



**MORNING PRAYER**  
*on the*  
**EIGHTH SUNDAY AFTER TRINITY**

30 July 2023 at 10 a.m.

*All stand as the officiant enters.*

**Opening Hymn**      505    Be thou my vision

**Scriptural Sentences & Exhortation to Confession**

**General Confession**

*All.*    Almighty and most merciful Father, We have erred and strayed from thy ways like lost sheep, We have followed too much the devices and desires of our own hearts, We have offended against thy holy laws, We have left undone those things which we ought to have done, And we have done those things which we ought not to have done; And there is no health in us. But thou, O Lord, have mercy upon us, miserable offenders. Spare thou them, O God, which confess their faults. Restore thou them that are penitent; According to thy promises declared unto mankind in Christ Jesu our Lord. And grant, O most merciful Father, for his sake, That we may hereafter live a godly, righteous, and sober life, To the glory of thy holy Name. Amen.

**Lord's Prayer** (*together*)

## Opening Versicles & Responses

*Officiant.* O Lord, open thou our lips.  
*People.* **And our mouth shall show forth thy praise.**

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

*All stand.*

*Officiant.* Glory be to the Father and to the Son and to the Holy Ghost;  
*People.* **As it was in the beginning, is now, and ever shall be, world without end. Amen.**

*Officiant.* Praise ye the Lord;  
*People.* **The Lord's Name be praised.**

*The congregation joins in singing,*

**Venite, Exultemus Domino.** (Psalm 95)



O come, let us **sing** unto the LORD: / let us heartily rejoice in the **strength** of our salvation.

Let us come before his **pres**-ence with thanksgiving, / and show ourselves **glad** in him with psalms.

For the LORD is a **great** God, / and a great **King** above all gods.

In his hand are all the **cor**-ners of the earth: / and the **strength** of the hills is his also.

The sea is **his**, and he made it: / and his **hands** prepared the dry land.

O come, let us worship, and **fall** down, / and **kneel** before the LORD our Maker.

For he is the **Lord** our God; / and we are the people of his pasture, **and** the sheep of his hand.

Today, O that ye would **hear** his voice: / 'Harden not your hearts as in the Provocation, and as in the day of Temp-**ta**-tion in the wilderness;

When your fathers **temp**-ted me, / proved **me**, and saw my works.

Forty years long was I grieved with that gen-**er**-ation, and said, / It is a people that do err in their hearts, for they **have** not known my ways;

Unto whom I **sware** in my wrath, / that they should not **en-ter** into my rest.

Glory be to the Father, and **to** the Son, / and **to** the Holy Ghost;

As it was in the beginning, is now, and **ev-er** shall be; / world without **end**. Amen.

**Psalms 39**      *The congregation sits and the psalms are said responsively,*

I said, 'I will take heed to my ways, / that I offend not in my tongue;

**I will keep my mouth as it were with a bridle, / while the ungodly is in my sight.'**

I held my tongue, and spake nothing: / I kept silence, yea, even from good words; but it was pain and grief to me.

**My heart was hot within me, and while I was thus musing the fire kindled, / and at the last I spake with my tongue:**

'LORD, let me know mine end, and the number of my days: / let me know how frail I am.

**Behold, thou hast made my days as it were a span long, and mine age is even as nothing in respect of thee; / and verily every man living is altogether vanity.**

For man walketh as a vain shadow, and disquieteth himself in vain; / he heapeth up riches, and cannot tell who shall gather them.'

**And now, Lord, what is my hope? / truly my hope is even in thee.**

Deliver me from all mine offences; / make me not the reproach of the foolish.

**I became dumb, and opened not my mouth; / for it was thy doing.**

Take thy plague away from me: / I am even consumed by the means of thy heavy hand.

**When thou with rebukes dost chasten man for sin, thou makest his beauty to consume away, like as it were a moth fretting a garment; / every man therefore is but vanity.**

Hear my prayer, O LORD, and with thine ears consider my calling; / hold not thy peace at my tears.

**For I am a stranger with thee, / and a sojourner, as all my fathers were.**

O spare me a little, that I may recover my strength, / before I go hence, and be no more seen.

## **Psalm 41**

Blessed is he that considereth the poor and needy; / the LORD shall deliver him in the time of trouble.

**The LORD preserve him, and keep him alive, that he may be blessed in the land; / and deliver not thou him into the will of his enemies.**

The LORD comfort him when he lieth sick upon his bed; / thou makest all his bed in his sickness.

**I said, 'LORD, be merciful unto me; / heal my soul, for I have sinned against thee.'**

Mine enemies speak evil of me, / saying, 'When shall he die, and his name perish?'

**And if he come to see me, he speaketh vanity, / and his heart conceiveth falsehood within himself, and when he goeth forth he telleth it.**

All mine enemies whisper together against me; / even against me do they imagine this evil.

**'Some deadly thing', say they, 'hath laid hold upon him; / and now that he lieth, he shall rise up no more.'**

Yea, even mine own familiar friend, whom I trusted, / who did also eat of my bread, hath lift up his heel against me.

**But be thou merciful unto me, O LORD; / raise thou me up, and I shall reward them.**

By this I know thou favourest me, / that mine enemy doth not triumph against me.

**And as for me, because of mine innocency thou hast upheld me, / and hast set me before thy face for ever.**

Blessed be the LORD, the God of Israel, / world without end. Amen and Amen.

