OAKHAM TEAM MINISTRY

Praying Alone
Praying Together

Morning Prayer for the seasons of the year

(taken from Common Worship; Daily Prayer)

Introduction

We never pray alone. When we pray, we join with the constant prayer of our fellow Christians on earth and in heaven. When we pray, the Holy Spirit prays within us – lifting our stumbling words and feeble will, drawing us into the life of the Holy Trinity. One God, in three persons, Father, Son, and Holy Spirit, the perfect expression of community. The Old Testament encourages us to know and explore scripture 'have this Book of Law always on your lips; meditate on it day and night' (Joshua 1:8) and the Church of England has always promoted and practised daily prayer, echoing the words of George Herbert (17th century priest and hymn writer) that we praise our King of Glory 'seven whole days not one in seven'. This booklet is to help us be a praising church today, a people who daily engage with Scripture and prayer and who, through this practice, flourish in being salt and light, as Jesus encourages us to be (Matthew 5:13-16), wherever we find ourselves day by day.

The service of Morning Prayer in this booklet is taken from Common Worship: Daily Prayer used throughout the Church of England. We will use it in our streamed services of Morning Prayer on weekdays. The full text of Morning and Evening Prayer for each day including the psalms and readings, together with an audio stream, can be found at

https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer

In using these simple services, our prayer is that may we draw closer together, grow deeper in God, and go further in faith… and to God be the glory. Amen.

All days

The preparation

O Lord, open our lips

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

A prayer of thanksgiving may follow ending with

...Blessed be God, Father, Son and Holy Spirit

All **Blessed be God forever**

This opening prayer may be said

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

Silence is kept.

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.**

The Word of God

The psalms set for the day are then said, ending with

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.**

Advent

Canticle

All **Lift up your voice with strength,**
O herald of good tidings.

1. **The wilderness and the dry land shall rejoice,**
the desert shall blossom and burst into song.
2. **They shall see the glory of the Lord,**
the majesty of our God.
3. **Strengthen the weary hands,**
and make firm the feeble knees.
4. **Say to the anxious, 'Be strong, fear not,**
your God is coming with judgement,
coming with judgement to save you.'
5. **Then shall the eyes of the blind be opened,**
and the ears of the deaf unstopped;
6. **Then shall the lame leap like a hart,**
and the tongue of the dumb sing for joy.
7. **For waters shall break forth in the wilderness,**
and streams in the desert;
8. **The ransomed of the Lord shall return with singing,**
with everlasting joy upon their heads.
9. **Joy and gladness shall be theirs,**
and sorrow and sighing shall flee away.

From Isaiah 35

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.

Lift up your voice with strength,
O herald of good tidings.

One or more Bible readings

Responsory

Now it is time to awake out of sleep,

All **for the night is far spent and the day is at hand.**

Now is our salvation nearer than when we first believed,

All **for the night is far spent.**

Let us therefore cast off the works of darkness
and put on the armour of light,

All **for the day is at hand.**

Put on the Lord Jesus Christ
and make no provision for the flesh,

All **for the night is far spent and the day is at hand.**

From Romans 13

Christmas season

Canticle

All To us a child is born,
to us a son is given.

1 The people who walked in darkness have seen a great light;
those who dwelt in a land of deep darkness,
upon them the light has dawned.
2 You have increased their joy and given them great gladness;
they rejoiced before you as with joy at the harvest.
3 For you have shattered the yoke that burdened them;
the collar that lay heavy on their shoulders.
4 For to us a child is born and to us a son is given,
and the government will be upon his shoulder.
5 And his name will be called: Wonderful Counsellor;
the Mighty God;
the Everlasting Father; the Prince of Peace.
6 Of the increase of his government and of peace
there will be no end,
7 Upon the throne of David and over his kingdom,
to establish and uphold it with justice and righteousness.
8 From this time forth and for evermore;
the zeal of the Lord of hosts will do this.

From Isaiah 9

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.

To us a child is born,
to us a son is given.

One or more Bible readings

Responsory

The Word of life which was from the beginning

All **we proclaim to you.**

The darkness is passing away
and the true light is already shining;

All **the Word of life which was from the beginning.**

That which we heard, which we saw with our eyes,
and touched with our hands,

All **we proclaim to you.**

For our fellowship is with the Father,
and with his Son, Jesus Christ our Lord.

All **The Word of life which was from the beginning**
we proclaim to you.

From 1 John 1

Epiphany Season

Canticle

All ***Above you the Holy One arises,***
and above you God's glory appears.

1. **Arise, shine out, for your light has come,**
the glory of the Lord is rising upon you.
2. **Though night still covers the earth,**
and darkness the peoples;
3. **Above you the Holy One arises,**
and above you God's glory appears.
4. **The nations will come to your light,**
and kings to your dawning brightness.
5. **Your gates will lie open continually,**
shut neither by day nor by night.
6. **The sound of violence shall be heard no longer in your land,**
or ruin and devastation within your borders.
7. **You will call your walls, Salvation,**
and your gates, Praise.
8. **No more will the sun give you daylight,**
nor moonlight shine upon you;
9. **But the Lord will be your everlasting light,**
your God will be your splendour.
10. **For you shall be called the city of God,**
the dwelling of the Holy One of Israel.

