



Daily Prayer

Monday in Ordinary Time

Chelmsford Cathedral Morning Prayer

Monday

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

All Your throne has been established from of old;
you are from everlasting. Alleluia.

**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.
Alleluia!**

This hymn or another is sung:

**How deep the riches of our God,
His wisdom how sublime,
How high his judgements soar above
All judgement of mankind.**

**What mind has read the mind of God,
Or given him counsel sure?
Who from his riches gave to God
What was not first received?**

**From God all things created flow;
All things through him exist;
To him for judgement all return,
To whom all praise is due.**

**To God the Father, fount of grace,
Through his beloved Son,
With God their Spirit, bond of love,
Be glory evermore.**

Words: James Quinn SJ (1919-2010)

Tune: Plainsong (CANTON) or SAINT BOTOLPH (Gordon Slater (1896-1979))

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: 8/6; 27/7; 14/9; 145, 150

Week 2: 15/6; 3/8; 21/9; 65, 150

Week 3: 22/6; 10/8; 28/9; 121, 150

Week 4: 29/6; 17/8; 5/10 99, 150

Week 5: 6/7; 24/8; 12/10 47, 150

Week 6: 13/7; 31/8; 19/10 111, 150

Week 7: 11/6; 20/7; 7/9; 26/10 93, 150

Canticle: A Song of Deliverance

**All the earth, shout and sing for joy,
for great in your midst is the Holy One.**

1 'Behold, God is my salvation;

I will trust and will not be afraid;

2 'For the Lord God is my strength and my song,
and has become my salvation.'

3 With joy you will draw water
from the wells of salvation.

4 On that day you will say,
'Give thanks to the Lord, call upon his name;

5 'Make known his deeds among the nations,
proclaim that his name is exalted.

6 'Sing God's praises, who has triumphed gloriously;
let this be known in all the world.

7 'Shout and sing for joy, you that dwell in Zion,

for great in your midst is the Holy One of Israel.' Isaiah 12.2-6

**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 the earth, shout and sing for joy,
for great in your midst is the Holy One.**

Reading

LECTIONARY

for daily prayer from Ascension

GOSPEL – for the end of Morning Prayer

1/6	I Samuel 2.1-10	Luke 1. 39-49
8/6	Ecclesiastes 7:1-14	Matthew 5. 1-12
15/6	Numbers 9. 15-23	Matthew 5. 38-42
22/6	Numbers 16. 1-19	Matthew 7. 1-5
29/6	Numbers 22. 1-21	Matthew 16. 13-19
6/7	Numbers 32. 1-6, 16-27	Matthew 9. 18-36
13/7	Joshua 2. 1-14	Matthew 10.34 -11.1
20/7	Joshua 7. 1-13	Matthew 12. 38-42
27/7	Joshua 24. 16-33	Matthew 13. 36-43
3/8	Judges 6. 25-40	Matthew 14. 13-21
10/8	Judges 12. 1-7	Matthew 17.22-end
17/8	Judges 17. 1-13	Matthew 19.16-22
24/8	Genesis 28. 1-10	Luke 22. 24-30
31/8	Job 12. 1-6, 13-25	Luke 4. 16-30
7/9	Job 32. 1-10, 19-33.1, 19-28	Luke 6. 6-11
14/9	Genesis 3. 1-15	John 3. 13-17
21/9	I Kings 19. 15-21	Matthew 9. 9-13
28/9	Hosea 2. 14-23	Luke 9. 46-50
5/10	Hosea 14. 1-9	Luke 10. 25-37
12/10	Micah 7. 1-7	Luke 11. 29-32
19/10	Ecclesiasticus 4.20-5.7	Luke 12. 13-21
26/10	Ecclesiasticus 19.4-17	Matthew 9. 35-end

After a short pause for reflection, this responsory is said

Trust in the Lord with all your heart;
and be not wise in your own sight

**All Trust in the Lord with all your heart;
and be not wise in your own sight**

In all your ways acknowledge him
and he will make straight your paths.

All Trust in the Lord with all your heart;
Glory to the Father and to the Son
and to the Holy Spirit

**All Trust in the Lord with all your heart;
and be not wise in your own sight**

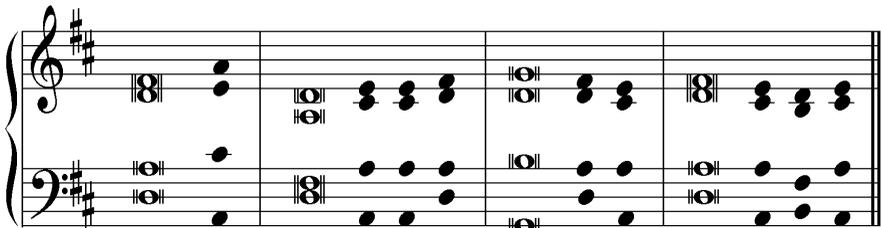
from Proverbs 3

Gospel Canticle – Benedictus

Refrain



*You have set us free to worship you without fear,
holy and righteous in your sight.*



- 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.

