

The Community of St Stephen Walbrook



Morning Prayer

The Book of Common Prayer

9 am Wednesday, 22nd April 2020

Free dial-in on 0330 9981 320 - access code: 464351#.

Please then mute phone to avoid background noise.

Introduction

Beloved, we are come together in the presence of almighty God and of the whole company of heaven to offer unto him through our Lord Jesus Christ our worship and praise and thanksgiving; to make confession of our sins; to pray, as well for others as for ourselves, that we may know more truly the greatness of God's love and shew forth in our lives the fruits of his grace; and to ask on behalf of all men such things as their well-being doth require. Wherefore let us sit in silence, and remember God's presence with us now.

Almighty and most merciful Father, We have erred, and strayed from thy ways like lost sheep, We have followed too much the devices and desires of our own hearts, We have offended against thy holy laws, We have left undone those things which we ought to have done, And we have done those things which we ought not to have done, And there is no health in us: But thou, O Lord, have mercy upon us miserable offenders; Spare thou them, O God, which confess their faults, Restore thou them that are penitent, According to thy promises declared unto mankind in Christ Jesu our Lord: And grant, O most merciful Father, for his sake, That we may hereafter live a godly, righteous, and sober life, To the glory of thy holy Name. Amen.

O Lord, open thou our lips.

And our mouth shall shew forth thy praise.

O God, make speed to save us.

O Lord, make haste to help us.

Glory be to the Father, and to the Son, and to the Holy Ghost;

As it was in the beginning, is now, and ever shall be, world without end. Amen.

Praise ye the Lord.

The Lord's Name be praised.

The Venite – Psalm 95

O come, let us sing unto the Lord :

let us heartily rejoice in the strength of our salvation.

Let us come before his presence with thanksgiving :

and show ourselves glad in him with psalms.

For the Lord is a great God :

and a great King above all gods.

In his hand are all the corners of the earth :

and the strength of the hills is his also.

The sea is his, and he made it :

and his hands prepared the dry land.

O come, let us worship and fall down :

and kneel before the Lord our Maker.

For he is the Lord our God :

and we are the people of his pasture, and the sheep of his hand.

Glory be to the Father, and to the Son :

and to the Holy Ghost;

As it was in the beginning, is now, and ever shall be:

world without end. Amen.

Psalm 107 (verses 1-9)

- 1 O give thanks unto the Lord, for he is gracious *
and his mercy endureth for ever.
- 2 Let them give thanks whom the Lord hath redeemed *
and delivered from the hand of the enemy;
- 3 And gathered them out of the lands, from the east, and from the west *
from the north, and from the south.
- 4 They went astray in the wilderness out of the way *
and found no city to dwell in;
- 5 Hungry and thirsty *
their soul fainted in them.
- 6 So they cried unto the Lord in their trouble *
and he delivered them from their distress.
- 7 He led them forth by the right way *
that they might go to the city where they dwelt.
- 8 O that men would therefore praise the Lord for his goodness *
and declare the wonders that he doeth for the children of men!
- 9 For he satisfieth the empty soul *
and filleth the hungry soul with goodness.

**Glory be to the Father, and to the Son :
and to the Holy Ghost;
As it was in the beginning, is now, and ever shall be:
world without end. Amen.**

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First Reading: Exodus 16.11-end

And the Lord spake unto Moses, saying,
I have heard the murmurings of the children of Israel: speak unto them, saying, At even ye shall eat
flesh, and in the morning ye shall be filled with bread; and ye shall know that I am the Lord your God.
And it came to pass, that at even the quails came up, and covered the camp: and in the morning the
dew lay round about the host.
And when the dew that lay was gone up, behold, upon the face of the wilderness there lay a small
round thing, as small as the hoar frost on the ground.
And when the children of Israel saw it, they said one to another, It is manna: for they wist not what it
was. And Moses said unto them, This is the bread which the Lord hath given you to eat.
This is the thing which the Lord hath commanded, Gather of it every man according to his eating, an
omer for every man, according to the number of your persons; take ye every man for them which are
in his tents.
And the children of Israel did so, and gathered, some more, some less.
And when they did mete it with an omer, he that gathered much had nothing over, and he that
gathered little had no lack; they gathered every man according to his eating.
And Moses said, Let no man leave of it till the morning.
Notwithstanding they hearkened not unto Moses; but some of them left of it until the morning, and it
bred worms, and stank: and Moses was wroth with them.
And they gathered it every morning, every man according to his eating: and when the sun waxed hot, it
melted.

And it came to pass, that on the sixth day they gathered twice as much bread, two omers for one man: and all the rulers of the congregation came and told Moses.

And he said unto them, This is that which the Lord hath said, To morrow is the rest of the holy sabbath unto the Lord: bake that which ye will bake to day, and seethe that ye will seethe; and that which remaineth over lay up for you to be kept until the morning.

And they laid it up till the morning, as Moses bade: and it did not stink, neither was there any worm therein.

And Moses said, Eat that to day; for to day is a sabbath unto the Lord: to day ye shall not find it in the field.

Six days ye shall gather it; but on the seventh day, which is the sabbath, in it there shall be none.

And it came to pass, that there went out some of the people on the seventh day for to gather, and they found none.

And the Lord said unto Moses, How long refuse ye to keep my commandments and my laws?

See, for that the Lord hath given you the sabbath, therefore he giveth you on the sixth day the bread of two days; abide ye every man in his place, let no man go out of his place on the seventh day.