From Isaiah 60

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.

Above you the Holy One arises,
and above you God's glory appears.

One or more Bible readings

Responsory

O worship the Lord in the beauty of holiness;
All **let the whole earth tremble before him.**
Tell it out among the nations that the Lord is King.
All **O worship the Lord in the beauty of holiness.**
Tell out his salvation from day to day.
All **Let the whole earth tremble before him.**
Declare his glory among the nations
and his wonders among all peoples.
All **O worship the Lord in the beauty of holiness;**
let the whole earth tremble before him.

From Psalm 96

Lent

Canticle

All **Full of compassion and mercy and love**
is God, the Most High, the Almighty.

1. **Lord almighty and God of our ancestors,**
you who made heaven and earth in all their glory:
2. **All things tremble with awe at your presence,**
before your great and mighty power.
3. **Immeasurable and unsearchable is your promised mercy,**
for you are God, Most High.
4. **You are full of compassion, long-suffering and very merciful,**
and you relent at human suffering.
5. **O God, according to your great goodness,**
you have promised forgiveness for repentance
to those who have sinned against you.
6. **The sins I have committed against you**
are more in number than the sands of the sea.
7. **I am not worthy to look up to the height of heaven,**
because of the multitude of my iniquities.
8. **And now I bend the knee of my heart before you,**
imploring your kindness upon me.
9. **I have sinned, O God, I have sinned,**
and I acknowledge my transgressions.
10. **Unworthy as I am, you will save me,**
according to your great mercy.

11. **For all the host of heaven sings your praise,**
and your glory is for ever and ever.

From the book of Manasseh

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.

Full of compassion and mercy and love
is God, the Most High, the Almighty.

One or more Bible readings

Responsory

To you, O Lord, I lift up my soul;
All **O my God, in you I trust.**
You are the God of my salvation,
All **To you, O Lord, I lift up my soul.**
In you I hope all the day long.
All **O my God, in you I trust.**
Remember, Lord, your compassion and love,
for they are from everlasting.
All **To you, O Lord, I lift up my soul;**
O my God, in you I trust.

From Psalm 25

Passiontide

Canticle

All **I will recount the gracious deeds of the Lord,**
the praises of the Most High.

1. **Who is this that comes from Edom,**
coming from Bozrah, his garments stained crimson?
2. **Who is this in glorious apparel,**
marching in the greatness of his strength?
3. **'It is I, who announce that right has won the day,**
it is I,' says the Lord, 'for I am mighty to save.'
4. **Why are your robes all red, O Lord,**
and your garments like theirs who tread the winepress?
5. **'I have trodden the winepress alone,**
and from the peoples no one was with me.'
6. **I will recount the gracious deeds of the Lord,**
the praises of the Most High;
7. **All that God has done for us in his mercy,**
by his many acts of love.
8. **For God said, 'Surely, they are my people,**
my children who will not deal falsely,'
and he became their Saviour in all their distress.
9. **So God redeemed them by his love and pity;**
he lifted them up and carried them
through all the days of old.

From Isaiah 63

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.

I will recount the gracious deeds of the Lord,
the praises of the Most High.

One or more Bible readings

Responsory

We adore you, O Christ, and we bless you;
All **by your holy cross, you have redeemed the world.**
God chose what is weak in the world to shame the strong.
All **We adore you, O Christ, and we bless you.**
We preach Christ crucified,
the power of God and the wisdom of God.
All **By your holy cross, you have redeemed the world.**
God forbid that I should glory,
save in the cross of our Lord Jesus Christ.
All **We adore you, O Christ, and we bless you;**
by your holy cross, you have redeemed the world.

From 1 Corinthians 1 and Galatians 6

Easter Season

Canticle

All **In your unfailing love, O Lord,**
you lead the people whom you have redeemed.
Alleluia.

1. **I will sing to the Lord, who has triumphed gloriously,**
the horse and his rider he has thrown into the sea.
2. **The Lord is my strength and my song**
and has become my salvation.
3. **This is my God whom I will praise,**
the God of my forebears whom I will exalt.
4. **The Lord is a warrior,**
the Lord is his name.
5. **Your right hand, O Lord, is glorious in power:**
your right hand, O Lord, shatters the enemy.
6. **At the blast of your nostrils, the sea covered them;**
they sank as lead in the mighty waters.
7. **In your unfailing love, O Lord,**
you lead the people whom you have redeemed.
8. **And by your invincible strength**
you will guide them to your holy dwelling.
9. **You will bring them in and plant them, O Lord,**
in the sanctuary which your hands have established.

From Isaiah 66

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.

In your unfailing love, O Lord,
you lead the people whom you have redeemed.
Alleluia.

One or more Bible readings

Responsory

Death is swallowed up in victory.

All **Where, O death, is your sting?**

Christ is risen from the dead,
the first fruits of those who have fallen asleep.

All **Death is swallowed up in victory.**

The trumpet will sound
and the dead shall be raised.

All **Where, O death, is your sting?**

We shall not all sleep,
but we shall be changed.

