

Friday
Morning Prayer – Proper 8 in Year 1

Opening Sentence

The hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. John 4:23

Versicle and Response

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 will be for ever. Amen. Alleluia.

Invitatory

Venite

Come, let us sing to the Lord; *
let us shout for joy to the Rock of our salvation.
Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.

For the Lord is a great God, *
and a great King above all gods.
In his hand are the caverns of the earth, *
and the heights of the hills are his also.
The sea is his, for he made it, *
and his hands have molded the dry land.

Come, let us bow down, and bend the knee, *
and kneel before the Lord our Maker.
For he is our God,
and we are the people of his pasture and the sheep of his hand. *
Oh, that today you would hearken to his voice!

Psalms

Psalm 140

I Deliver me, O LORD, from evildoers; *
protect me from the violent,

2 Who devise evil in their hearts*

and stir up strife all day long.

3 They have sharpened their tongues like a serpent;*

adder's poison is under their lips.

4 Keep me, O LORD, from the hands of the wicked;*

protect me from the violent,

who are determined to trip me up.

5 The proud have hidden a snare for me

and stretched out a net of cords;*

they have set traps for me along the path.

6 I have said to the LORD, "You are my God;*

listen, O LORD, to my supplication.

7 O Lord GOD, the strength of my salvation,*

you have covered my head in the day of battle.

8 Do not grant the desires of the wicked, O LORD,*

nor let their evil plans prosper.

9 Let not those who surround me lift up their heads;*

let the evil of their lips overwhelm them.

10 Let hot burning coals fall upon them;*

let them be cast into the mire, never to rise up again."

11 A slanderer shall not be established on the earth,*

and evil shall hunt down the lawless.

12 I know that the LORD will maintain the cause of the poor *

and render justice to the needy.

13 Surely, the righteous will give thanks to your Name, *

and the upright shall continue in your sight.

Psalm 142

1 I cry to the LORD with my voice;*

to the LORD I make loud supplication.

2 I pour out my complaint before him*

and tell him all my trouble.

3 When my spirit languishes within me, you know my path; *

in the way wherein I walk they have hidden a trap for me.

4 I look to my right hand and find no one who knows me; *

I have no place to flee to, and no one cares for me.

5 I cry out to you, O LORD;*

I say, "You are my refuge,

my portion in the land of the living."

6 Listen to my cry for help, for I have been brought very low;*

save me from those who pursue me,

for they are too strong for me.

7 Bring me out of prison, that I may give thanks to your Name;*

when you have dealt bountifully with me,

the righteous will gather around me.

Glory to the Father, and to the Son, and to the Holy Spirit
as it was in the beginning, is now, and will be for ever. Amen.

Reading

1 Samuel 13 :19-14:15

Now there was no blacksmith to be found throughout all the land of Israel; for the Philistines said, 'The Hebrews must not make swords or spears for themselves'; so all the Israelites went down to the Philistines to sharpen their ploughshares, mattocks, axes, or sickles;_* The charge was two-thirds of a shekel_* for the ploughshares and for the mattocks, and one-third of a shekel for sharpening the axes and for setting the goads.* So on the day of the battle neither sword nor spear was to be found in the possession of any of the people with Saul and Jonathan; but Saul and his son Jonathan had them.

Now a garrison of the Philistines had gone out to the pass of Michmash. One day Jonathan son of Saul said to the young man who carried his armour, 'Come, let us go over to the Philistine garrison on the other side.' But he did not tell his father. Saul was staying in the outskirts of Gibeah under the pomegranate tree that is at Migron; the troops that were with him were about six hundred men, along with Ahijah son of Ahitub, Ichabod's brother, son of Phinehas son of Eli, the priest of the Lord in Shiloh, carrying an ephod. Now the people did not know that Jonathan had gone. In the pass,*_ by which Jonathan tried to go over to the Philistine garrison, there was a rocky crag on one side and a

rocky crag on the other; the name of one was Bozez, and the name of the other Seneh. One crag rose on the north in front of Michmash, and the other on the south in front of Geba.

