

## Morning Prayer - Monday and daily in Pentecost

### PREPARATION

Haere mai, e te Wairua Tapu. Ūhia mai tōu aroha noa.

Haere oho rere mai, e te Wairua Tapu

Whakareia mai tōu aroha noa

I roto i tō Wairua āwhiowhio o te hau marangai

Whakapūmautia a runga, a raro, a waho, a roto

Kia mura tonu ake ko tōu ahi kā

Kia kore e taea te tineia i roto i āu pononga

Te mura o tō wairua. **Āmine.**

O Lord, open our lips;

**And our mouth shall proclaim your praise.**

Blessèd are you, creator God;

to you be glory and praise for ever!

[Your Spirit moved over the face of the waters  
to bring light and life to your creation.]

Pour out your Spirit on us this day,

that we may walk as children of light

and by your grace reveal your presence,

Creator, Redeemer, and Giver of Life:

**Blessèd be God for ever!**

*The following is said:*

God orders all things well:

**O come let us worship.**

*Or, in Pentecost:*

Alleluia! The spirit of God fills the whole world:

**O come, let us worship. Alleluia!**

*Or, on feasts of Apostles & Evangelists:*

(Alleluia!) Christ the corner-stone has built

his Church upon the apostles and prophets:

**O come, let us worship. (Alleluia!)**

*Or, on feasts of Missionaries:*

(Alleluia!) Christ has proclaimed his gospel in all lands:

**O come, let us worship. (Alleluia!)**

*An opening psalm or canticle may be used.*

*A hymn may be sung.*

*THE OPENING PRAYER may be said.*

The night has passed and the day lies open before us;

let us pray with one heart and mind:

*(Silence may be 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. **Amen.**

**THE WORD OF GOD** — *see the introduction*

*the Psalm(s) - the following may be used, those in the Lectionary, or those in the Alternate Table of Psalms*

### Week 1 & Sundays in Pentecost — Psalm 103

- 1 Praise the Lord O my soul:  
and all that is within me  
praise God's holy name.
- 2 Praise the Lord O my soul:  
and forget not all that God has done for you.
- 3 The Lord forgives you all your sin:  
and heals you of all your infirmities.
- 4 The Lord saves your life from the grave:  
and crowns you with love and mercy.
- 5 The Lord fills your life with good things:  
so that your youth is renewed like the eagle's.
- 6 You Lord are righteous in your acts:  
and bring justice to all that are oppressed.
- 7 You showed your ways to Moses:  
your deeds to the children of Israel.
- 8 You are full of compassion and mercy:  
slow to anger and rich in kindness.
- 9 You will not always be chiding:  
nor do you keep your anger for ever.
- 10 You have not dealt with us according to our sins:  
nor punished us according to our wickedness.
- 11 For as the heavens are high above the earth:  
so great is your mercy over those who fear you.
- 12 As far as the east is from the west:  
so far have you put away our sins from us.
- 13 As parents have compassion on their children:  
so do you Lord have compassion  
on those who fear you.
- 14 For you know what we are made of:  
you remember that we are but dust.
- 15 Our days are like the grass:  
we flourish like a flower of the field.
- 16 But as soon as the wind goes over it, it is gone:  
and its place shall know it no more.
- 17 But your merciful goodness O Lord  
extends for ever toward those  
who fear you:  
and your righteousness to children's children,
- 18 when they are true to your covenant:  
and remember to keep your commandments.
- 19 You O Lord have established your throne  
in heaven:  
and you rule as sovereign over all.
- 20 O praise the Lord all you angels,  
you mighty ones who do God's bidding:  
and heed the command of the Most High.
- 21 Praise the Lord all you heavenly hosts:  
you servants who do God's will.
- 22 Praise the Lord all things created,  
in all places under God's rule:

praise the Lord O my soul.  
*Father,  
you sent your Son to bring us truth  
and your Spirit to make us holy;  
open our hearts to exalt you,  
open our lives to reveal you,  
our one true God,  
Father, Son and Holy Spirit. Amen.*

