

Friday  
Morning Prayer – Proper 9 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 16**

<sup>1</sup> Protect me, O God, for I take refuge in you; \*  
I have said to the LORD, "You are my Lord,  
my good above all other."

<sup>2</sup>All my delight is upon the godly that are in the land,\*  
upon those who are noble among the people.

<sup>3</sup>But those who run after other gods \*  
shall have their troubles multiplied.

<sup>4</sup>Their libations of blood I will not offer, \*  
nor take the names of their gods upon my lips.

<sup>5</sup>O LORD, you are my portion and my cup;\*  
it is you who uphold my lot.

<sup>6</sup>My boundaries enclose a pleasant land;\*  
indeed, I have a goodly heritage.

<sup>7</sup>I will bless the LORD who gives me counsel; \*  
my heart teaches me, night after night.

<sup>8</sup>I have set the LORD always before me;\*  
because he is at my right hand I shall not fall.

<sup>9</sup>My heart, therefore, is glad, and my spirit rejoices;\*  
my body also shall rest in hope.

<sup>10</sup>For you will not abandon me to the grave, \*  
nor let your holy one see the Pit.

<sup>11</sup>You will show me the path of life;\*  
in your presence there is fullness of joy,  
and in your right hand are pleasures for evermore.

### **Psalm 17**

<sup>1</sup>Hear my plea of innocence, O LORD;  
give heed to my cry;\*  
listen to my prayer, which does not come from lying lips.

<sup>2</sup>Let my vindication come forth from your presence; \*  
let your eyes be fixed on justice.

<sup>3</sup>Weigh my heart, summon me by night,\*  
melt me down; you will find no impurity in me.

<sup>4</sup>I give no offense with my mouth as others do;\*  
I have heeded the words of your lips.

<sup>5</sup>My footsteps hold fast to the ways of your law;\*  
in your paths my feet shall not stumble.

<sup>6</sup>I call upon you, O God, for you will answer me;\*  
incline your ear to me and hear my words.

<sup>7</sup>Show me your marvelous loving-kindness,\*  
O Savior of those who take refuge at your right hand

from those who rise up against them.

<sup>8</sup>Keep me as the apple of your eye; \*  
hide me under the shadow of your wings,

<sup>9</sup>From the wicked who assault me, \*  
from my deadly enemies who surround me.

<sup>10</sup>They have closed their heart to pity, \*  
and their mouth speaks proud things.

<sup>11</sup>They press me hard,  
now they surround me, \*  
watching how they may cast me to the ground,

<sup>12</sup>Like a lion, greedy for its prey, \*  
and like a young lion lurking in secret places.

<sup>13</sup>Arise, O LORD; confront them and bring them down; \*  
deliver me from the wicked by your sword.

<sup>14</sup>Deliver me, O LORD, by your hand \*  
from those whose portion in life is this world;

<sup>15</sup>Whose bellies you fill with your treasure, \*  
who are well supplied with children  
and leave their wealth to their little ones.

<sup>16</sup>But at my vindication I shall see your face; \*  
when I awake, I shall be satisfied, beholding your likeness.

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 17 :17-30

Jesse said to his son David, 'Take for your brothers an ephah of this parched grain and these ten loaves, and carry them quickly to the camp to your brothers; also take these ten cheeses to the commander of their thousand. See how your brothers fare, and bring some token from them.'

Now Saul, and they, and all the men of Israel, were in the valley of Elah, fighting with the Philistines. David rose early in the morning, left someone in charge of the sheep, took the provisions, and went as Jesse had commanded him. He came to the encampment as the army was going forth to the battle line, shouting the war cry. Israel and the Philistines drew up for battle, army against army. David left the things in charge of the keeper of the baggage, ran to the ranks, and went and greeted his brothers. As he talked with them, the champion, the Philistine of Gath, Goliath by name, came up out of the ranks of the Philistines, and spoke the same words as before. And David heard him.

All the Israelites, when they saw the man, fled from him and were very much afraid. The Israelites said,

‘Have you seen this man who has come up? Surely he has come up to defy Israel. The king will greatly enrich the man who kills him, and will give him his daughter and make his family free in Israel.’ David said to the men who stood by him, ‘What shall be done for the man who kills this Philistine, and takes away the reproach from Israel? For who is this uncircumcised Philistine that he should defy the armies of the living God?’ The people answered him in the same way, ‘So shall it be done for the man who kills him.’

His eldest brother Eliab heard him talking to the men; and Eliab’s anger was kindled against David. He said, ‘Why have you come down? With whom have you left those few sheep in the wilderness? I know your presumption and the evil of your heart; for you have come down just to see the battle.’ David said, ‘What have I done now? It was only a question.’ He turned away from him towards another and spoke in the same way; and the people answered him again as before.

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 10:34-48

Then Peter began to speak to them: 'I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him. You know the message he sent to the people of Israel, preaching peace by Jesus Christ—he is Lord of all. That message spread throughout Judea, beginning in Galilee after the baptism that John announced: how God anointed Jesus of Nazareth with the Holy Spirit and with power; how he went about doing good and healing all who were oppressed by the devil, for God was with him. We are witnesses to all that he did both in Judea and in Jerusalem. They put him to death by hanging him on a tree; but God raised him on the third day and allowed him to appear, not to all the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead. He commanded us to preach to the people and to testify that he is the one ordained by God as judge of the living and the dead. All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name.'

While Peter was still speaking, the Holy Spirit fell upon all who heard the word. The circumcised believers who had come with Peter were astounded that the gift of the Holy Spirit had been poured out even on the Gentiles, for they heard them speaking in tongues and extolling God. Then Peter said, 'Can anyone withhold the water for baptizing these people who have received the Holy Spirit just as we have?' So he ordered them to be baptized in the name of Jesus Christ. Then they invited him to stay for several days.

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 9**

O God, you have taught us to keep all your commandments by loving you and our neighbor: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; 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