

Morning Prayer Psalms & Readings w/c Monday, 8 August

Monday, 8 August: Dominic

Psalm 27 Refrain: *The Lord is my light and my salvation.*

- ¹The Lord is my light and my salvation; whom then shall I fear? ♦
The Lord is the strength of my life; of whom then shall I be afraid?
- ²When the wicked, even my enemies and my foes, came upon me to eat up my flesh, ♦
they stumbled and fell.
- ³Though a host encamp against me, my heart shall not be afraid, ♦
and though there rise up war against me, yet will I put my trust in him.
- ⁴One thing have I asked of the Lord and that alone I seek; ♦
that I may dwell in the house of the Lord all the days of my life,
- ⁵To behold the fair beauty of the Lord ♦ and to seek his will in his temple.
- ⁶For in the day of trouble he shall hide me in his shelter; ♦
in the secret place of his dwelling shall he hide me and set me high upon a rock.
- ⁷And now shall he lift up my head ♦ above my enemies round about me;
- ⁸Therefore will I offer in his dwelling an oblation with great gladness; ♦
I will sing and make music to the Lord. *R*
- ⁹Hear my voice, O Lord, when I call; ♦ have mercy upon me and answer me.
- ¹⁰My heart tells of your word, 'Seek my face.' ♦ Your face, Lord, will I seek.
- ¹¹Hide not your face from me, ♦ nor cast your servant away in displeasure.
- ¹²You have been my helper; ♦ leave me not, neither forsake me, O God of my salvation.
- ¹³Though my father and my mother forsake me, ♦ the Lord will take me up.
- ¹⁴Teach me your way, O Lord; ♦ lead me on a level path, because of those who lie in wait for me.
- ¹⁵Deliver me not into the will of my adversaries, ♦
for false witnesses have risen up against me, and those who breathe out violence.
- ¹⁶I believe that I shall see the goodness of the Lord ♦ in the land of the living.
- ¹⁷Wait for the Lord; be strong and he shall comfort your heart; ♦ wait patiently for the Lord.

God, our light and our salvation, illuminate our lives, that we may see your goodness in the land of the living, and, looking on your beauty, may be changed into the likeness of Jesus Christ our Lord.

Luke 23.13-25

Pilate then called together the chief priests, the leaders, and the people, and said to them, 'You brought me this man as one who was perverting the people; and here I have examined him in your presence and have not found this man guilty of any of your charges against him. Neither has Herod, for he sent him back to us. Indeed, he has done nothing to deserve death. I will therefore have him flogged and release him.'

Then they all shouted out together, 'Away with this fellow! Release Barabbas for us!' (This was a man who had been put in prison for an insurrection that had taken place in the city, and for murder.) Pilate, wanting to release Jesus, addressed them again; but they kept shouting, 'Crucify, crucify him!' A third time he said to them, 'Why, what evil has he done? I have found in him no ground for the sentence of death; I will therefore have him flogged and then release him.' But they kept urgently demanding with loud shouts that he should be crucified; and their voices prevailed. So Pilate gave his verdict that their demand should be granted. He released the man they asked for, the one who had been put in prison for insurrection and murder, and he handed Jesus over as they wished.

The Collect

Almighty God, whose servant Dominic grew in the knowledge of your truth and formed an order of preachers to proclaim the faith of Christ: by your grace give to all your people a love for your word and a longing to share the gospel, so that the whole world may come to know you and your Son Jesus Christ our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

Tuesday 9th August: Mary Sumner

Psalm 32 Refrain: *Be glad, you righteous, and rejoice in the Lord.*

¹Happy the one whose transgression is forgiven, ♦ and whose sin is covered.

²Happy the one to whom the Lord imputes no guilt, ♦ and in whose spirit there is no guile.

³For I held my tongue; ♦ my bones wasted away through my groaning all the day long.

⁴Your hand was heavy upon me day and night; ♦ my moisture was dried up like the drought in summer. *R*

⁵Then I acknowledged my sin to you ♦ and my iniquity I did not hide.

⁶I said, 'I will confess my transgressions to the Lord,' ♦ and you forgave the guilt of my sin.

⁷Therefore let all the faithful make their prayers to you in time of trouble; ♦
in the great water flood, it shall not reach them.

⁸You are a place for me to hide in; you preserve me from trouble; ♦
you surround me with songs of deliverance. *R*

⁹I will instruct you and teach you in the way that you should go; ♦ I will guide you with my eye.

¹⁰Be not like horse and mule which have no understanding; ♦
whose mouths must be held with bit and bridle, or else they will not stay near you.'