**Week 2 and Mondays in Pentecost — Psalm 65**

- 1 You O God are to be praised in Jerusalem:  
to you shall vows be performed.
- 2 You give heed to prayer:  
to you all mortals shall come  
to confess their sins.
- 3 The burden of our sins is too great for us:  
but you will purge them away.
- 4 Blessed are the people you choose,  
and bring to dwell in your courts:  
we shall be filled with the blessings  
of your house your holy temple.
- 5 With awesome deeds you answer  
our prayers for deliverance, O God our saviour:  
you that are the hope  
of all the ends of the earth,  
and of the far-off seas.
- 6 By your strength you made fast the mountains:  
and gird yourself round with power.
- 7 You still the raging of the seas,  
and the roar of their waves:  
and the tumult of the peoples.
- 8 The dwellers at the ends of the earth  
are awed by your wonders:  
you make the lands of sunrise and sunset  
resound with shouts of joy.
- 9 You visit the earth and water it:  
you make it very fruitful.
- 10 The waters of heaven brim over their channel:  
providing us with grain,  
for so you have prepared the land,
- 11 drenching its furrows, levelling its ridges:  
softening it with showers  
and blessing its growth.
- 12 You crown the year with your goodness:  
and your paths overflow with plenty.
- 13 The pastures of the wilderness  
abound with grass:  
and the hills are girded with joy.
- 14 The fields are clothed with sheep:  
the valleys are decked with wheat,  
so that they shout for joy and sing.

*Almighty God,  
fount of all wisdom, crown of all knowledge;  
give us eyes to see  
and minds to understand your marvellous works,  
that we may know you through your handiwork  
and use your creation to your glory;  
through Jesus Christ our Lord. Amen.*

**Week 3 & Tuesdays in Pentecost — Psalm 121**

- 1 I lift up my eyes to the hills:  
but where shall I look for help?
- 2 My help comes from the Lord:  
who has made heaven and earth.
- 3 The Lord will not let your foot stumble:  
the one who guards you will not sleep.
- 4 The one who keeps watch over this people:  
shall neither doze nor sleep.
- 5 The Lord is the one who will guard you:  
the Lord at your right hand  
will be your defence,
- 6 so that the sun shall not strike you by day:  
nor yet the moon by night.
- 7 The Lord shall preserve you from all evil:  
yes it is the Lord who will keep you safe.
- 8 The Lord shall take care of your  
going out, and your coming in:  
from this time forth and for ever.

*God of unchangeable power,  
you have revealed yourself  
to us as Father, Son and Holy Spirit;  
keep us firm in this faith  
that we may praise and bless your holy name;  
for you are one God now and for ever. Amen.*

**Week 4 & Wednesdays in Pentecost — Psalm 93**

- 1 You O Lord are king, you are clothed in majesty:  
you have robed yourself,  
and put on the girdle of strength.
- 2 You have made the world so firm:  
that it can never be moved.
- 3 Your throne O Lord has stood firm from of old:  
from all eternity you are God.
- 4 The waters have lifted up O Lord,  
the waters have lifted up their voice:  
the waters lift up their pounding waves.
- 5 Mightier than the noise of great waters,  
mightier than the waves of the sea:  
so the Lord on high is mighty.
- 6 Truly your law stands firm:  
holiness O Lord adorns your house for ever.

*Mighty God,  
strong, loving and wise,  
help us to depend upon your goodness*

*and to place our trust in your Son. Amen.*

**Week 5 & Thursdays in Pentecost — Psalm 47**

- 1 Clap your hands all you peoples:  
cry out to God with shouts of joy.
- 2 For the Lord most high is to be feared:  
and is the great sovereign over all the earth.
- 3 The Lord has subdued the peoples under us:  
and the nations under our feet.
- 4 The Lord chose a land to be our heritage:  
it is the pride of Jacob whom God loves.
- 5 God has gone up with shouts of triumph:  
the Lord has gone up  
with a fanfare of trumpets.
- 6 Sing praises, sing praises to God:  
sing praises, sing praises to our king.
- 7 For God is the king of all the earth:  
sing praises with your utmost skill.
- 8 God reigns over the nations:  
God is seated on a holy throne.
- 9 The princes of the nations assemble:  
with the people of the God of Abraham.
- 10 For the mighty ones of the earth  
have become the servants of God:  
the Lord is exalted over all.

