

## Morning Prayer Psalms and Readings, w/c 3<sup>rd</sup> May

*You may wish to use some of these seasonal variations*

### Prayer of Thanksgiving

Blessed are you, Lord God of our salvation,  
to you be praise and glory for ever.

As once you ransomed your people from Egypt  
and led them to freedom in the promised land,  
so now you have delivered us from the dominion of darkness  
and brought us into the kingdom of your risen Son.

May we, the first fruits of your new creation,  
rejoice in this new day you have made,  
and praise you for your mighty acts.  
Blessed be God, Father, Son and Holy Spirit.

***Blessed be God for ever.***

### Easter Anthem

<sup>1</sup>Christ our passover has been sacrificed for us: ♦ so let us celebrate the feast,

<sup>2</sup>not with the old leaven of corruption and wickedness: ♦  
but with the unleavened bread of sincerity and truth.

<sup>3</sup>Christ once raised from the dead dies no more: ♦ death has no more dominion over him.

<sup>4</sup>In dying he died to sin once for all: ♦ in living he lives to God.

<sup>5</sup>See yourselves therefore as dead to sin: ♦ and alive to God in Jesus Christ our Lord.

<sup>6</sup>Christ has been raised from the dead: ♦ the first fruits of those who sleep.

<sup>7</sup>For as by man came death: ♦ by man has come also the resurrection of the dead;

<sup>8</sup>for as in Adam all die: ♦ even so in Christ shall all be made alive.

***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.***

### Responsory

Death is swallowed up in victory.

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

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

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

The trumpet will sound and the dead shall be raised.

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

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

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

### The Collect

Almighty God,

who through your only-begotten Son Jesus Christ

have overcome death and opened to us the gate of everlasting life:

grant that, as by your grace going before us

you put into our minds good desires,

so by your continual help

we may bring them to good effect;

through Jesus Christ our risen Lord,

who is alive and reigns with you,

in the unity of the Holy Spirit,

one God, now and for ever. **Amen.**

## Monday 3<sup>rd</sup> May

**Psalm 145 Refrain:** *Great is the Lord and highly to be praised.*

<sup>1</sup>I will exalt you, O God my King, ♦ and bless your name for ever and ever.

<sup>2</sup>Every day will I bless you ♦ and praise your name for ever and ever.

<sup>3</sup>Great is the Lord and highly to be praised; ♦ his greatness is beyond all searching out. *R*

<sup>4</sup>One generation shall praise your works to another ♦ and declare your mighty acts.

<sup>5</sup>They shall speak of the majesty of your glory, ♦ and I will tell of all your wonderful deeds.

<sup>6</sup>They shall speak of the might of your marvellous acts, ♦ and I will also tell of your greatness.

<sup>7</sup>They shall pour forth the story of your abundant kindness ♦ and joyfully sing of your righteousness.

<sup>8</sup>The Lord is gracious and merciful, ♦ long-suffering and of great goodness. *R*

<sup>9</sup>The Lord is loving to everyone ♦ and his mercy is over all his creatures.

<sup>10</sup>All your works praise you, O Lord, ♦ and your faithful servants bless you.

<sup>11</sup>They tell of the glory of your kingdom ♦ and speak of your mighty power,

<sup>12</sup>To make known to all peoples your mighty acts ♦ and the glorious splendour of your kingdom.

<sup>13</sup>Your kingdom is an everlasting kingdom; ♦ your dominion endures throughout all ages. *R*

<sup>14</sup>The Lord is sure in all his words ♦ and faithful in all his deeds.

<sup>15</sup>The Lord upholds all those who fall ♦ and lifts up all those who are bowed down.

<sup>16</sup>The eyes of all wait upon you, O Lord, ♦ and you give them their food in due season.

<sup>17</sup>You open wide your hand ♦ and fill all things living with plenty. *R*

<sup>18</sup>The Lord is righteous in all his ways ♦ and loving in all his works.

<sup>19</sup>The Lord is near to those who call upon him, ♦ to all who call upon him faithfully.

<sup>20</sup>He fulfils the desire of those who fear him; ♦ he hears their cry and saves them.

