



*St Michael with St Mary*

## **Morning Prayer**

*A short service to use at home on any day when you can't get to church. This service can be used by one person: if there is more than one of you, say the words **in bold** together.*

### **Preparation**

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

#### ***A prayer of thanksgiving***

Blessed are you, creator of all,  
to you be praise and glory for ever.  
As your dawn renews the face of the earth  
bringing light and life to all creation,  
may we rejoice in this day you have made;  
as we wake refreshed from the depths of sleep,  
open our eyes to behold your presence  
and strengthen our hands to do your will,  
that the world may rejoice and give you praise.  
Blessed be God, Father, Son and Holy Spirit.  
**Blessed be God for ever.**

*after Lancelot Andrewes (1626)*

### **Reading or hearing God's word**

*Choose one of these short passages of Scripture for reading and contemplation each time you pray*

**Psalm 27** *The Lord is my light and my salvation*

**Psalm 46** *Be still, and know that I am God*

**Psalm 91** *He shall cover you with his wings*

**Psalm 139** *O Lord, you have searched me out and known me*

**Isaiah 43**, verses 1-7. *Do not fear, for I am with you*

**Luke 12**, verses 22-31. *Do not worry*

**John 14**, verses 1-6. *Do not let your hearts be troubled*

**Ephesians 2**, verses 19-22. *You are citizens with the saints*

**Romans 9**, verses 9-12. *Rejoicing, patience and perseverance*

### **The Benedictus (The Song of Zechariah)**

Blessed be the Lord the God of Israel,  
who has come to his people and set them free.  
He has raised up for us a mighty Saviour,  
born of the house of his servant David.  
Through his holy prophets God promised of old  
to save us from our enemies,  
from the hands of all that hate us,  
To show mercy to our ancestors,  
and to remember his holy covenant.  
This was the oath God swore to our father Abraham:  
to set us free from the hands of our enemies,  
Free to worship him without fear,  
holy and righteous in his sight  
all the days of our life.  
And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare his way,  
To give his people knowledge of salvation  
by the forgiveness of all their sins.  
In the tender compassion of our God  
the dawn from on high shall break upon us,  
To shine on those who dwell in darkness and the shadow of death, and  
to guide our feet into the way of peace.

*Luke 1.68-79*

**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.**

### **Prayers**

Lord Jesus Christ, you said to your disciples, 'I am with you always'.  
Be with me today, as I offer myself to you.  
Hear my prayers for others and for myself,  
and hold me in your care. **Amen.**

Keep us all, 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**

Lord, as we remember for all who are affected by coronavirus,  
so let us pray for doctors, nurses, carers and medical researchers,  
that through their skill and insights  
many will be restored to health.  
We pray for those who are guiding our nation at this time,  
and shaping national policies,  
that they may make wise decisions. **Amen.**

Lord, we pray for all in our parish of St Michael with St Mary,  
for our city of St Albans, and for the world.

With our fellow Christians help us to be people of courage;  
as we pray for ourselves, may we be people who protect our  
neighbours and the safety of all those around us.

Lord, we are not people of greed: we are people of generosity.  
Help us to be your people God, giving and loving, wherever we are,  
giving us strength wherever you call us. **Amen.**

*after Barbara Glasson, President of the Methodist Conference*

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.

*From St Patrick's Breastplate*

### ***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.**

### ***Conclusion***

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

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

*Common Worship*, material from which is included in this service,  
is copyright © The Archbishops' Council 2000.