*Almighty God,  
govern the hearts and minds of those in authority  
and mercifully grant that the peoples of the world,  
divided and torn apart by sin,  
may be brought together  
under the gentle rule of Christ. Amen.*

**Week 6 & Fridays in Pentecost — Psalm 111**

- 1 Whakamoemititia a Ihowa. / Praise the Lord.  
I will thank you O Lord with all my heart:  
in the company of the upright in their assembly.
- 2 Great are your works O Lord:  
and to be studied by all who delight in them.
- 3 Your deeds are full of majesty and splendour:  
and your righteousness endures for ever.
- 4 You have caused your marvellous acts  
to be remembered:  
you Lord are gracious and full of compassion.
- 5 You give food to those who fear you:  
you keep your covenant always in mind.
- 6 You have shown your people  
your power in action:  
by giving them the lands of other nations.
- 7 The works of your hands are faithful and just:  
and all your precepts are trustworthy.
- 8 They stand fast for ever and ever:  
they are grounded in truth and justice.

- 9 You sent redemption to your people,  
     you decreed your eternal covenant:  
     holy and awesome is your name.
- 10 The fear of you O Lord  
     is the beginning of wisdom,  
     those who revere you  
         have good understanding:  
     your praise shall endure for ever.

*Holy God, grant us the beginning of wisdom  
 and love to cast out every fear:  
 that we may grow more brave,  
 more ready to hear,  
 more ready to obey. Amen.*

**Week 7 & Saturdays in Pentecost — Psalm 150**

- 1 Whakamoemititia a Ihowa. / Praise the Lord.  
     O praise God in the holy place:  
     praise our God in the mighty heavens.
- 2 Praise the Lord for many acts of power:  
     praise our God for greatness beyond measure.
- 3 Praise the Lord with the sound of the trumpet:  
     praise our God upon the lute and harp.
- 4 Praise the Lord with timbrels and dancing:  
     praise our God upon the strings and pipe.
- 5 Praise the Lord with clash of cymbals:  
     praise our God upon resounding cymbals.
- 6 Let everything that has breath praise the Lord:  
     Whakamoemititia a Ihowa. / O praise the Lord.

*Praise and glory to you creator Spirit of God;  
 Like the dawn  
 you illuminate the world around us;  
 you grant us a new beginning every day.  
 Be with us Holy Spirit in all we say or think,  
 in all we do this and every day. Amen.*

THE NEW TESTAMENT CANTICLE

*If there are two Scripture Readings, the first may be read before the NT Canticle, or both may be read after it.*

Either: THE SONG OF OUR ADOPTION

- 1 Blessed are you,  
     God and Father of our Lord Jesus Christ:  
     you have blessed us in Christ with every  
     spiritual blessing in the heavenly realms.
- 2 Even before the world was made  
     you chose us to be yours in Christ:  
     that we should be holy and blameless  
     in your sight.
- 3 In love you destined us for adoption  
     as your children through Christ Jesus:  
     such was your pleasure and your purpose,
- 4 to the praise of your glorious grace:  
     which you have freely given us  
     in your beloved Son.

**Glory to . . .**

*Or: LIFE IN THE SPIRIT*

- 1 In Christ the life-giving law of the Spirit:  
has set us free from the law of sin and death.
- 2 All who are led by the Spirit of God  
are children of God:  
it is the Spirit that enables us to cry,  
Abba, Father.
- 3 The Spirit confirms that we are God's children:  
and if children then we are heirs.
- 4 We are heirs of God, and fellow-heirs with Christ:  
if we share his suffering now,  
in order to share his splendour hereafter.
- 5 The sufferings we now endure:  
bear no comparison  
with the splendour to be shown to us.
- 6 The created universe itself waits  
with eager longing:  
for the children of God to be revealed.

