate bread nor drank water. And he wrote on the tablets the words of the covenant, the ten commandments.\*

Moses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant\* in his hand, Moses did not know that the skin of his face shone because he had been talking with God. When Aaron and all the Israelites saw Moses, the skin of his face was shining, and they were afraid to come near him. But Moses called to them; and Aaron and all the leaders of the congregation returned to him, and Moses spoke with them.

Afterwards all the Israelites came near, and he gave them in commandment all that the Lord had spoken with him on Mount Sinai. When Moses had finished speaking with them, he put a veil on his face; but whenever Moses went in before the Lord to speak with him, he would take the veil off, until he came out; and when he came out, and told the Israelites what he had been commanded, the Israelites would see the face of Moses, that the skin of his face was shining; and Moses would put the veil on his face again, until he went in to speak with him.

*Officiant:*           The Word of the Lord

*People:*               **Thanks be to God**

## A Canticle Shall be Read

### *Canticle 14 A Song of Penitence Kyrie Pantokrator Prayer of Manasseh 1-2, 4, 6-7, 11-15*

O Lord and Ruler of the hosts of heaven, \*  
God of Abraham, Isaac, and Jacob,  
and of all their righteous offspring:  
You made the heavens and the earth, \*  
with all their vast array.

All things quake with fear at your presence; \*  
they tremble because of your power.  
But your merciful promise is beyond all measure; \*  
it surpasses all that our minds can fathom.  
O Lord, you are full of compassion, \*  
long-suffering, and abounding in mercy.  
You hold back your hand; \*  
you do not punish as we deserve.  
In your great goodness, Lord,  
you have promised forgiveness to sinners, \*  
that they may repent of their sin and be saved.  
And now, O Lord, I bend the knee of my heart, \*  
and make my appeal, sure of your gracious goodness.  
I have sinned, O Lord, I have sinned, \*  
and I know my wickedness only too well.  
Therefore I make this prayer to you: \*  
Forgive me, Lord, forgive me.  
Do not let me perish in my sin, \*  
nor condemn me to the depths of the earth.

For you, O Lord, are the God of those who repent, \*  
and in me you will show forth your goodness.  
Unworthy as I am, you will save me,  
in accordance with your great mercy, \*  
and I will praise you without ceasing all the days of my life.  
For all the powers of heaven sing your praises, \*  
and yours is the glory to ages of ages. Amen.

### The Gospel – Matthew 5:27-37

‘You have heard that it was said, “You shall not commit adultery.”  
But I say to you that everyone who looks at a woman with lust has  
already committed adultery with her in his heart. If your right eye  
causes you to sin, tear it out and throw it away; it is better for you  
to lose one of your members than for your whole body to be thrown  
into hell.\* And if your right hand causes you to sin, cut it off and  
throw it away; it is better for you to lose one of your members than  
for your whole body to go into hell.\*

‘It was also said, “Whoever divorces his wife, let him give her a  
certificate of divorce.” But I say to you that anyone who divorces  
his wife, except on the ground of unchastity, causes her to commit  
adultery; and whoever marries a divorced woman commits  
adultery.

‘Again, you have heard that it was said to those of ancient times,  
“You shall not swear falsely, but carry out the vows you have made  
to the Lord.” But I say to you, Do not swear at all, either by heaven,  
for it is the throne of God, or by the earth, for it is his footstool, or  
by Jerusalem, for it is the city of the great King. And do not swear  
by your head, for you cannot make one hair white or black. Let

your word be “Yes, Yes” or “No, No”; anything more than this comes from the evil one.\*

*Officiant:* The Word of the Lord

*People:* **Thanks be to God**

## **The Apostles' Creed**

*Officiant and People together*

**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 Prayers

*Officiant* The Lord be with you

*People* And also with you

*Officiant* Let us pray

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 A

V. Show us your mercy, O Lord;

R. And grant us your salvation.

V. Clothe your ministers with righteousness;

R. Let your people sing with joy.

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

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

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

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

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

The Officiant then says one or more of the following Collects

*The Collect of the Day*

*A Collect for Guidance*

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord.

*Amen.*

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.*

*Let us pray now for the intentions on our hearts.*

### *The General Thanksgiving*

*Officiant and People*

**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.**

## *A Prayer of St Chrysostom*

Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. **Amen.**

*Officiant* Let us bless the Lord.

*People* **Thanks be to God**

*All*

**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.***