<sup>21</sup>The Lord watches over those who love him, ♦ but all the wicked shall he destroy.

<sup>22</sup>My mouth shall speak the praise of the Lord, ♦ and let all flesh bless his holy name for ever and ever.

*King of the universe, you show the bright glory of your reign in acts of mercy and enduring love; raise the spirits of the downcast and restore those who have fallen away, that we may sing for ever of your love; through Jesus Christ our Lord.*

### **1 Peter 1.1-12**

Peter, an apostle of Jesus Christ,

To the exiles of the Dispersion in Pontus, Galatia, Cappadocia, Asia, and Bithynia, who have been chosen and destined by God the Father and sanctified by the Spirit to be obedient to Jesus Christ and to be sprinkled with his blood:

May grace and peace be yours in abundance.

Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who are being protected by the power of God through faith for a salvation ready to be revealed in the last time. In this you rejoice, even if now for a little while you have had to suffer various trials, so that the genuineness of your faith—being more precious than gold that, though perishable, is tested by fire—may be found to result in praise and glory and honour when Jesus Christ is revealed. Although you have not seen him, you love him; and even though you do not see him now, you believe in him and rejoice with an indescribable and glorious joy, for you are receiving the outcome of your faith, the salvation of your souls.

Concerning this salvation, the prophets who prophesied of the grace that was to be yours made careful search and inquiry, inquiring about the person or time that the Spirit of Christ within them indicated, when it testified in advance to the sufferings destined for Christ and the subsequent glory. It was revealed to them that they were serving not themselves but you, in regard to the things that have now been announced to you through those who brought you good news by the Holy Spirit sent from heaven—things into which angels long to look!

## **Tuesday, 4<sup>th</sup> May: English Saints and Martyrs of the Reformation Era**

**Psalm 19 Refrain:** *The commandment of the Lord is pure and gives light to the eyes.*

<sup>1</sup>The heavens are telling the glory of God ♦ and the firmament proclaims his handiwork.

<sup>2</sup>One day pours out its song to another ♦ and one night unfolds knowledge to another.

<sup>3</sup>They have neither speech nor language ♦ and their voices are not heard,

<sup>4</sup>Yet their sound has gone out into all lands ♦ and their words to the ends of the world.

<sup>5</sup>In them has he set a tabernacle for the sun, ♦

that comes forth as a bridegroom out of his chamber and rejoices as a champion to run his course.

<sup>6</sup>It goes forth from the end of the heavens and runs to the very end again, ♦

and there is nothing hidden from its heat. *R*

<sup>7</sup>The law of the Lord is perfect, reviving the soul; ♦

the testimony of the Lord is sure and gives wisdom to the simple.

<sup>8</sup>The statutes of the Lord are right and rejoice the heart; ♦

the commandment of the Lord is pure and gives light to the eyes.

<sup>9</sup>The fear of the Lord is clean and endures for ever; ♦

the judgements of the Lord are true and righteous altogether.

<sup>10</sup>More to be desired are they than gold, more than much fine gold, ♦

sweeter also than honey, dripping from the honeycomb.

<sup>11</sup>By them also is your servant taught ♦ and in keeping them there is great reward. *R*

<sup>12</sup>Who can tell how often they offend? ♦ O cleanse me from my secret faults!

<sup>13</sup>Keep your servant also from presumptuous sins lest they get dominion over me; ♦

so shall I be undefiled, and innocent of great offence.

<sup>14</sup>Let the words of my mouth and the meditation of my heart be acceptable in your sight, ♦

O Lord, my strength and my redeemer.

*Christ, the sun of righteousness, rise in our hearts this day, enfold us in the brightness of your love and bear us at the last to heaven's horizon; for your love's sake.*

### **1 Peter 1.13-end**

Therefore prepare your minds for action; discipline yourselves; set all your hope on the grace that Jesus Christ will bring you when he is revealed. Like obedient children, do not be conformed to the desires that you formerly had in ignorance. Instead, as he who called you is holy, be holy yourselves in all your conduct; for it is written, 'You shall be holy, for I am holy.'