So the people rested on the seventh day.

And the house of Israel called the name thereof Manna: and it was like coriander seed, white; and the taste of it was like wafers made with honey.

And Moses said, This is the thing which the Lord commandeth, Fill an omer of it to be kept for your generations; that they may see the bread wherewith I have fed you in the wilderness, when I brought you forth from the land of Egypt.

And Moses said unto Aaron, Take a pot, and put an omer full of manna therein, and lay it up before the Lord, to be kept for your generations.

As the Lord commanded Moses, so Aaron laid it up before the Testimony, to be kept.

And the children of Israel did eat manna forty years, until they came to a land inhabited; they did eat manna, until they came unto the borders of the land of Canaan.

Now an omer is the tenth part of an ephah.

Second reading: Colossians 2.1-15

For I would that ye knew what great conflict I have for you, and for them at Laodicea, and for as many as have not seen my face in the flesh;

That their hearts might be comforted, being knit together in love, and unto all riches of the full assurance of understanding, to the acknowledgement of the mystery of God, and of the Father, and of Christ;

In whom are hid all the treasures of wisdom and knowledge.

And this I say, lest any man should beguile you with enticing words.

For though I be absent in the flesh, yet am I with you in the spirit, joying and beholding your order, and the stedfastness of your faith in Christ.

As ye have therefore received Christ Jesus the Lord, so walk ye in him:

Rooted and built up in him, and stablished in the faith, as ye have been taught, abounding therein with thanksgiving.

Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ.

For in him dwelleth all the fulness of the Godhead bodily.

And ye are complete in him, which is the head of all principality and power:

In whom also ye are circumcised with the circumcision made without hands, in putting off the body of the sins of the flesh by the circumcision of Christ:

Buried with him in baptism, wherein also ye are risen with him through the faith of the operation of

God, who hath raised him from the dead.

And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with him, having forgiven you all trespasses;

Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross;

And having spoiled principalities and powers, he made a shew of them openly, triumphing over them in it.

Benedictus

Blessed be the Lord God of Israel : for he hath visited and redeemed his people;

And hath raised up a mighty salvation for us : in the house of his servant David;

As he spake by the mouth of his holy Prophets : which have been since the world began;

That we should be saved from our enemies : and from the hand of all that hate us.

To perform the mercy promised to our forefathers : and to remember his holy Covenant;

To perform the oath which he swore to our forefather Abraham : that he would give us;

That we being delivered out of the hand of our enemies : might serve him without fear;

In holiness and righteousness before him : all the days of our life.

And thou, Child, shalt be called the Prophet of the Highest : for thou shalt go before the face of the Lord to prepare his ways;

To give knowledge of salvation unto his people : for the remission of their sins,

Through the tender mercy of our God : whereby the day-spring from on high hath visited us;

To give light to them that sit in darkness, and in the shadow of death : and to guide our feet into the way of peace.

Glory be to the Father, and to the Son : and to the Holy Ghost;

As it was in the beginning, is now, and ever shall be : world without end. Amen.

The Lord be with you.

And with thy spirit.

Let us pray.

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

Our Father, which art in heaven, Hallowed be thy Name, Thy kingdom come, Thy will be done, in earth as it is in heaven. Give us this day our daily bread; And forgive us our trespasses, As we forgive them that trespass against us; And lead us not into temptation, But deliver us from evil. Amen.

O Lord, shew thy mercy upon us.

And grant us thy salvation.

O Lord, save the Queen.

And mercifully hear us when we call upon thee.

Endue thy Ministers with righteousness.

And make thy chosen people joyful.

O Lord, save thy people.

And bless thine inheritance.

Give peace in our time, O Lord.

Because there is none other that fighteth for us, but only thou, O God.

O God, make clean our hearts within us.

And take not thy Holy Spirit from us.

The Collect of the day

Almighty Father, who has given thine only Son to die for our sins, and to rise again for our justification; Grant us so to put away the leaven of malice and wickedness, that we may alway serve thee in pureness of living and truth; through the merits of the same thy Son Jesus Christ our Lord.

The Second Collect, for Peace.

O God, who art the author of peace and lover of concord, in knowledge of whom standeth our eternal life, whose service is perfect freedom: Defend us thy humble servants in all assaults of our enemies; that we, surely trusting in thy defence, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. **Amen.**

The Third Collect, for Grace.

O Lord, our heavenly Father, Almighty and everlasting God, who hast safely brought us to the beginning of this day: Defend us in the same with thy mighty power; and grant that this day we fall into no sin, neither run into any kind of danger; but that all our doings may be ordered by thy governance, to do always that is righteous in thy sight; through Jesus Christ our Lord. **Amen.**

Prayers

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us
from your love in Christ Jesus our Lord.

We remember in prayer especially the leaders of our nation and the world, those in positions of authority in London and in businesses across the City. Lord, grant them in all their deliberations strength, courage and wisdom.

Lord in your mercy,
Hear our prayer

Merciful God,
we entrust to your tender care
those who are ill or in pain.
Comfort and heal them,
and restore them to health and strength.

We remember those known to us in particular need at this time by name.

Lord in your mercy,
Hear our prayer

Gracious God,
give skill, sympathy and resilience
to all who are caring for the sick,
and your wisdom to those searching for a cure.

Strengthen them with your Spirit,
that through their work
many will be restored to health;

Lord in your mercy,
Hear our prayer

We draw our prayers together in the words of the Grace

The Grace (2 Corinthians 13)

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all evermore. **Amen.**