

# The Online Service of Daily Morning Prayer



## Some words by Revd Dr Sam Wells – Vicar of St Martin in the Fields

We come to church each Sunday, we pray and read our Bibles through the week, to prepare ourselves. Jesus grew up in Nazareth, travelled around Galilee to prepare himself for Jerusalem. In Jerusalem people discovered who he truly was, and what his words and actions really entailed. We've spent decades, many of us, preparing we knew not what for. Well, now we know. This is the moment when the world finds out whether being a Christian makes any difference or not.

In Britain, we say pray for a sunny day, but take an umbrella. I'm not saying in the face of the virus we don't take sensible steps. We must follow public health advice. We do so not because others are a danger to us, but because we might, directly or indirectly, be a danger to them. We're a community defined not by fear but by trust, not by scarcity but by plenty, not by anxiety but by communion. It's time to show our true colours.

This is the time to find ways to overcome isolation that don't involve touch. We have this opportunity to explore the hinterland of the word with, that doesn't always involve physical presence, but still means solidarity and kindness, generosity and love. We will limit our contact to protect the most vulnerable, but we still need to proclaim that there's something more infectious than coronavirus – and that's joy and peace, faithfulness and gentleness.

It was in its most bewildered hour that Israel in exile found who God truly was. This is our chance to discover what God being with us really means. None of us would for a moment have wished this crisis on anybody, let alone the whole world. But our faith teaches us that we only get to see resurrection through crucifixion; that we see God most clearly in our darkest hour.

Remember what Isaiah tells us. You shall cross the barren desert; but you shall not die of thirst. You shall wander far in safety – though you do not know the way. If you pass through raging waters in the sea, you shall not drown. If you walk amid the burning flames, you shall not be harmed. If you stand before the power of hell and death is at your side, know that I am with you through it all. Be not afraid, says our God. I am with you like never before.

This is our faith.

***Please do use this service as part of your daily devotion at home.***

The Rector will be saying this on **FaceBook live** each morning at 9am. Please feel free to join him with others from our congregation so that we can enjoy our worship together and support one another.

To participate, please sign up to **FaceBook** online or download the app and 'friend' St Margarets Lee.

Please regularly check the FaceBook page and Website for daily prayers and updates.

## Morning Prayer

*You may wish to light a candle and have some reflective music playing in the background.*

The Lord is good, a strong refuge when trouble comes.  
God is close to those who trust in him.

*Nahum 1.7*

### Opening Sentences

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

The night has passed, and the day lies open  
before us; let us pray with one heart and mind.

*Pause for reflection as you offer the day to God.*

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.**

*You may wish to say Psalm 23 or another psalm here, such as Psalm 16  
or Psalm 139.*

### Psalm 23

- 1 The Lord is my shepherd; ♦ therefore can I  
lack nothing.
- 2 He makes me lie down in green pastures ♦  
and leads me beside still waters.
- 3 He shall refresh my soul ♦ and guide me in  
the paths of righteousness for his name's sake.
- 4 Though I walk through the valley of the shadow  
of death, I will fear no evil; ♦ for you are with  
me; your rod and your staff, they comfort me.

- 5 You spread a table before me  
in the presence of those who trouble  
me; ♦ you have anointed my head with  
oil and my cup shall be full.
- 6 Surely goodness and loving mercy shall follow  
me all the days of my life, ♦ and I will dwell in  
the house of the Lord for ever.

**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.**

*You may wish to use the weekly pattern of short readings given below or  
choose a passage of your own.*

### ***Sunday Morning***

But now thus says the  
Lord, he who created you,  
O Jacob, he who formed  
you, O Israel:  
Do not fear, for I have redeemed you;  
I have called you by name, you are mine.  
When you pass through the waters, I will be with  
you; and through the rivers, they shall not  
overwhelm you; when you walk through fire you  
shall not be burned, and the flame shall not  
consume you. For I am the Lord your God, the  
Holy One of Israel, your Saviour.

*Isaiah 43.1-3a*

## ***Monday Morning***

'Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.' Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me.

*John 14.1-6*

## ***Tuesday Morning***

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

*Philippians 4.8-9*

## ***Wednesday Morning***

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

*Colossians 3.16,17*

## ***Thursday Morning***

You are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

*Ephesians 2.19-22*

## ***Friday Morning***

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.

*Romans 19.9-12*

## ***Saturday Morning***

He said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.

*Luke 12.22-31*

## **Prayers**

*Please pray your own intercessions and then please feel free to use these two prayers*

Almighty and everlasting God,  
we thank you that you have brought us  
safely to the beginning of this day.  
Keep us from falling into sin or running  
into danger; order us in all our doings  
and guide us to do always what is  
righteous in your sight; through Jesus  
Christ our Lord. **Amen.**

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.  
**Amen.**

## **The Lord's Prayer**

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

## **The Conclusion**

The Lord bless us, and preserve us from all evil, and keep us in eternal life.  
**Amen.**

Let us bless the Lord.  
**Thanks be to God.**

Materials in this booklet are drawn from *Common Worship: Services and Prayers for the Church of England*, *Common Worship: Pastoral Services*, and *Common Worship: Daily Prayer*, all of which are copyright © The Archbishops' Council of the Church of England.