Morning Prayer

O Lord, open our lips, **and our mouth shall proclaim your praise.**

O God make speed to save us; **O Lord, make haste to help us.**

Blessed are you, God of compassion and mercy, to you be praise and glory for ever: in the darkness of our sin, your light breaks forth like the dawn, and your healing springs up for deliverance. As we rejoice in the gift of your saving help, sustain us with your bountiful Spirit, and open our lips to declare your praise. Blessed be God, Father, Son and Holy Spirit**: blessed be God for ever.**

Psalm 30

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

O Lord my God, I cried out to you ♦ and you have healed me.

You brought me up, O Lord, from the dead; ♦ you restored me to life from among those that go down to the Pit.

Sing to the Lord, you servants of his; ♦ give thanks to his holy name.

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.

In my prosperity I said, 'I shall never be moved. ♦ You, Lord, of your goodness, have made my hill so strong.'

Then you hid your face from me ♦ and I was utterly dismayed.

To you, O Lord, I cried; ♦ to the Lord I made my supplication:

'What profit is there in my blood, if I go down to the Pit? ♦ Will the dust praise you or declare your faithfulness?

'Hear, O Lord, and have mercy upon me; ♦ O Lord, be my helper.'

You have turned my mourning into dancing; ♦ you have put off my sackcloth and girded me with gladness;

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

Bible reading: 1 Peter 1.3-9

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.

Intercessions:

Let us pray to God, who alone makes us dwell in safety.

For all who are affected by coronavirus, through illness or isolation or anxiety, that they may find relief and recovery: Lord, in your mercy **hear our prayer**.

For those who are guiding our nation at this time and shaping national policies, that they may make wise decisions: Lord, in your mercy **hear our prayer**.

For doctors, nurses, other health workers and medical researchers, that through their skill and insights many will be restored to health: Lord, in your mercy **hear our prayer**.

For the vulnerable and the fearful, for the gravely ill and the dying, that they may know your comfort and peace: Lord, in your mercy **hear our prayer**.

We commend ourselves and all for whom we pray to the mercy and protection of God. Merciful Father, accept these prayers for the sake of your Son, our Saviour Jesus Christ. **Amen**

We are not people of fear: we are people of courage. We are not people who protect our own safety: we are people who protect our neighbours' safety. We are not people of greed: we are people of generosity. We are your people, God, giving and loving, wherever we are, whatever it costs, for as long as it takes, wherever you call us. **Amen.**

Father we offer you this day: the things we will do, the people we may contact, the pleasures and the pains; that in everything we may know and show your love, and be thankful.

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; forgive us our trespasses, as we forgive those who trespass against us; lead us not into temptation, but deliver us from evil. For thins is the kingdom, the power and the glory, for ever and ever, Amen.

Keep us, Lord, in the joy, the simplicity and the compassionate love of the Gospel; bless us this day, and those whom you have committed to our care, trough Christ our Lord. **Amen**

May the Grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit, be with us and with all for whom we pray, now and for ever, **Amen**.

Common Worship: Daily Prayer, material from which is included here,
is copyright © The Archbishops' Council 2005 and published by Church House Publishing.