¹¹Great tribulations remain for the wicked, ♦ but mercy embraces those who trust in the Lord.

¹²Be glad, you righteous, and rejoice in the Lord; ♦ shout for joy, all who are true of heart.

Give us honest hearts, O God, and send your kindly Spirit to help us confess our sins and bring us the peace of your forgiveness; in Jesus Christ our Lord.

Luke 23.26-43

As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus. A great number of the people followed him, and among them were women who were beating their breasts and wailing for him. But Jesus turned to them and said, 'Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For the days are surely coming when they will say, "Blessed are the barren, and the wombs that never bore, and the breasts that never nursed." Then they will begin to say to the mountains, "Fall on us"; and to the hills, "Cover us." For if they do this when the wood is green, what will happen when it is dry?'

Two others also, who were criminals, were led away to be put to death with him. When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. [[Then Jesus said, 'Father, forgive them; for they do not know what they are doing.']] And they cast lots to divide his clothing. And the people stood by, watching; but the leaders scoffed at him, saying, 'He saved others; let him save himself if he is the Messiah of God, his chosen one!' The soldiers also mocked him, coming up and offering him sour wine, and saying, 'If you are the King of the Jews, save yourself!' There was also an inscription over him, 'This is the King of the Jews.'

One of the criminals who were hanged there kept deriding him and saying, 'Are you not the Messiah? Save yourself and us!' But the other rebuked him, saying, 'Do you not fear God, since you are under the same sentence of condemnation? And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong.' Then he said, 'Jesus, remember me when you come into your kingdom.' He replied, 'Truly I tell you, today you will be with me in Paradise.'

The Collect

Faithful and loving God, who called Mary Sumner to strive for the renewal of family life: give us the gift of your Holy Spirit, that through word, prayer and deed your family may be strengthened and your people served; 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, 10 August: Laurence

Psalm 34 Refrain: *O taste and see that the Lord is gracious.*

¹I will bless the Lord at all times; ♦ his praise shall ever be in my mouth.

²My soul shall glory in the Lord; ♦ let the humble hear and be glad.

³O magnify the Lord with me; ♦ let us exalt his name together.

⁴I sought the Lord and he answered me ♦ and delivered me from all my fears.

⁵Look upon him and be radiant ♦ and your faces shall not be ashamed. *R*

⁶This poor soul cried, and the Lord heard me ♦ and saved me from all my troubles.

⁷The angel of the Lord encamps around those who fear him ♦ and delivers them.

⁸O taste and see that the Lord is gracious; ♦ blessed is the one who trusts in him.

⁹Fear the Lord, all you his holy ones, ♦ for those who fear him lack nothing.

¹⁰Lions may lack and suffer hunger, ♦ but those who seek the Lord lack nothing that is good. *R*

¹¹Come, my children, and listen to me; ♦ I will teach you the fear of the Lord.

¹²Who is there who delights in life ♦ and longs for days to enjoy good things?

¹³Keep your tongue from evil ♦ and your lips from lying words.

¹⁴Turn from evil and do good; ♦ seek peace and pursue it. *R*

¹⁵The eyes of the Lord are upon the righteous ♦ and his ears are open to their cry.

¹⁶The face of the Lord is against those who do evil, ♦ to root out the remembrance of them from the earth.

¹⁷The righteous cry and the Lord hears them ♦ and delivers them out of all their troubles.

¹⁸The Lord is near to the brokenhearted ♦ and will save those who are crushed in spirit. *R*

¹⁹Many are the troubles of the righteous; ♦ from them all will the Lord deliver them.

²⁰He keeps all their bones, ♦ so that not one of them is broken.

²¹But evil shall slay the wicked ♦ and those who hate the righteous will be condemned.

²²The Lord ransoms the life of his servants ♦ and will condemn none who seek refuge in him.

Send your holy angels to watch over us, O God, that on our lips will be found your truth and in our hearts your love; so we may ever taste your goodness in the land of the living; through Jesus Christ our Lord.

Luke 23.44-56a

It was now about noon, and darkness came over the whole land until three in the afternoon, while the sun's light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, 'Father, into your hands I commend my spirit.' Having said this, he breathed his last. When the centurion saw what had taken place, he praised God and said, 'Certainly this man was innocent.' And when all the crowds who had gathered there for this spectacle saw what had taken place, they returned home, beating their breasts. But all his acquaintances, including the women who had followed him from Galilee, stood at a distance, watching these things.

