

THE PARISH OF ABBOTS LANGLEY

St Lawrence the Martyr, Abbots Langley
with the Church of the Ascension, Bedmond



Morning Prayer on a Sunday



10.00am

PREPARATION

Grace, mercy and peace
from God our Father
and the Lord Jesus Christ
be with you

All **And also with you.**

This is the day that the Lord has made

All **Let us rejoice and be glad in it.**

We have come together in the name of Christ
to offer our praise and thanksgiving,
to hear and receive God's holy word,
to pray for the needs of the world,
and to seek the forgiveness of our sins,
that by the power of the Holy Spirit
we may give ourselves to the service of God.

CONFESSION AND ABSOLUTION

Jesus says, 'Repent, for the kingdom of heaven is close at hand.' So let us turn away from our sin and turn to Christ, confessing our sins in penitence and faith.

All **Lord God,
we have sinned against you;
we have done evil in your sight.
We are sorry and repent.
Have mercy on us according to your love.
Wash away our wrongdoing and cleanse us from our sin.
Renew a right spirit within us
and restore us to the joy of your salvation;
through Jesus Christ our Lord. Amen.**

May the Father of all mercies
cleans you from your sins,
and restore you in his image
to the praise and glory of his name,
through Jesus Christ our Lord.

All **Amen.**

Blessed is the Lord,

All **for he has heard the voice of our prayer;**

therefore shall our hearts dance for joy

All **and in our song will we praise our God.**

Blessed are you, Lord our God,
creator and redeemer of all;
to you be glory and praise for ever.
From the waters of chaos you drew forth the world
and in your great love fashioned us in your image.
Now, through the deep waters of death,
you have brought your people to new birth
by raising your Son to life in triumph.
May Christ your light ever dawn in our hearts
as we offer you our sacrifice of thanks and praise.
Blessed be God, Father, Son and Holy Spirit:

All **Blessed be God for ever.**

PSALM

Each psalm or group of psalms may end with

Psalms are at the back of this service booklet

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.**

OLD TESTAMENT READING

OLD TESTAMENT CANTICLE

The Benedicite – A Song of Creation (shorter version)

- 1 Bless the Lord all you works of the Lord:
Sing his praise and exalt him for ever.
- 2 Bless the Lord you heavens:
Sing his praise and exalt him for ever.
- 3 Bless the Lord you angels of the Lord:
Sing his praise and exalt him for ever.
- 4 Bless the Lord all people on earth:
Sing his praise and exalt him for ever.
- 5 O People of God bless the Lord:
Sing his praise and exalt him for ever.
- 6 Bless the Lord you priests of the Lord:
Sing his praise and exalt him for ever.
- 7 Bless the Lord you servants of the Lord:
Sing his praise and exalt him for ever.
- 8 Bless the Lord all you of upright spirit:
Bless the Lord you that are holy and humble in heart;
Bless the Father, the Son and the Holy Spirit:
Sing his praise and exalt him for ever.

NEW TESTAMENT READING

THE GOSPEL CANTICLE

The Benedictus

(please stand):

The Benedictus (The Song of Zechariah) is said or sung

- 1 Blessed be the Lord the God of Israel,
who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour,
born of the house of his servant David.
- 3 Through his holy prophets God promised of old
to save us from our enemies,
from the hands of all that hate us,
- 4 To show mercy to our ancestors,
and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham:
to set us free from the hands of our enemies,
- 6 Free to worship him without fear,
holy and righteous in his sight
all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation
by the forgiveness of all their sins.
- 9 In the tender compassion of our God
the dawn from on high shall break upon us,
- 10 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.**

THE SERMON

THE APOSTLES' CREED

**I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
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,
he is seated at the right hand of the Father,
and he will come 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 PRAYERS

Intercessions are offered.

THE COLLECT

The Lord's Prayer

Gathering our prayers and praises into one,
as our Saviour taught us, so we pray

All **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.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen.**

THE BLESSING

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

All **Amen.**

Let us bless the Lord.

All **Thanks be to God.**

Psalm 8

- 1 O Lord our governor, how glorious is your name in all the world!
- 2 Your majesty above the heavens is praised out of the mouths of babes at the breast.
- 3 You have founded a stronghold against your foes,
4 that you might still the enemy and the avenger.
- 4 When I consider your heavens, the work of your fingers,
the moon and the stars that you have ordained,
- 5 What is man, that you should be mindful of him;
the son of man, that you should seek him out?
- 6 You have made him little lower than the angels
and crown him with glory and honour.
- 7 You have given him dominion over the works of your hands
and put all things under his feet,
- 8 All sheep and oxen, even the wild beasts of the field,
9 The birds of the air, the fish of the sea and whatsoever moves in
the paths of the sea.
- 10 O Lord our governor, how glorious is your name in all the world!

Psalm 19

- 1 The heavens are telling the glory of God
and the firmament proclaims his handiwork.
- 2 One day pours out its song to another
and one night unfolds knowledge to another.
- 3 They have neither speech nor language
and their voices are not heard,
- 4 Yet their sound has gone out into all lands
and their words to the ends of the world.
- 5 In them has he set a tabernacle for the sun,
that comes forth as a bridegroom out of his chamber
and rejoices as a champion to run his course.
- 6 It goes forth from the end of the heavens
and runs to the very end again,
and there is nothing hidden from its heat.