Jonathan said to the young man who carried his armour, 'Come, let us go over to the garrison of these uncircumcised; it may be that the Lord will act for us; for nothing can hinder the Lord from saving by many or by few.' His armour-bearer said to him, 'Do all that your mind inclines to.* I am with you; as your mind is, so is mine.*' Then Jonathan said, 'Now we will cross over to those men and will show ourselves to them. If they say to us, "Wait until we come to you", then we will stand still in our place, and we will not go up to them. But if they say, "Come up to us", then we will go up; for the Lord has given them into our hand. That will be the sign for us.' So both of them showed themselves to the garrison of the Philistines; and the Philistines said, 'Look, Hebrews are coming out of the holes where they have hidden themselves.' The men of the garrison hailed Jonathan and his armour-bearer, saying, 'Come up to us, and we will show you something.' Jonathan said to his armour-bearer, 'Come up after me; for the Lord has given them into the hand of Israel.' Then Jonathan climbed up on his hands and feet, with his armour-bearer following after him. The Philistines* fell before Jonathan, and his armour-bearer, coming after him, killed them. In that first slaughter Jonathan and his armour-bearer killed about twenty men within an area about half a furrow long in an acre* of land. There was a panic in the camp, in the field, and among all the people; the garrison and even the raiders trembled; the earth quaked; and it became a very great panic.

The Word of the Lord.

Thanks be to God.

Canticle 10 The Second Song of Isaiah

Seek the Lord while he wills to be found; *
call upon him when he draws near.

Let the wicked forsake their ways *
and the evil ones their thoughts;

And let them turn to the Lord, and he will have compassion, *
and to our God, for he will richly pardon.

For my thoughts are not your thoughts, *
nor your ways my ways, says the Lord.

For as the heavens are higher than the earth, *
so are my ways higher than your ways,
and my thoughts than your thoughts.

For as rain and snow fall from the heavens *
and return not again, but water the earth,

Bringing forth life and giving growth, *

seed for sowing and bread for eating,

So is my word that goes forth from my mouth; *
it will not return to me empty;

But it will accomplish that which I have purposed, *
and prosper in that for which I sent it.

Glory to the Father, and to the Son, and to the Holy Spirit
as it was in the beginning, is now, and will be for ever. Amen.

Reading

Acts 9:1-9

Meanwhile Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest and asked him for letters to the synagogues at Damascus, so that if he found any who belonged to the Way, men or women, he might bring them bound to Jerusalem. Now as he was going along and approaching Damascus, suddenly a light from heaven flashed around him. He fell to the ground and heard a voice saying to him, 'Saul, Saul, why do you persecute me?' He asked, 'Who are you, Lord?' The reply came, 'I am Jesus, whom you are persecuting. But get up and enter the city, and you will be told what you are to do.' The men who were travelling with him stood speechless because they heard the voice but saw no one. Saul got up from the ground, and though his eyes were open, he could see nothing; so they led him by the hand and brought him into Damascus. For three days he was without sight, and neither ate nor drank.

The Word of the Lord.
Thanks be to God.

Canticle 18 A Song to the Lamb

Splendor and honor and kingly power *
are yours by right, O Lord our God,

For you created everything that is, *
and by your will they were created and have their being;

And yours by right, O Lamb that was slain, *
for with your blood you have redeemed for God,

From every family, language, people, and nation, *
a kingdom of priests to serve our God.

And so, to him who sits upon the throne, *
and to Christ the Lamb,

Be worship and praise, dominion and splendor, *

for ever and for ever more.

Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. Amen.

The Apostle's Creed

I believe in God, the Father almighty,
creator of heaven and earth.

I believe in Jesus Christ, his only son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

The Lord be with you.
And also with you.
Let us pray.

The Lord's Prayer

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.

Save us from the time of trial,
and deliver us from evil.

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

Suffrages

Show us your mercy, O Lord;
And grant us your salvation.

Clothe your ministers with righteousness;
Let your people sing with joy.

Give peace, O Lord, in all the world;
For only in you can we live in safety.

Lord, keep this nation under your care;
And guide us in the way of justice and truth.

Let your way be known upon earth;
Your saving health among all nations.

Let not the needy, O Lord, be forgotten;
Nor the hope of the poor be taken away.

Create in us clean hearts, O God;
And sustain us with your Holy Spirit.

Collect of the Day: Proper 8

Almighty God, you have built your Church upon the foundation of the apostles and prophets, Jesus Christ himself being the chief cornerstone: Grant us so to be joined together in unity of spirit by their teaching, that we may be made a holy temple acceptable to you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

For Mission

O God and Father of all, whom the whole heavens adore: Let the whole earth also worship you, all nations obey you, all tongues confess and bless you, and men and women everywhere love you and serve you in peace; through Jesus Christ our Lord. Amen.

Prayers and Intercessions

Let us pray now for our own needs and those of others.

General Thanksgiving

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your

goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up our selves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory throughout all ages. Amen.

Benediction

Let us bless the Lord.

Thanks be to God.

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. Amen.

Ephesians 3:20,21