Now there was a good and righteous man named Joseph, who, though a member of the council, had not agreed to their plan and action. He came from the Jewish town of Arimathea, and he was waiting expectantly for the kingdom of God. This man went to Pilate and asked for the body of Jesus. Then he took it down, wrapped it in a linen cloth, and laid it in a rock-hewn tomb where no one had ever been laid. It was the day of Preparation, and the sabbath was beginning. The women who had come with him from Galilee followed, and they saw the tomb and how his body was laid. Then they returned, and prepared spices and ointments.

The Collect

Almighty God, who made Laurence a loving servant of your people and a wise steward of the treasures of your Church: fire us with his example to love as he loved and to walk in the way that leads to eternal life; 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.**

Thursday, 11 August Clare of Assisi/John Henry Newman

Psalm 37 Refrain: The salvation of the righteous comes from the Lord.*

- ¹Fret not because of evildoers; ♦ be not jealous of those who do wrong.
²For they shall soon wither like grass ♦ and like the green herb fade away.
³Trust in the Lord and be doing good; ♦ dwell in the land and be nourished with truth.
⁴Let your delight be in the Lord ♦ and he will give you your heart's desire.
⁵Commit your way to the Lord and put your trust in him, ♦ and he will bring it to pass.
⁶He will make your righteousness as clear as the light ♦ and your just dealing as the noonday. *R*
⁷Be still before the Lord and wait for him; ♦
do not fret over those that prosper as they follow their evil schemes.
⁸Refrain from anger and abandon wrath; ♦ do not fret, lest you be moved to do evil.
⁹For evildoers shall be cut off, ♦ but those who wait upon the Lord shall possess the land.
¹⁰Yet a little while and the wicked shall be no more; ♦ you will search for their place and find them gone.
¹¹But the lowly shall possess the land ♦ and shall delight in abundance of peace. *R*
¹²The wicked plot against the righteous ♦ and gnash at them with their teeth.
¹³The Lord shall laugh at the wicked, ♦ for he sees that their day is coming.
¹⁴The wicked draw their sword and bend their bow to strike down the poor and needy, ♦
to slaughter those who walk in truth.
¹⁵Their sword shall go through their own heart ♦ and their bows shall be broken.
¹⁶The little that the righteous have ♦ is better than great riches of the wicked.
¹⁷For the arms of the wicked shall be broken, ♦ but the Lord upholds the righteous. *R*
¹⁸The Lord knows the days of the godly, ♦ and their inheritance shall stand for ever.
¹⁹They shall not be put to shame in the perilous time, ♦ and in days of famine they shall have enough.
²⁰But the wicked shall perish; like the glory of the meadows the enemies of the Lord shall vanish; ♦
they shall vanish like smoke.
²¹The wicked borrow and do not repay, ♦ but the righteous are generous in giving.
²²For those who are blest by God shall possess the land, ♦
but those who are cursed by him shall be rooted out. *R*
²³When your steps are guided by the Lord ♦ and you delight in his way,
²⁴Though you stumble, you shall not fall headlong, ♦ for the Lord holds you fast by the hand.
²⁵I have been young and now am old, ♦
yet never have I seen the righteous forsaken, or their children begging their bread.
²⁶All the day long they are generous in lending, ♦ and their children also shall be blest. *R*
²⁷Depart from evil and do good ♦ and you shall abide for ever.
²⁸For the Lord loves the thing that is right ♦ and will not forsake his faithful ones.
²⁹The unjust shall be destroyed for ever, ♦ and the offspring of the wicked shall be rooted out.
³⁰The righteous shall possess the land ♦ and dwell in it for ever. *R*
³¹The mouth of the righteous utters wisdom, ♦ and their tongue speaks the thing that is right.
³²The law of their God is in their heart ♦ and their footsteps shall not slide.
³³The wicked spy on the righteous ♦ and seek occasion to slay them.
³⁴The Lord will not leave them in their hand, ♦ nor let them be condemned when they are judged. *R*
³⁵Wait upon the Lord and keep his way; ♦
he will raise you up to possess the land, and when the wicked are uprooted, you shall see it.
³⁶I myself have seen the wicked in great power ♦ and flourishing like a tree in full leaf.
³⁷I went by and lo, they were gone; ♦ I sought them, but they could nowhere be found.
³⁸Keep innocence and heed the thing that is right, ♦ for that will bring you peace at the last. *R*
³⁹But the sinners shall perish together, ♦ and the posterity of the wicked shall be rooted out.
⁴⁰The salvation of the righteous comes from the Lord; ♦ he is their stronghold in the time of trouble.
⁴¹The Lord shall stand by them and deliver them; ♦
he shall deliver them from the wicked and shall save them, because they have put their trust in him.

Blessed and holy God, ever merciful and forgiving, may we turn from what is evil and do what is good in your sight, for you have saved us by the cross of your Son, our Saviour Jesus Christ.