*based on Romans 8.2, 14-19*

**Glory to . . .**

*Or Song of Praise M. A SONG OF OUR TRUE NATURE*

**THE SCRIPTURE READING(S)**

*The Short Scripture Reading may be used, or those from the lectionary, either is followed by the Responsory, or*

*This RESPONSE to the reading may be used:*

**Come, Holy Spirit, fill the hearts of your people,  
And kindle in us the fire of your love.**

**THE GOSPEL CANTICLE: THE BENEDICTUS**

*Refrain:*

**God set us free to worship without fear;\*  
holy and righteous all the days of our life.**

*Or, in Pentecost:*

**Alleluia! God's love is shed abroad  
in our hearts\*  
through the Holy Spirit. Alleluia!**

*Or, on feasts of Apostles & Evangelists:*

**You did not choose me but I chose you;\*  
and I appointed you to go out and bear fruit,  
the fruit that shall last.**

*Or, on feasts of Missionaries:*

**Christ gave them as a light to the nations,\*  
that Christ's salvation might reach to the ends  
of the earth.**

The Song of Zechariah

- 1 Blessèd are you O Lord our God:  
you have come to your people and set them free.
- 2 You have raised up for us a mighty Saviour:

- born of the house of your servant David.
- 3 Through your holy prophets you promised of old:  
that you would save us from our enemies,  
from the hands of all who hate us.
  - 4 You promised to show mercy to our forebears:  
and to remember your holy covenant.
  - 5 This was the oath you swore to our father  
Abraham:  
to set us free from the hands of our enemies,
  - 6 free to worship you without fear:  
holy and righteous in your 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 the way,
  - 8 to give God's people knowledge of salvation:  
through the forgiveness of 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.

**Glory to God: Source of all being,  
Eternal Word, and Holy Spirit:  
as it was in the beginning, is now,  
and shall be for ever. Amen.**

*Or*

**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 refrain is repeated after the canticle.*

#### **THE PRAYERS**

*Intercession and Thanksgiving are offered in free prayer or in silence, ending with the following, [or some other appropriate litany or prayer]:*

In the morning, Lord, you hear our voice:  
we make our appeal and watch for you.

**Lord, have mercy. E te Ariki, kia aroha mai.**

Come, O Lord, and bless the righteous;  
defend them with your favour as with a shield.

**Christ, have mercy. E te Karaiti, kia aroha mai.**

Let all the earth fear you, O Lord our God;  
let all who dwell in the world stand in awe of you.

**Lord, have mercy. E te Ariki, kia aroha mai.**

*THE COLLECT of the day, or for Mondays*

Almighty and everlasting God,  
we thank you that you have brought us safely  
to the beginning of this day.



Keep us from falling into sin or running into danger,  
and guide us to do always what is right in your eyes;  
through Jesus Christ our Saviour . . .

*The Collect for the Pentecost Season*

Almighty God,  
at the feast of Pentecost  
you sent your Holy Spirit to the disciples,  
filling them with joy and boldness  
to preach the gospel;  
send us out in the power of the same Spirit  
to witness to your redeeming love  
and draw all people to you;  
through Jesus Christ our Lord,  
who lives and reigns with you  
and the Holy Spirit,  
one God now and for ever. **Amen.**

*The Lord's Prayer follows*

Being made one by the Spirit  
and as Christ teaches us we pray . . .

#### THE CONCLUSION

##### THE BLESSING

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

*ko tēnei rānei*

**Ma te Atua o te tūmanako,  
e whakaū ō tātou ngākau  
ki te koa, ki te rangimārie  
kia pono ai tātou,  
i runga i te ihi, i te mana,  
o te Wairua Tapu. Āmine.**

Let us bless the Lord.

**Thanks be to God.**

*Or, in Pentecost:*

**May God kindle in us the fire of love. Amen.**

Let us bless the Lord. Alleluia! Alleluia!

**Thanks be to God. Alleluia! Alleluia!**