



# Daily Prayer

*Friday in Ordinary Time*

# Chelmsford Cathedral Morning Prayer

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Friday

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

**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.**

*This hymn or another is sung:*

**We bless you, Father, Lord of life,  
To whom all living beings tend,  
The source of holiness and grace,  
Our first beginning and our end.**

**We give you thanks, redeeming Christ,  
Who bore our weight of sin and shame:  
In dark defeat, you conquered sin,  
And death, by dying, overcame.**

**Come, Holy Spirit, searching fire,  
Whose flame all evil burns away;  
With light and love come down to us,  
In silence and in peace to stay.**

**We praise you, Trinity in One,  
Sublime in majesty and might,  
Who reign for ever, Lord of all,  
In splendour and unending light.**

*Words: Stanbrook Abbey Tune: Plainsong or MELCOMBE: Samuel Webbe (1740-1816)*

*The opening prayer is said*

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

*Silence is kept.*

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.

**All Amen.**

**PSALMS:** *Repeating weekly pattern of Psalms:*

Week 1: 12/6; 19/7; 18/9;	26, 147.1-12
Week 2: 19/6; 5/8; 25/9;	32, 147.1-12
Week 3: 26/6; 14/8; 2/10;	56, 147.1-12
Week 4: 3/7; 2/18; 9/10	3, 6, 147.1-12
Week 5: 10/7; 28/8; 16/10	25, 147.1-12
Week 6: 17/7; 4/9; 23/10	39, 147.1-12
Week 7: 5/6; 24/7; 1/19; 30/10	13, 124, 147.1-12

*Canticle: A Song of Humility*

**All Raise us up, O God,  
that we may live in your presence.**

- 1 Come, let us return to the Lord  
who has torn us and will heal us.
- 2 God has stricken us  
and will bind up our wounds.
- 3 After two days, he will revive us,  
and on the third day will raise us up,  
that we may live in his presence.
- 4 Let us strive to know the Lord;  
his appearing is as sure as the sunrise.
- 5 He will come to us like the showers,  
like the spring rains that water the earth.
- 6 'O Ephraim, how shall I deal with you?  
How shall I deal with you, O Judah?
- 7 'Your love for me is like the morning mist,  
like the dew that goes early away.
- 8 'Therefore, I have hewn them by the prophets,  
and my judgement goes forth as the light.

9 'For loyalty is my desire and not sacrifice,  
and the knowledge of God rather than burnt offerings.'

*Hosea 6.1-6*

**All 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.**  
**All Raise us up, O God,  
that we may live in your presence.**

### **Reading**

### **LECTIONARY**

5/6	Ecclesiastes 5.1-7	Mark 12.35-37
12/6	Ecclesiastes 11.9-12.14	Matthew 5.27-32
19/6	Numbers 13.1-3, 21-30	Matthew 6.19-23
26/6	Numbers 20.1-13	Matthew 8.1-14
3/7	Ecclesiasticus 2	John 20.24-29
10/7	Deuteronomy 31.7-13, 24-32.4	Matthew 10.16-23
17/7	Joshua 4.19-5.1, 10-15	Matthew 12.1-8
24/7	Joshua 9.22-10.15	Matthew 13.18-23
31/7	Judges 5.1-18	Matthew 13.54-end
7/8	Judges 9.1-16, 19-21	Matthew 16.24-28
14/8	Judges 14.20-15.20	Matthew 19.3-12
21/8	Job 2.1-13	Matthew 22.34-40
28/8	Job 9.1-15, 32-35	Matthew 25.1-13
4/9	Job 19.1-7, 14-27	Luke 5.33-39
11/9	Job 29.1; 31.24-40	Luke 6.39-42
18/9	Judith 4.1-15	Luke 8.1-3
25/9	Judith 13.1-20	Luke 9.18-22
2/10	Hosea 10.1-15	Luke 10.13-16
9/10	Micah 3.9-4.5	Luke 11.15-26
16/10	Ecclesiasticus 1.1-10, 18-27	Luke 12.1-7
23/10	Ecclesiasticus 11.2-20	Luke 12.54-end
30/10	Ecclesiasticus 34.1-8, 18-22	Luke 14.1-6

*After a short pause for reflection, this responsory is said*

Forsake me not, O Lord;  
be not far from me, O my God.  
**All Forsake me not, O Lord;  
be not far from me, O my God.**

Make haste to help me,  
O Lord of my salvation.