Luke 23.56b-24.12

On the sabbath the women rested according to the commandment.

But on the first day of the week, at early dawn, they came to the tomb, taking the spices that they had prepared. They found the stone rolled away from the tomb, but when they went in, they did not find the body. While they were perplexed about this, suddenly two men in dazzling clothes stood beside them. The women were terrified and bowed their faces to the ground, but the men said to them, 'Why do you look for the living among the dead? He is not here, but has risen. Remember how he told you, while he was still in Galilee, that the Son of Man must be handed over to sinners, and be crucified, and on the third day rise again.' Then they remembered his words, and returning from the tomb, they told all this to the eleven and to all the rest. Now it was Mary Magdalene, Joanna, Mary the mother of James, and the other women with them who told this to the apostles. But these words seemed to them an idle tale, and they did not believe them. But Peter got up and ran to the tomb; stooping and looking in, he saw the linen cloths by themselves; then he went home, amazed at what had happened.

The Collect

God of peace, who in the poverty of the blessed Clare gave us a clear light to shine in the darkness of this world: give us grace so to follow in her footsteps that we may, at the last, rejoice with her in your eternal 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.**

Friday, 12 August

Psalm 31 Refrain: *Into your hands I commend my spirit.*

- ¹In you, O Lord, have I taken refuge; let me never be put to shame; ♦ deliver me in your righteousness.
- ²Incline your ear to me; ♦ make haste to deliver me.
- ³Be my strong rock, a fortress to save me, for you are my rock and my stronghold; ♦ guide me, and lead me for your name's sake.
- ⁴Take me out of the net that they have laid secretly for me, ♦ for you are my strength.
- ⁵Into your hands I commend my spirit, ♦ for you have redeemed me, O Lord God of truth. *R*
- ⁶I hate those who cling to worthless idols; ♦ I put my trust in the Lord.
- ⁷I will be glad and rejoice in your mercy, ♦ for you have seen my affliction and known my soul in adversity.
- ⁸You have not shut me up in the hand of the enemy; ♦ you have set my feet in an open place. *R*
- ⁹Have mercy on me, Lord, for I am in trouble; ♦
my eye is consumed with sorrow, my soul and my body also.
- ¹⁰For my life is wasted with grief, and my years with sighing; ♦
my strength fails me because of my affliction, and my bones are consumed.
- ¹¹I have become a reproach to all my enemies and even to my neighbours,
an object of dread to my acquaintances; ♦ when they see me in the street they flee from me.
- ¹²I am forgotten like one that is dead, out of mind; ♦ I have become like a broken vessel.
- ¹³For I have heard the whispering of the crowd; fear is on every side; ♦
they scheme together against me, and plot to take my life. *R*
- ¹⁴But my trust is in you, O Lord. ♦ I have said, 'You are my God.
- ¹⁵My times are in your hand; ♦
deliver me from the hand of my enemies, and from those who persecute me.
- ¹⁶Make your face to shine upon your servant, ♦ and save me for your mercy's sake.'
- ¹⁷Lord, let me not be confounded for I have called upon you; ♦
but let the wicked be put to shame; let them be silent in the grave.
- ¹⁸Let the lying lips be put to silence ♦
that speak against the righteous with arrogance, disdain and contempt. *R*
- ¹⁹How abundant is your goodness, O Lord, which you have laid up for those who fear you; ♦
which you have prepared in the sight of all for those who put their trust in you.
- ²⁰You hide them in the shelter of your presence from those who slander them; ♦
you keep them safe in your refuge from the strife of tongues.
- ²¹Blessed be the Lord! ♦ For he has shown me his steadfast love when I was as a city besieged.
- ²²I had said in my alarm, 'I have been cut off from the sight of your eyes.' ♦
Nevertheless, you heard the voice of my prayer when I cried out to you. *R*
- ²³Love the Lord, all you his servants; ♦ for the Lord protects the faithful, but repays to the full the proud.
- ²⁴Be strong and let your heart take courage, ♦ all you who wait in hope for the Lord.

Lord Jesus Christ, when scorn and shame besiege us and hope is veiled in grief, hold us in your wounded hands and make your face shine on us again, for you are our Lord and God.

Luke 24.13-35

Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, 'What are you discussing with each other while you walk along?' They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, 'Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?' He asked them, 'What things?' They replied, 'The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. Moreover, some women of our group astounded us.

They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him.' Then he said to them, 'Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?' Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the scriptures. As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, 'Stay with us, because it is almost evening and the day is now nearly over.' So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, 'Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?' That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, 'The Lord has risen indeed, and he has appeared to Simon!' Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.