All **Death is swallowed up in victory.**
Where, O death, is your sting?

From 1 Corinthians 15

Ascension to Pentecost

Canticle

All **The Spirit of God fills the whole world. Alleluia.**

1. I will take you from the nations,
and gather you from all the countries.
2. I will sprinkle clean water upon you,
and you shall be clean from all your uncleannesses.
3. A new heart I will give you,
and put a new spirit within you,
4. And I will remove from your body the heart of stone
and give you a heart of flesh.
5. You shall be my people,
and I will be your God.

From Ezekiel 36

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 Spirit of God fills the whole world. Alleluia.

One or more Bible readings

Responsory

Come, Holy Spirit, fill the hearts of your people

All **and kindle in us the fire of your love.**

All who are led by the Spirit of God
are children of God and fellow-heirs with Christ.

All **Come, Holy Spirit, fill the hearts of your people.**

Renew the face of your creation, Lord,
pouring on us the gifts of your Spirit,

All **and kindle in us the fire of your love.**

For the creation waits with eager longing
for the glorious liberty of the children of God.

All **Come, Holy Spirit, fill the hearts of your people**
and kindle in us the fire of your love.

From Romans 8

All Saints to Advent

Canticle

All **I will make a way in the wilderness,**
and rivers in the desert.

1 **‘I am the Lord, your Holy One,**
the Creator of Israel, your King.’
2 **Thus says the Lord, who makes a way in the sea,**
a path in the mighty waters,
3 **‘Remember not the former things,**
nor consider the things of old.
4 **‘Behold, I am doing a new thing;**
now it springs forth, do you not perceive it?
5 **‘I will make a way in the wilderness and rivers in the desert,**
to give drink to my chosen people,
6 **‘The people whom I formed for myself,**
that they might declare my praise.’

From Isaiah 43

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.

All **I will make a way in the wilderness,**
and rivers in the desert.

One or more Bible readings

Responsory

I will sing for ever of your love, O Lord,
All ***my lips shall proclaim your faithfulness.***
The heavens bear witness to your wonders;
All ***I will sing for ever of your love, O Lord.***
The assembly of your saints proclaims your truth;
All ***my lips shall proclaim your faithfulness.***
Righteousness and justice are the foundation of your throne;
steadfast love and faithfulness go before you.
All ***I will sing for ever of your love, O Lord,***
my lips shall proclaim your faithfulness.

From Psalm 89

All days

The Benedictus

All **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.

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.

Prayers

Prayers, intercessions and thanksgivings. The cycle of prayer on Page 22 may be used.

The Collect for the Day

The Lord's Prayer

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.

Conclusion

The Lord bless us, and preserve us from all evil,
and keep us in eternal life.

All **Amen.**

Let us bless the Lord.

All **Thanks be to God.**

A cycle of prayer

Advent - The Church, that she may be ready for the coming of Christ, The leaders of the Church, The nations, that they may be subject to the rule of God, Those who are working for justice in the world, The broken, that they may find God's healing.

Christmas - The Church, especially in places of conflict, The Holy Land, for peace with justice, and reconciliation, Refugees and asylum seekers, Homeless people, Families with young children

Epiphany - The unity of the Church, The peace of the world, The healing of the sick, The revelation of Christ to those from whom his glory is hidden, All who travel

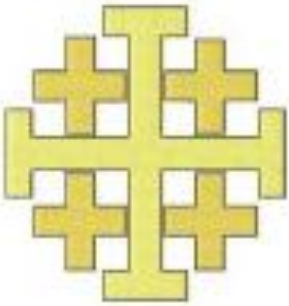
Lent - Those preparing for baptism and confirmation, Those serving through leadership, Those looking for forgiveness, Those misled by the false gods of this present age, All who are hungry

Passiontide - The persecuted Church, The oppressed peoples of the world, All who are lonely, All who are near to death, All who are facing loss

Easter - The people of God, that they may proclaim the risen Lord, God's creation, that the peoples of the earth may meet their responsibility to care, Those in despair and darkness, that they may find the hope and light of Christ, Those in fear of death, that they may find faith through the resurrection, Prisoners and captives

Ascension until Pentecost - God's royal priesthood, for empowerment by the Spirit, Those who wait on God, that they may find renewal, All people, that they may acknowledge the kingdom of the ascended Christ, The earth, for productivity and for fruitful harvests, All who are struggling with broken relationships

All Saints until Advent - The saints on earth, that they may live as citizens of heaven, All people, that they may hear and believe the word of God, All who fear the winter months, All sovereigns and political leaders, that they may imitate the righteous rule of Christ, All who grieve or wait with the dying.



Finger Prayer Labyrinth

Labyrinths are ancient pathways found across the world. The winding path helps us to 'unwind', to let go and rest in God. Finger labyrinths can be used for prayerful reflection when it is not possible to walk a full-sized labyrinth There is no right or wrong way to a labyrinth… no set pace… just follow the path in your own time…

Resources produced for the Oakham Team Ministry. The material is adapted from Common Worship: Daily Prayer (London: Church House Publishing, 2005) © The Archbishops' Council 2005.