**All Be not far from me, O my God.**

Glory to the Father and to the Son  
and to the Holy Spirit.

**All Forsake me not, O Lord;  
be not far from me, O my God.**

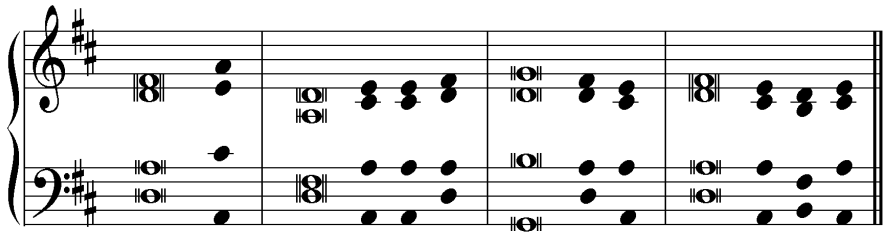
from Psalm 38

Gospel Canticle – Benedictus

Refrain



Give your people knowledge of salvation, O God,  
by the forgiveness of all their sins.



- 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.

Give your people knowledge of salvation, O God,  
by the forgiveness of all their sins.

*Prayers of intercession and thanksgiving are offered.*

*The Collect of the day or the following is used:*

Gracious Father,  
you gave up your Son  
out of love for the world:  
lead us to ponder the mysteries of his passion,  
that we may know eternal peace  
through the shedding of our Saviour's blood,  
Jesus Christ our Lord.

*All* **Amen**

*The Lord's Prayer*

Being made one by the power of the Spirit,  
as our Saviour has 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 conclusion*

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.**

# Chelmsford Cathedral

## Evening Prayer

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Friday

**All** O God, make speed to save us.  
**O Lord, make haste to help us.**

*This or another office hymn is sung:*

**O gracious Light, Lord Jesus Christ,  
In you the Father's glory shone.  
Immortal, holy, blest is he,  
And blest are you his only Son.**

**Now sunset come, but light shines forth,  
The lamps are lit to pierce the night.  
Praise Father, Son and Spirit, God  
Who dwells in the eternal light.**

**Worthy are you of endless praise  
O Son of God, life-giving Lord;  
Wherefore you are, through all the earth  
And in the highest heaven, adored.**

*Words: Francis Bland Tucker (1895-1984) from Phos Hilaron Tune: Plainsong or SOLOTHURN  
Swiss traditional melody*

*The opening prayer is said*

That this evening may be holy, good and peaceful,  
let us pray with one heart and mind.

*Silence is kept.*

As our evening prayer rises before you, O God,  
so may your mercy come down upon us  
to cleanse our hearts and set us free to sing your praise  
now and for ever.

**All Amen.**



## PSALMS

*Repeating weekly pattern of Psalms*

Week 1: 12/6; 19/7; 18/9;	86
Week 2: 19/6; 5/8; 25/9;	102
Week 3: 26/6; 14/8; 2/10;	38
Week 4: 3/7; 21/8; 9/10	90
Week 5: 10/7; 28/8; 16/10	27
Week 6: 17/7; 4/9; 23/10	69
Week 7: 5/6; 24/7; 11/9; 30/10	31

