

## ☩ Morning Prayer

### Easter Season

Friday, 19 April 2024

Alphege, Archbishop of Canterbury, Martyr, 1012 [Lesser Festival]

### Preparation

O Lord, open our lips

And our mouth shall proclaim your praise.

In your resurrection, O Christ,

Let heaven and earth rejoice. Alleluia.

One or more of the following is said or sung:

this or another prayer of thanksgiving

Blessed are you, Lord God of our salvation,

to you be praise and glory for ever.

As once you ransomed your people from Egypt

and led them to freedom in the promised land,

so now you have delivered us from the dominion of darkness

and brought us into the kingdom of your risen Son.

May we, the first fruits of your new creation,

rejoice in this new day you have made,

and praise you for your mighty acts.

Blessed be God, Father, Son and Holy Spirit.

All Blessed be God for ever.

a suitable hymn, or the Easter Anthems

1 Christ our passover has been sacrificed for us: ☩

so let us celebrate the feast,

2 not with the old leaven of corruption and wickedness: ☩

but with the unleavened bread of sincerity and truth.

1 Corinthians 5.7b, 8

3Christ once raised from the dead dies no more: □  
death has no more dominion over him.

4In dying he died to sin once for all: □  
in living he lives to God.

5See yourselves therefore as dead to sin: □  
and alive to God in Jesus Christ our Lord.

Romans 6.9-11

6Christ has been raised from the dead: □  
the first fruits of those who sleep.

7For as by man came death: □  
by man has come also the resurrection of the dead;

8for as in Adam all die: □  
even so in Christ shall all be made alive.

1 Corinthians 15.20-22

AllGlory 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 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 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.

AllAmen.

## The Word of God

# Psalmody

The appointed psalmody is said.

## Psalm 107

1 O give thanks to the Lord, for he is gracious, □  
for his steadfast love endures for ever.

2 Let the redeemed of the Lord say this, □  
those he redeemed from the hand of the enemy,

3 And gathered out of the lands  
from the east and from the west, □  
from the north and from the south.

4 Some went astray in desert wastes □  
and found no path to a city to dwell in.

5 Hungry and thirsty, □  
their soul was fainting within them.

6 So they cried to the Lord in their trouble □  
and he delivered them from their distress.

7 He set their feet on the right way □  
till they came to a city to dwell in.

8 *Let them give thanks to the Lord for his goodness □  
and the wonders he does for his children.*

9 *For he satisfies the longing soul □  
and fills the hungry soul with good.*

10 Some sat in darkness and in the shadow of death, □  
bound fast in misery and iron,

11 For they had rebelled against the words of God □  
and despised the counsel of the Most High.

12 So he bowed down their heart with heaviness; □  
they stumbled and there was none to help them.

13 Then they cried to the Lord in their trouble, □  
and he delivered them from their distress.

14 He brought them out of darkness and out of the shadow of death, □  
and broke their bonds asunder.

15 *Let them give thanks to the Lord for his goodness □  
and the wonders he does for his children.*

16 *For he has broken the doors of bronze □  
and breaks the bars of iron in pieces.*

17 Some were foolish and took a rebellious way, □  
and were plagued because of their wrongdoing.

18 Their soul abhorred all manner of food □  
and drew near to the gates of death.

19 Then they cried to the Lord in their trouble, □  
and he delivered them from their distress.

20 He sent forth his word and healed them, □  
and saved them from destruction.

21 *Let them give thanks to the Lord for his goodness □  
and the wonders he does for his children.*

22 *Let them offer him sacrifices of thanksgiving □  
and tell of his acts with shouts of joy.*

23 Those who go down to the sea in ships □  
and ply their trade in great waters,

24 These have seen the works of the Lord □  
and his wonders in the deep.

25 For at his word the stormy wind arose □  
and lifted up the waves of the sea.

26 They were carried up to the heavens  
and down again to the deep; □  
their soul melted away in their peril.

27 They reeled and staggered like a drunkard □  
and were at their wits' end.

28 Then they cried to the Lord in their trouble, □  
and he brought them out of their distress.

29 He made the storm be still □  
and the waves of the sea were calmed.

30 Then were they glad because they were at rest, □  
and he brought them to the haven they desired.

31 *Let them give thanks to the Lord for his goodness □  
and the wonders he does for his children.*

32 *Let them exalt him in the congregation of the people □  
and praise him in the council of the elders.*

