

Morning Prayer: Friday 6 December 2024

Nicholas of Myra, Bishop, 4th century
Week 1 of Advent

ADVENT

O 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 shall be for ever. Amen.

PSALMODY

Antiphon: Show your servants your works
and your splendour to their children. (Psalm 90.16)

Opening

Come, let us sing

- 1 Come, let us sing to the Lord; *
let us shout for joy to the rock of our salvation.
- 2 Let us come before the presence of the Lord with thanksgiving *
and raise a loud shout to God with psalms.
- 3 For you, O Lord, are a great God, *
and a great sovereign above all gods.
- 4 In your hand are the caverns of the earth, *
and the heights of the hills are yours also.
- 5 The sea is yours, for you made it, *
and your hands have moulded the dry land.
- 6 Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.
- 7 For you are our God, and we are the people of your pasture and the
sheep of your hand. *
Oh, that today we would hearken to your voice!
- 8 "Harden not your hearts, *
as your forebears did in the wilderness.
- 9 They put me to the test, *
though they had seen my works.
- 10 So I swore in my wrath, *
'They shall not enter into my rest.'

Glory ...

or a suitable hymn.

or (from Psalm 90)

1. Lord, you have been our refuge *
from one generation to another
2. Before the mountains were brought forth, or the land and the earth
were born,*
from age to age you are God.
3. Satisfy us by your loving-kindness in the morning;
so shall we rejoice and be glad all the days of our life.
4. Make us glad by the measure of the days that you afflicted us *
and the years in which we suffered adversity

Glory ...

or a suitable hymn.

Psalm 90

1. Lord, you have been our refuge *
from one generation to another.
2. Before the mountains were brought forth, or the land and the earth
were born, *
from age to age you are God.
3. You turn us back to the dust and say, *
“Go back, O child of earth.”
4. For a thousand years in your sight are like yesterday when it is past *
and like a watch in the night.
5. You sweep us away like a dream; *
we fade away suddenly like the grass.
6. In the morning it is green and flourishes; *
in the evening it is dried up and withered.
7. For we consume away in your displeasure; *
we are afraid because of your wrathful indignation.
8. Our iniquities you have set before you, *
and our secret sins in the light of your countenance.
9. When you are angry, all our days are gone; *
we bring our years to an end like a sigh.
10. The span of our life is seventy years, perhaps in strength even eighty; *
yet the sum of them is but labour and sorrow, for they pass away quickly
and we are gone.
11. Who regards the power of your wrath? *
Who rightly fears your indignation?

12. So teach us to number our days *
that we may apply our hearts to wisdom.
13. Return, O Lord; how long will you tarry? *
Be gracious to your servants.
14. Satisfy us by your loving-kindness in the morning; *
so shall we rejoice and be glad all the days of our life.
15. Make us glad by the measure of the days that you afflicted us *
and the years in which we suffered adversity.
16. Show your servants your works *
and your splendour to their children.
17. May the graciousness of the Lord our God be upon us; *
prosper the work of our hands; prosper our handiwork.

Conclusion

(Isaiah 2.2-5)

1. In days to come, the mountain where the Lord dwells*
will be lifted high above all the mountains and raised above the hills.
2. All the nations will flock to it; *
countless peoples will come to it.
3. And they will say, Come let us go to the mountain of the Lord, *
to the temple of the God of Jacob,
4. who will teach us his ways, *
and we will walk in his paths;
5. who will sit in judgement over the nations; *
be arbiter among many peoples.
6. They will beat their swords into ploughshares, *
and their spears into sickles;
7. nation shall not lift up sword against nation, *
nor ever again prepare for war.
8. people of Jacob come, *
let us walk in the light of the Lord.

Glory ...

**Antiphon: Show your servants your works
and your splendour to their children.**

READING(S)

Isaiah 3.8-15

For Jerusalem has stumbled
and Judah has fallen,
because their speech and their deeds are against the Lord,
defying his glorious presence.

The look on their faces bears witness against them;
they proclaim their sin like Sodom,
they do not hide it.

Woe to them!

For they have brought evil on themselves.

Tell the innocent how fortunate they are,
for they shall eat the fruit of their labours.

Woe to the guilty! How unfortunate they are,
for what their hands have done shall be done to them.

My people—children are their oppressors,
and women rule over them.

O my people, your leaders mislead you,
and confuse the course of your paths.

The Lord rises to argue his case;
he stands to judge the peoples.

The Lord enters into judgement
with the elders and princes of his people:

It is you who have devoured the vineyard;
the spoil of the poor is in your houses.

What do you mean by crushing my people,
by grinding the face of the poor? says the Lord God of hosts.

1 Thessalonians 4.1-12

Finally, brothers and sisters, we ask and urge you in the Lord Jesus that, as you learned from us how you ought to live and to please God (as, in fact, you are doing), you should do so more and more. For you know what instructions we gave you through the Lord Jesus. For this is the will of God, your sanctification: that you abstain from fornication; that each one of you knows how to control your own body in holiness and honour, not with lustful passion, like the Gentiles who do not know God; that no one wrongs or exploits a brother or sister in this matter, because the Lord is an avenger in all these things, just as we have already told you beforehand and solemnly warned you. For God did

not call us to impurity but in holiness. Therefore whoever rejects this rejects not human authority but God, who also gives his Holy Spirit to you. Now concerning love of the brothers and sisters, you do not need to have anyone write to you, for you yourselves have been taught by God to love one another; and indeed you do love all the brothers and sisters throughout Macedonia. But we urge you, beloved, to do so more and more, to aspire to live quietly, to mind your own affairs, and to work with your hands, as we directed you, so that you may behave properly towards outsiders and be dependent on no one.

Silence

Response (Psalm 96.10)

Tell it out among the nations: 'The Lord reigns!'

Tell it out among the nations: 'The Lord reigns!'

The Lord will judge the peoples with equity.

'The Lord reigns.'

Glory to the Father and to the Son and to the Holy Spirit

Tell it out among the nations: 'The Lord reigns!'

SONG OF ZECHARIAH

Song of Zechariah Antiphon: Look up and raise your heads,*
because your redemption is drawing near.
(Luke 21.28)

- 1 Blessed be the Lord, the God of Israel, *
who has come to his people and set them free.
- 2 The Lord has raised up for us a mighty Saviour,*
born of the house of his servant David.
- 3 Through the holy prophets, God promised of old*
to save us from our enemies, from the hands of all who hate us,
- 4 to show mercy to our forebears, *
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 before him, 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 the way,
- 8 to give his people knowledge of salvation*
by the forgiveness of 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 ...

Song of Zechariah Antiphon: Look up and raise your heads,*
because your redemption is drawing near.
(Luke 21.28)

PRAYERS

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

**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.**

**Do not bring us to the time of trial,
but deliver us from evil.**

**For the kingdom, the power,
and the glory are yours,
now and for ever.**

Amen

Collect of the Day

Stir up your power, Lord, and come:
that, with you as our protector,
we may be rescued from our sins;
and with you as our deliverer,
we may be set free;
for you live and reign with God the Father,
in the unity of the Holy Spirit,
one God, world without end. **Amen**

God most holy, we give you thanks for bringing us out of the shadow of night
into the light of morning; and we ask you for the joy of spending this day in
your service, so that when evening comes, we may once more give you thanks,
through Jesus Christ
your Son our Lord. **Amen.**

Let us bless the Lord:

Thanks be to God!

The Lord bless us and preserve us from all evil;
and bring us to life eternal. Amen.