

THE CHURCH OF ENGLAND

# Morning Prayer Having enough



# **Preparation**

O Lord, open our lips and our mouth shall proclaim your praise. Let your light shine before others, that they may see your good deeds. Serve one another humbly in love and glorify your Father in heaven.

Blessed are you, Sovereign God, our Rock and our salvation; to you be glory and praise for ever. You walk with your pilgrim people: make us to know your ways and teach us your paths. You sow in our lives the joy that comes from sharing, and teach us that the gift grows with giving. You breathe in us gracious hearts, and reveal to us the delight of outpouring generosity, so that in your presence we sing; Blessed be God, Father, Son and Holy Spirit. **Blessed be God for ever.** 

### 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. **Amen.** 



# **THE WORD OF GOD Psalmody: Psalm 116**

I will walk before the Lord in the land of the living.

1	I love the Lord,
	for he has heard the voice of my supplication;
	because he inclined his ear to me
	on the day I called to him.
2	The snares of death encompassed me;
	the pains of hell took hold of me;
	by grief and sorrow was I held.
3	Then I called upon the name of the Lord:
	'O Lord, I beg you, deliver my soul.'
4	Gracious is the Lord and righteous;
	our God is full of compassion.
5	The Lord watches over the simple;
	I was brought very low and he saved me.
6	Turn again to your rest, O my soul,
	for the Lord has been gracious to you.
7	For you have delivered my soul from death,
	my eyes from tears and my feet from falling.
8	I will walk before the Lord
	in the land of the living.
9	I believed that I should perish
	for I was sorely troubled;
	and I said in my alarm,
	'Everyone is a liar.'
10	How shall I repay the Lord
	for all the benefits he has given to me?
11	I will lift up the cup of salvation
10	and call upon the name of the Lord.
12	I will fulfil my vows to the Lord
	in the presence of all his people.

- 13 Precious in the sight of the Lord is the death of his faithful servants
- 14 O Lord, I am your servant, your servant, the child of your handmaid; you have freed me from my bonds.
- 15 I will offer to you a sacrifice of thanksgiving and call upon the name of the Lord.
- 16 I will fulfil my vows to the Lord in the presence of all his people,
- 17 In the courts of the house of the Lord, in the midst of you, O Jerusalem.Alleluia.

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 walk before the Lord in the land of the living.





### **Canticle: A Song of Hannah**

#### Blessed are those who believe, for what God has promised will be fulfilled.

- 1 My heart exults in the Lord; my strength is exalted in my God.
- 2 My mouth derides my enemies, because I rejoice in your salvation.
- **3** There is no Holy One like you, O Lord, nor any Rock like you, our God.
- 4 For you are a God of knowledge and by you our actions are weighed.
- 5 The bows of the mighty are broken, but the feeble gird on strength.
- 6 Those who were full now hire themselves out for bread, but those who were hungry are well fed.
- 7 The barren woman has borne sevenfold, but she who has many children is forlorn.
- 8 Both the poor and the rich are of your making; you bring low and you also exalt.
- 9 You raise up the poor from the dust, and lift the needy from the ash heap.
- **10** You make them sit with the rulers and inherit a place of honour.
- **11** For the pillars of the earth are yours and on them you have set the world.

1 Samuel 2.1,2,3b-5,7,8

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.

Blessed are those who believe, for what God has promised will be fulfilled.



# **Scripture Reading**



The whole Israelite community set out from Elim and came to the Desert of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had come out of Egypt. In the desert the whole community grumbled against Moses and Aaron. The Israelites said to them, "If only we had died by the Lord's hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death."

Then the Lord said to Moses, "I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions. On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days."

So Moses and Aaron said to all the Israelites, "In the evening you will know that it was the Lord who brought you out of Egypt, and in the morning you will see the glory of the Lord, because he has heard your grumbling against him. Who are we, that you should grumble against us?" Moses also said, "You will know that it was the Lord when he gives you meat to eat in the evening and all the bread you want in the morning, because he has heard your grumbling against him. Who are not grumbling against us, but against the Lord."

Then Moses told Aaron, "Say to the entire Israelite community, 'Come before the Lord, for he has heard your grumbling."

While Aaron was speaking to the whole Israelite community, they looked toward the desert, and there was the glory of the Lord appearing in the cloud.

The Lord said to Moses, "I have heard the grumbling of the Israelites. Tell them, 'At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the Lord your God."

That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp. When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. When the Israelites saw it, they said to each other, "What is it?" For they did not know what it was.

Moses said to them, "It is the bread the Lord has given you to eat. This is what the Lord has commanded: 'Everyone is to gather as much as they need. Take an omer for each person you have in your tent.'"

The Israelites did as they were told; some gathered much, some little. And when they measured it by the omer, the one who gathered much did not have too much, and the one who gathered little did not have too little. Everyone had gathered just as much as they needed.

Genesis16:1-18

# Responsory

Trust in the Lord with all your heart; and be not wise in your own sight. **Trust in the Lord with all your heart; and be not wise in your own sight.** In all your ways acknowledge him and he will make straight your paths. **Trust in the Lord with all your heart.** Glory to the Father and to the Son and to the Holy Spirit. **Trust in the Lord with all your heart; and be not wise in your own sight.** 



from Proverbs 3

# **Gospel Canticle**

Blessed are those whose way is pure, who walk in the law of the Lord.

- 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.

Luke 1.68-79

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.

Blessed are those whose way is pure, who walk in the law of the Lord.



### **Prayers**



Intercessions are offered, and may conclude;

O Lord, from whom all good things come: grant to us your humble servants, that by your holy inspiration we may think those things that are good, and by your merciful guiding may perform the same; through our Lord Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

#### Amen.

Coming to the Lord with thankful hearts, as our Saviour taught us, so we 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. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen.

## **The Conclusion**

Lord, you are just and your commandments are eternal; teach us to love you with all our heart and our neighbour as ourselves, for the sake of Jesus Christ our Lord. **Amen.** 

The Lord, the Rock of our salvation, bless us and keep us. **Amen.** 

Let us bless the Lord. Thanks be to God.



# GENEROSITY WEEK



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