*The psalm for today is said, ending with:*

**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.**

*Canticle: A Song of the Justified*

**All Our hope is not in vain,  
because God's love has been poured into our hearts.**

- 1 God reckons as righteous those who believe,  
who believe in him who raised Jesus from the dead;
- 2 For Christ was handed over to death for our sins,  
and raised to life for our justification.
- 3 Since we are justified by faith,  
we have peace with God through our Lord Jesus Christ.
- 4 Through Christ we have gained access  
to the grace in which we stand,  
and rejoice in our hope of the glory of God.
- 5 We even exult in our sufferings,  
for suffering produces endurance,
- 6 And endurance brings hope,  
and our hope is not in vain,
- 7 Because God's love has been poured into our hearts,  
through the Holy Spirit, given to us.
- 8 God proves his love for us:  
while we were yet sinners Christ died for us.
- 9 Since we have been justified by his death,  
how much more shall we be saved from God's wrath.

10 Therefore, we exult in God through our Lord Jesus Christ,  
in whom we have now received our reconciliation.

*Romans 4.24,25; 5.1-5,8,9,11*

**All** **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.**

**All** **Our hope is not in vain,**  
**because God's love has been poured into our hearts.**

***The Gospel for the day may be read:***

5/6 Mark 12.35-37  
12/6 Matthew 5.27-32  
19/6 Matthew 6.19-23  
26/6 Matthew 8.1-14  
3/7 John 20.24-29  
10/7 Matthew 10.16-23  
17/7 Matthew 12.1-8  
24/7 Matthew 13.18-23  
31/7 Matthew 13.54-end  
7/8 Matthew 16.24-28  
14/8 Matthew 19.3-12  
21/8 Matthew 22.34-40  
28/8 Matthew 25.1-13  
4/9 Luke 5.33-39  
11/9 Luke 6.39-42  
18/9 Luke 8.1-3  
25/9 Luke 9.18-22  
2/10 Luke 10.13-16  
9/10 Luke 11.15-26  
16/10 Luke 12.1-7  
23/10 Luke 12.54-end  
30/10 Luke 14.1-6

*After a short pause for reflection, this responsory is said*

Forsake me not, O Lord;  
be not far from me, O my God.  
**All** **Forsake me not, O Lord;**  
**be not far from me, O my God.**

Make haste to help me,  
O Lord of my salvation.

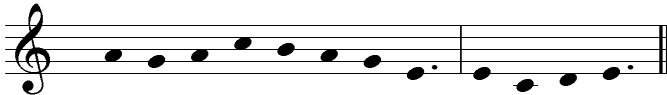
All **Be not far from me, O my God.**

Glory to the Father and to the Son and to the Holy Spirit.

All **Forsake me not, O Lord;  
be not far from me, O my God.**

*from Psalm 38*

*Gospel Canticle – Magnificat*



All You have scattered the proud in their conceit,  
and lifted up the lowly.



- 1 My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Saviour; •  
he has looked with favour on his lowly servant.
- 2 From this day all generations will call me blessed; •  
the Almighty has done great things for me and holy is his name.
- 3 He has mercy on those who fear him, •  
from generation to generation.
- 4 He has shown strength with his arm •  
and has scattered the proud in their conceit,
- 5 Casting down the mighty from their thrones •  
and lifting up the lowly.
- 6 He has filled the hungry with good things •  
and sent the rich away empty.
- 7 He has come to the aid of his servant Israel, •  
to remember his promise of mercy,
- 8 The promise made to our ancestors, •  
to Abraham and his children for ever.

*Luke 1.46-55*

**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.**

*All* You have scattered the proud in their conceit,  
and lifted up the lowly.

*Prayers of intercession and thanksgiving are offered.*

*The Collect of the day or the following is used:*

Heal us, O God, from all our afflictions  
and keep us steadfast in your love;  
bind up our wounds,  
raise us from death,  
and lead us to fullness of life;  
through Jesus Christ our Saviour.

*All* **Amen.**

The Lord's Prayer

Looking for the coming of his kingdom,  
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 Conclusion*

**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.**

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