- 7 The law of the Lord is perfect, reviving the soul;
the testimony of the Lord is sure and gives wisdom to the
simple.
- 8 The statutes of the Lord are right and rejoice the heart;
the commandment of the Lord is pure and gives light to the eyes.
- 9 The fear of the Lord is clean and endures for ever;
the judgements of the Lord are true and righteous altogether.
- 10 More to be desired are they than gold,
more than much fine gold, sweeter also than honey,
dripping from the honeycomb.
- 11 By them also is your servant taught
and in keeping them there is great reward.
- 12 Who can tell how often they offend?
O cleanse me from my secret faults!
- 13 Keep your servant also from presumptuous sins
lest they get dominion over me; so shall I be undefiled,
and innocent of great offence.
- 14 Let the words of my mouth and the meditation of my heart
be acceptable in your sight, O Lord, my strength and my
redeemer.

Psalm 27

- 1 The Lord is my light and my salvation;
whom then shall I fear?
The Lord is the strength of my life;
of whom then shall I be afraid?
- 2 When the wicked, even my enemies and my foes,
came upon me to eat my flesh, they stumbled and fell.
- 3 Though a host encamp against me, my heart shall not be afraid,
and though there rise up war against me,
yet will I put my trust in him.
- 4 One thing have I asked of the Lord
and that alone I seek:
that I may dwell in the house of the Lord
all the days of my life,
- 5 To behold the fair beauty of the Lord
and to seek his will in his temple.

- 6 For in the day of trouble
he shall hide me in his shelter;
in the secret place of his dwelling shall he hide me
and set me high upon a rock.
- 7 And now shall he lift up my head
above my enemies round about me;
- 8 Therefore will I offer in his dwelling an oblation
with great gladness;
I will sing and make music to the Lord.
- 9 Hear my voice, O Lord, when I call;
have mercy upon me and answer me.
- 10 My heart tells of your word, 'Seek my face.'
Your face, Lord, will I seek.
- 11 Hide not your face from me,
nor cast your servant away in displeasure.
- 12 You have been my helper;
Leave me not, neither forsake me, O God of my salvation.
- 13 Though my father and my mother forsake me,
the Lord will take me up.
- 14 Teach me your way, O Lord; lead me on a level path,
because of those who lie in wait for me.
- 15 Deliver me not into the will of my adversaries,
for false witnesses have risen up against me,
and those who breathe out violence.
- 16 I believe that I shall see the goodness of the Lord
in the land of the living.
- 17 Wait for the Lord;
be strong and he shall comfort your heart;
wait patiently for the Lord.

Psalm 40

- 1 I waited patiently for the Lord;
he inclined to me and heard my cry.
- 2 He brought me out of the roaring pit,
out of the mire and clay;
he set my feet upon a rock and made my footing sure.

- 3 He has put a new song in my mouth,
a song of praise to our God;
many shall see and fear and put their trust in the Lord.
- 4 Blessed is the one who trusts in the Lord,
who does not turn to the proud that follow a lie.
- 5 Great are the wonders you have done, O Lord my God.
How great your designs for us!
There is none that can be compared with you.
- 6 If I were to proclaim them and tell of them
they would be more than I am able to express.
- 7 Sacrifice and offering you do not desire
but my ears you have opened;
- 8 Burnt offering and sacrifice for sin you have not required;
then said I: 'Lo, I come.
- 9 'In the scroll of the book it is written of me
that I should do your will, O my God;
I delight to do it: your law is within my heart.'
- 10 I have declared your righteousness in the great congregation;
behold, I did not restrain my lips, and that, O Lord, you know.
- 11 Your righteousness I have not hidden in my heart;
I have spoken of your faithfulness and your salvation;
I have not concealed your loving-kindness and truth
from the great congregation.
- 12 Do not withhold your compassion from me, O Lord;
let your love and your faithfulness always preserve me,
- 13 For innumerable troubles have come about me;
my sins have overtaken me so that I cannot look up;
they are more in number than the hairs of my head,
and my heart fails me.
- 14 Be pleased, O Lord, to deliver me;
O Lord, make haste to help me.
- 15 Let them be ashamed and altogether dismayed
who seek after my life to destroy it;
let them be driven back and put to shame who wish me evil.
- 16 Let those who heap insults upon me
be desolate because of their shame.

- 17 Let all who seek you rejoice in you and be glad;
let those who love your salvation say always, 'The Lord is great.'
- 18 Though I am poor and needy, the Lord cares for me.
- 19 You are my helper and my deliverer;
O my God, make no delay.

Psalm 98

- 1 Sing to the Lord a new song, for he has done marvellous things.
- 2 His own right hand and his holy arm have won for him the
victory.
- 3 The Lord has made known his salvation;
his deliverance has he openly shown in the sight of the nations.
- 4 He has remembered his mercy and faithfulness
towards the house of Israel, and all the ends of the earth have
seen the salvation of our God.
- 5 Sound praises to the Lord, all the earth;
break into singing and make music.
- 6 Make music to the Lord with the lyre,
with the lyre and the voice of melody.
- 7 With trumpets and the sound of the horn sound praises before
the Lord, the King.
- 8 Let the sea thunder and all that fills it,
the world and all that dwell upon it.
- 9 Let the rivers clap their hands and let the hills ring out together
before the Lord, for he comes to judge the earth.
- 10 In righteousness shall he judge the world and the peoples with
equity.