33 The Lord turns rivers into wilderness □  
and water springs into thirsty ground;

34 A fruitful land he makes a salty waste, □  
because of the wickedness of those who dwell there.

35 He makes the wilderness a pool of water □  
and water springs out of a thirsty land.

36 There he settles the hungry □  
and they build a city to dwell in.

37 They sow fields and plant vineyards □  
and bring in a fruitful harvest.

38 He blesses them, so that they multiply greatly; □  
he does not let their herds of cattle decrease.

39 He pours contempt on princes □  
and makes them wander in trackless wastes.

40 They are diminished and brought low, □  
through stress of misfortune and sorrow,

41 But he raises the poor from their misery □  
and multiplies their families like flocks of sheep.

42 The upright will see this and rejoice, □

but all wickedness will shut its mouth.

43 Whoever is wise will ponder these things □

and consider the loving-kindness of the Lord.

O living Christ,

rescue us from foolish passion

and still the storms of our self-will;

and, as you are our anchor in this life,

so bring us to the haven you have prepared for us;

for your mercy's sake.

Each psalm or group of psalms may end with

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.

If there are two Scripture readings, the first may be read here, or both may be read after the canticle.

## Exodus 28.1-4a, 29-38

Bring near to you your brother Aaron, and his sons with him, from among the Israelites, to serve me as priests—Aaron and Aaron’s sons, Nadab and Abihu, Eleazar and Ithamar. You shall make sacred vestments for the glorious adornment of your brother Aaron. And you shall speak to all who have ability, whom I have endowed with skill, that they make Aaron’s vestments to consecrate him for my priesthood. These are the vestments that they shall make: a breastpiece, an ephod, a robe, a chequered tunic, a turban, and a sash.

So Aaron shall bear the names of the sons of Israel in the breastpiece of judgement on his heart when he goes into the holy place, for a continual remembrance before the Lord. In the breastpiece of judgement you shall put the Urim and the Thummim, and they shall be on Aaron’s heart when he goes in before the Lord; thus Aaron shall bear the judgement of the Israelites on his heart before the Lord continually.

You shall make the robe of the ephod all of blue. It shall have an opening for the head in the middle of it, with a woven binding round the opening, like the opening in a coat of mail, so that it may not be torn. On its lower hem you shall make pomegranates of blue, purple, and crimson yarns, all round the lower hem, with bells of gold between them all round—a golden bell and a pomegranate alternating all round the lower hem of the robe. Aaron shall wear it when he ministers, and its sound shall be heard when he goes into the holy place before the Lord, and when he comes out, so that he may not die.

You shall make a rosette of pure gold, and engrave on it, like the engraving of a signet, ‘Holy to the Lord.’ You shall fasten it on the turban with a blue cord; it shall be on the front of the turban. It shall be on Aaron’s forehead, and Aaron shall take on himself any guilt incurred in the holy offering that the Israelites consecrate as

their sacred donations; it shall always be on his forehead, in order that they may find favour before the Lord.

## Canticle

The Song of Moses and Miriam, or another suitable canticle, for example, [number 23 \(page 574\)](#) or [number 32 \(page 583\)](#), may be said

Refrain:

All  
In your unfailing love, O Lord,  
you lead the people whom you have redeemed. Alleluia.

1  
I will sing to the Lord, who has triumphed gloriously,   
the horse and his rider he has thrown into the sea.

2  
The Lord is my strength and my song   
and has become my salvation.

3  
This is my God whom I will praise,   
the God of my forebears whom I will exalt.

4  
The Lord is a warrior,   
the Lord is his name.

5  
Your right hand, O Lord, is glorious in power:   
your right hand, O Lord, shatters the enemy.

6  
At the blast of your nostrils, the sea covered them;   
they sank as lead in the mighty waters.

7  
In your unfailing love, O Lord,   
you lead the people whom you have redeemed.

8  
And by your invincible strength   
you will guide them to your holy dwelling.

9  
You will bring them in and plant them, O Lord,   
in the sanctuary which your hands have established.

Exodus 15.1b-3, 6, 10, 13, 17

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.

AllIn your unfailing love, O Lord,  
you lead the people whom you have redeemed. Alleluia.

Scripture Reading

One or more readings appointed for the day are read.

The reading(s) may be followed by a time of silence.