*You have set us free to worship you without fear,
holy and righteous in your sight.*

Prayers of intercession and thanksgiving are offered.

The Collect of the day or the following is used:

Lord our God,
as with all creation
we offer you the life of this new day,
give us grace to love and serve you
to the praise of 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 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

Monday

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

This or another office hymn is sung:

**O, good Creator, God most high
Who spread the ocean of the sky,
And with a word of thundering force,
Divide chaotic water's course.**

**Who give the rains a lofty place
And guide the rivers as they race,
That flowing waters be at hand
To save the scorched and thirsty land;**

**O flood us from your font above
With living waters of your love,
To bathe in grace the wounded part
Of every troubled human heart.**

**Restore our weak and weary sight
In streams of faith's abundant light,
And turn our quest for passing things
To thirst for everlasting springs.**

**O Father, this we ask be done
Through Jesus Christ, your only Son,
Whom in the Spirit we adore:
One God who reigns for evermore.**

Words: Keith McClellan © 1994 St Meinrad Archabey, 200 Hill Drive, St. Meinrad,
Indiana 47577

Tune: Plainsong or VON HIMMEL HOCH or other LM

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: 8/6; 27/7; 14/9;	33 or 104
Week 2: 15/6; 3/8; 21/9;	68.1-20, 33-end
Week 3: 22/6; 10/8; 28/9;	122, 126
Week 4: 29/6; 17/8; 5/10	18 (1-20 or 21-50)
Week 5: 6/7; 24/8; 12/10	8, 29
Week 6: 13/7; 31/8; 19/10	133, 138
Week 7: 1/6; 20/7; 7/9; 26/10	139

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 God's grace

All The glorious grace of God is freely bestowed on us in the Beloved

1 Blessed are you,
the God and Father of our Lord Jesus Christ,
for you have blest us in Christ Jesus
with every spiritual blessing in the heavenly places.

2 You chose us to be yours in Christ
before the foundation of the world,
that we should be holy and blameless before you.

3 In love you destined us for adoption as your children,
through Jesus Christ,
according to the purpose of your will,
4 To the praise of your glorious grace,
which you freely bestowed on us in the Beloved.
5 In you, we have redemption
through the blood of Christ,
the forgiveness of our sins,
6 According to the riches of your grace,
which you have lavished upon us.
7 You have made known to us, in all wisdom and insight,
the mystery of your will,
8 According to your purpose
which you set forth in Christ,
as a plan for the fullness of time,
9 To unite all things in Christ,
things in heaven and things on earth.

Ephesians 1.3-10

**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 The glorious grace of God is freely bestowed on us
in the Beloved**

The Gospel for the day may be read:

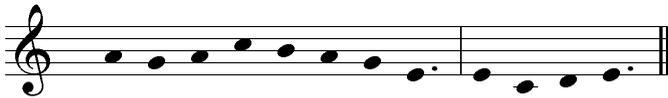
1/6	Luke 1. 39-49
8/6	Matthew 5. 1-12
15/6	Matthew 5. 38-42
22/6	Matthew 7. 1-5
29/6	Matthew 16. 13-19
6/7	Matthew 9. 18-36
13/7	Matthew 10.34 -11.1
20/7	Matthew 12. 38-42
27/7	Matthew 13. 36-43
3/8	Matthew 14. 13-21
10/8	Matthew 17.22-end
17/8	Matthew 19.16-22

24/8	Luke 22. 24-30
31/8	Luke 4. 16-30
7/9	Luke 6. 6-11
14/9	John 3. 13-17
21/9	Matthew 9. 9-13
28/9	Luke 9. 46-50
5/10	Luke 10. 25-37
12/10	Luke 11. 29-32
19/10	Luke 12. 13-21
26/10	Matthew 9. 35-end

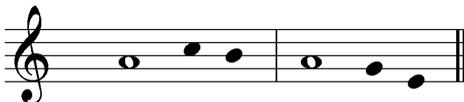
After a short pause for reflection, this responsory is said

- Sing to the Lord and bless his name;
All tell out his salvation from day to day.
 God has gone up with a merry noise;
All sing to the Lord and bless his name.
 The Lord with the sound of the trumpet:
All tell out his salvation from day to day.
 He has led captivity captive, and given gifts to his people.
All Sing to the Lord and bless his name;
tell out his salvation from day to day. *from Psalms 47 and 68*

Gospel Canticle – Magnificat



- All My spirit rejoices in - you, O God,
 my soul proclaims your greatness.**



- I 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 My spirit rejoices in - you, O God,
my soul proclaims your greatness.**

Prayers of intercession and thanksgiving are offered.

The Collect of the day or the following is used:

Kindle in our hearts, O God,
the flame of love which never ceases,
that it may burn in us, giving light to others.
May we shine for ever in your temple,
set on fire with your eternal light,
even your Son Jesus Christ,
our Saviour and our Redeemer.

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.**

Let us bless the Lord.

All **Thanks be to God.**