*At the conclusion of the Psalms, please stand for the 'Glory Be.'*

Glory be to the Father, and to the Son, / and to the Holy Ghost;

**As it was in the beginning, is now, and ever shall be; / world without end. Amen.**

*Please be seated.*

**First Lesson**

Judges 16:4-31

*All stand.***Office Hymn**

345 King of glory, King of peace

**Te Deum Laudamus** (*said together*)

We praise thee, O God; we acknowledge thee to be the Lord.  
All the earth doth worship thee, the Father everlasting.  
To thee all Angels cry aloud, the Heavens and all the Powers therein.  
To thee Cherubim and Seraphim continually do cry,  
Holy, Holy, Holy, Lord God of hosts;  
Heaven and earth are full of the Majesty of thy glory.  
The glorious company of the Apostles praise thee;  
The goodly fellowship of the Prophets praise thee;  
The noble army of Martyrs praise thee;  
The holy Church throughout all the world doth acknowledge thee,  
The Father, of an infinite Majesty;  
Thine honourable, true, and only Son;  
Also the Holy Ghost, the Comforter.

Thou art the King of Glory, O Christ.

Thou art the everlasting Son of the Father.

When thou tookest upon thee to deliver man, thou didst not abhor  
the Virgin's womb.

When thou hadst overcome the sharpness of death, thou didst open  
the kingdom of heaven to all believers.

Thou sittest at the right hand of God, in the glory of the Father.

We believe that thou shalt come to be our Judge.

We therefore pray thee, help thy servants, whom thou hast redeemed  
with thy precious blood.

Make them to be numbered with thy Saints, in glory everlasting.

O Lord, save thy people, and bless thine heritage;

Govern them, and lift them up for ever.

Day by day we magnify thee;

And we worship thy Name, ever world without end.

Vouchsafe, O Lord, to keep us this day without sin.

O Lord, have mercy upon us, have mercy upon us.

O Lord, let thy mercy lighten upon us, as our trust is in thee.

O Lord, in thee have I trusted: let me never be confounded.

*Please be seated.***Second Lesson**

Mark 9:30-50

*All stand.*

**Benedictus** (*said together*)

Blessed be the Lord God of Israel;  
for he hath visited and redeemed his people;

And hath raised up a mighty salvation for us,  
in the house of his servant David;

As he spake by the mouth of his holy Prophets,  
which have been since the world began;

That we should be saved from our enemies,  
and from the hands of all that hate us;

To perform the mercy promised to our forefathers,  
and to remember his holy covenant;

To perform the oath which he sware to our forefather Abraham,  
that he would grant us

That we being delivered out of the hands of our enemies  
might serve him without fear,

In holiness and righteousness before him,  
all the days of our life.

AND thou, child, shalt be called the Prophet of the Highest:  
for thou shalt go before the face of the Lord to prepare his ways;

To give knowledge of salvation unto his people  
for the remission of their sins;

Through the tender mercy of our God;  
whereby the day-spring from on high hath visited us;

To give light to them that sit in darkness, and in the shadow of death,  
and to guide our feet into the way of peace.

*Officiant.*        Glory be to the Father, and to the Son,  
                          and to the Holy Ghost;

*People.*            **As it was in the beginning, is now, and ever shall be;  
world without end. Amen.**

## Apostles' Creed *(together)*

I believe in God the Father Almighty, Maker of heaven and earth:

And in Jesus Christ his only Son our Lord, Who was conceived by the Holy Ghost, Born of the Virgin Mary, Suffered under Pontius Pilate, Was crucified, dead, and buried: He descended into hell; The third day he rose again from the dead; He ascended into heaven, And sitteth on the right hand of God the Father Almighty; From thence he shall come to judge the quick and the dead.

I believe in the Holy Ghost; The holy Catholic Church; The Communion of Saints; The Forgiveness of sins; The Resurrection of the body, And the Life everlasting. Amen.

*Officiant.* The Lord be with you.

*People.* **And with thy spirit.**

*Officiant.* Let us pray.

*All kneel.*

*Officiant.* Lord, have mercy upon us.

*People.* **Christ, have mercy upon us.**

*Officiant.* Lord, have mercy upon us.

**Our Father who art in heaven, ...**

**But deliver us from evil. Amen.**

*Officiant.* O Lord, show thy mercy upon us;

*People.* **And grant us thy salvation.**

*Officiant.* O Lord, save the King;

*People.* **And mercifully hear us when we call upon thee.**

*Officiant.* Endue thy Ministers with righteousness;

*People.* **And make thy chosen people joyful.**

*Officiant.* O Lord, save thy people;

*People.* **And bless thine inheritance.**

*Officiant.* Give peace in our time, O Lord;

*People.* **And evermore mightily defend us.**

*Officiant.* O God, make clean our hearts within us;

*People.* **And take not thy Holy Spirit from us.**

**The Collects**

*Book of Common Prayer, pp. 229, 11–12*

**Hymn**

496 Teach me, my God and King

**Homily**

**Anthem**

"Libera me" from *Requiem*

Gabriel Fauré (1845-1924)

Deliver me, O Lord, from eternal death in that awful day when heaven and earth shall be moved, when thou shalt come to judge the world by fire.

**The Prayers & the Grace**

*All kneel.*

**Final Hymn**

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Jesus shall reign where'er the sun

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