If you invoke as Father the one who judges all people impartially according to their deeds, live in reverent fear during the time of your exile. You know that you were ransomed from the futile ways inherited from your ancestors, not with perishable things like silver or gold, but with the precious blood of Christ, like that of a lamb without defect or blemish. He was destined before the foundation of the world, but was revealed at the end of the ages for your sake. Through him you have come to trust in God, who raised him from the dead and gave him glory, so that your faith and hope are set on God.

Now that you have purified your souls by your obedience to the truth so that you have genuine mutual love, love one another deeply from the heart. You have been born anew, not of perishable but of imperishable seed, through the living and enduring word of God. For 'All flesh is like grass and all its glory like the flower of grass. The grass withers, and the flower falls, but the word of the Lord endures for ever.' That word is the good news that was announced to you.

### **The Collect**

Merciful God, who, when your Church on earth was torn apart by the ravages of sin, raised up men and women in this land who witnessed to their faith with courage and constancy: give to your Church that peace which is your will, and grant that those who have been divided on earth may be reconciled in heaven and share together in the vision of your glory; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

## Wednesday 5<sup>th</sup> May

**Psalm 30 Refrain:** *You brought me up, O Lord, from the dead.*

<sup>1</sup>I will exalt you, O Lord, because you have raised me up ♦ and have not let my foes triumph over me.

<sup>2</sup>O Lord my God, I cried out to you ♦ and you have healed me.

<sup>3</sup>You brought me up, O Lord, from the dead; ♦

you restored me to life from among those that go down to the Pit.

<sup>4</sup>Sing to the Lord, you servants of his; ♦ give thanks to his holy name.

<sup>5</sup>For his wrath endures but the twinkling of an eye, his favour for a lifetime. ♦

Heaviness may endure for a night, but joy comes in the morning. *R*

<sup>6</sup>In my prosperity I said, 'I shall never be moved. ♦

You, Lord, of your goodness, have made my hill so strong.'

<sup>7</sup>Then you hid your face from me ♦ and I was utterly dismayed.

<sup>8</sup>To you, O Lord, I cried; ♦ to the Lord I made my supplication:

<sup>9</sup>'What profit is there in my blood, if I go down to the Pit? ♦

Will the dust praise you or declare your faithfulness?

<sup>10</sup>Hear, O Lord, and have mercy upon me; ♦ O Lord, be my helper.' *R*

<sup>11</sup>You have turned my mourning into dancing; ♦

you have put off my sackcloth and girded me with gladness;

<sup>12</sup>Therefore my heart sings to you without ceasing; ♦ O Lord my God, I will give you thanks for ever.

*Lord, you hide your face when we trust in ourselves; strip us of false security and re-clothe us in your praise, that we may know you as the one who raises us from death, as you raised your Son, our Saviour Jesus Christ.*

### **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.

## Thursday 6<sup>th</sup> May

### **Psalm 57**

- <sup>1</sup>Be merciful to me, O God, be merciful to me, ♦ for my soul takes refuge in you;  
<sup>2</sup>In the shadow of your wings will I take refuge ♦ until the storm of destruction has passed by.  
<sup>3</sup>I will call upon the Most High God, ♦ the God who fulfils his purpose for me.  
<sup>4</sup>He will send from heaven and save me and rebuke those that would trample upon me; ♦  
God will send forth his love and his faithfulness.  
<sup>5</sup>I lie in the midst of lions, ♦ people whose teeth are spears and arrows, and their tongue a sharp sword.  
<sup>6</sup>*Be exalted, O God, above the heavens, ♦ and your glory over all the earth.*  
<sup>7</sup>They have laid a net for my feet; my soul is pressed down; ♦  
they have dug a pit before me and will fall into it themselves.  
<sup>8</sup>My heart is ready, O God, my heart is ready; ♦ I will sing and give you praise.  
<sup>9</sup>Awake, my soul; awake, harp and lyre, ♦ that I may awaken the dawn.  
<sup>10</sup>I will give you thanks, O Lord, among the peoples; ♦ I will sing praise to you among the nations.  
<sup>11</sup>For your loving-kindness is as high as the heavens, ♦ and your faithfulness reaches to the clouds.  
<sup>12</sup>*Be exalted, O God, above the heavens, ♦ and your glory over all the earth.*

*Tender God, gentle protector in time of trouble, pierce the gloom of despair and give us, with all your people, the song of freedom and the shout of praise; in Jesus Christ our Lord.*

### *1 Peter 2.11-end*

Beloved, I urge you as aliens and exiles to abstain from the desires of the flesh that wage war against the soul. Conduct yourselves honourably among the Gentiles, so that, though they malign you as evildoers, they may see your honourable deeds and glorify God when he comes to judge.

