

# 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.**

## Psalm

*We share in the appointed psalm of the day.*

## Bible Reading

*We share in the appointed Bible reading of the day.*

*If you are using the sheet on your own, please use the Bible readings below.*

## **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.