For the Lord's sake accept the authority of every human institution, whether of the emperor as supreme, or of governors, as sent by him to punish those who do wrong and to praise those who do right. For it is God's will that by doing right you should silence the ignorance of the foolish. As servants of God, live as free people, yet do not use your freedom as a pretext for evil. Honour everyone. Love the family of believers. Fear God. Honour the emperor.

Slaves, accept the authority of your masters with all deference, not only those who are kind and gentle but also those who are harsh. For it is to your credit if, being aware of God, you endure pain while suffering unjustly. If you endure when you are beaten for doing wrong, where is the credit in that? But if you endure when you do right and suffer for it, you have God's approval. For to this you have been called, because Christ also suffered for you, leaving you an example, so that you should follow in his steps.

'He committed no sin, and no deceit was found in his mouth.'

When he was abused, he did not return abuse; when he suffered, he did not threaten; but he entrusted himself to the one who judges justly. He himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed. For you were going astray like sheep, but now you have returned to the shepherd and guardian of your souls.

## Friday 7<sup>th</sup> May

**Psalm 138 Refrain:** *Your loving-kindness, O Lord, endures for ever.*

<sup>1</sup>I will give thanks to you, O Lord, with my whole heart; ♦ before the gods will I sing praise to you.

<sup>2</sup>I will bow down towards your holy temple and praise your name, because of your love and faithfulness; ♦  
for you have glorified your name and your word above all things.

<sup>3</sup>In the day that I called to you, you answered me; ♦ you put new strength in my soul. *R*

<sup>4</sup>All the kings of the earth shall praise you, O Lord, ♦ for they have heard the words of your mouth.

<sup>5</sup>They shall sing of the ways of the Lord, ♦ that great is the glory of the Lord.

<sup>6</sup>Though the Lord be high, he watches over the lowly; ♦ as for the proud, he regards them from afar. *R*

<sup>7</sup>Though I walk in the midst of trouble, you will preserve me; ♦  
you will stretch forth your hand against the fury of my enemies; your right hand will save me.

<sup>8</sup>The Lord shall make good his purpose for me; ♦  
your loving-kindness, O Lord, endures for ever; forsake not the work of your hands.

*Lord our God, supreme over all things, look upon the humble and lowly and put new strength into our souls to complete your purpose for us in Jesus Christ our Lord.*

### **1 Peter 3.1-12**

Wives, in the same way, accept the authority of your husbands, so that, even if some of them do not obey the word, they may be won over without a word by their wives' conduct, when they see the purity and reverence of your lives. Do not adorn yourselves outwardly by braiding your hair, and by wearing gold ornaments or fine clothing; rather, let your adornment be the inner self with the lasting beauty of a gentle and quiet spirit, which is very precious in God's sight. It was in this way long ago that the holy women who hoped in God used to adorn themselves by accepting the authority of their husbands. Thus Sarah obeyed Abraham and called him lord. You have become her daughters as long as you do what is good and never let fears alarm you.

Husbands, in the same way, show consideration for your wives in your life together, paying honour to the woman as the weaker sex, since they too are also heirs of the gracious gift of life—so that nothing may hinder your prayers.

Finally, all of you, have unity of spirit, sympathy, love for one another, a tender heart, and a humble mind. Do not repay evil for evil or abuse for abuse; but, on the contrary, repay with a blessing. It is for this that you were called—that you might inherit a blessing. For

'Those who desire life and desire to see good days, let them keep their tongues from evil and their lips from speaking deceit; let them turn away from evil and do good; let them seek peace and pursue it. For the eyes of the Lord are on the righteous, and his ears are open to their prayer. But the face of the Lord is against those who do evil.'