Luke 2.1-20

In those days a decree went out from Emperor Augustus that all the world should be registered. This was the first registration and was taken while Quirinius was governor of Syria. All went to their own towns to be registered. Joseph also went from the town of Nazareth in Galilee to Judea, to the city of David called Bethlehem, because he was descended from the house and family of David. He went to be registered with Mary, to whom he was engaged and who was expecting a child. While they were there, the time came for her to deliver her child. And she gave birth to her firstborn son and wrapped him in bands of cloth, and laid him in a manger, because there was no place for them in the inn.

In that region there were shepherds living in the fields, keeping watch over their flock by night. Then an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, ‘Do not be afraid; for see—I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Saviour, who is the Messiah, the Lord. This will be a sign for you: you will find a child wrapped in bands of cloth and lying in a manger.’ And suddenly there was with the angel a multitude of the heavenly host, praising God and saying,  
  
‘Glory to God in the highest heaven,  
  
and on earth peace among those whom he favours!’

When the angels had left them and gone into heaven, the shepherds said to one another, ‘Let us go now to Bethlehem and see this thing that has taken place, which the Lord has made known to us.’ So they went with haste and found Mary and Joseph, and the child lying in the manger. When they saw this, they made known what had been told them about this child; and all who heard it were amazed at what the shepherds told them. But Mary treasured all these words and pondered them in her heart. The shepherds returned, glorifying and praising God for all they had heard and seen, as it had been told them.

A suitable song or chant, or a responsory in this or another form, may follow

Death is swallowed up in victory.  
  
AllWhere, O death, is your sting?  
  
Christ is risen from the dead,  
  
the first fruits of those who have fallen asleep.  
  
AllDeath is swallowed up in victory.  
  
The trumpet will sound  
  
and the dead shall be raised.  
  
AllWhere, O death, is your sting?



We shall not all sleep,  
but we shall be changed.  
AllDeath is swallowed up in victory.  
Where, O death, is your sting?

from 1 Corinthians 15

## Gospel Cantic

The Benedictus (The Song of Zechariah) is normally said,  
or [The Song of Christ's Glory \(page 619\)](#) may be said

Refrain:

All Blessed are those who are persecuted for the cause of right,  
for theirs is the kingdom of heaven. Alleluia.

1Blessed be the Lord the God of Israel, □  
who has come to his people and set them free.

2He has raised up for us a mighty Saviour, □  
born of the house of his servant David.

3Through his holy prophets God promised of old □  
to save us from our enemies,  
from the hands of all that hate us,

4To show mercy to our ancestors, □  
and to remember his holy covenant.

5This was the oath God swore to our father Abraham: □  
to set us free from the hands of our enemies,

6Free to worship him without fear, □  
holy and righteous in his sight  
all the days of our life.

7And you, child, shall be called the prophet of the Most High, □  
for you will go before the Lord to prepare his way,

8To give his people knowledge of salvation □  
by the forgiveness of all their sins.

9In the tender compassion of our God ☩  
the dawn from on high shall break upon us,

10To 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

AllGlory 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.

Refrain:

All Blessed are those who are persecuted for the cause of right,  
for theirs is the kingdom of heaven. Alleluia.

# Prayers

Intercessions are offered

- ¶ for the day and its tasks
- ¶ for the world and its needs
- ¶ for the Church and her life

Prayers may include the following concerns from the [cycle on pages 364–365](#)

- ¶ The people of God, that they may proclaim the risen Lord
- ¶ God’s creation, that the peoples of the earth may meet their responsibility to care
- ¶ Those in despair and darkness, that they may find the hope and light of Christ
- ¶ Those in fear of death, that they may find faith through the resurrection
- ¶ Prisoners and captives

A form of prayer found [on page 382](#) may be used.

These responses may be used

Lord, in your mercy  
hear our prayer

(or)

Lord, hear us.

Lord, graciously hear us.

Silence may be kept.

The Collect of the day is said

Merciful God,

who raised up your servant Alphege

to be a pastor of your people

and gave him grace to suffer for justice and true religion:

grant that we who celebrate his martyrdom

may know the power of the risen Christ in our hearts

and share his peace in lives offered to your service;

through Jesus Christ your Son our Lord,

who is alive and reigns with you,

in the unity of the Holy Spirit,

one God, now and for ever.

AllAmen.

The Lord's Prayer is said

Rejoicing in God's new creation,

as our Saviour taught us, so we pray

AllOur 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.

(or)

Rejoicing in God’s new creation,  
let us pray with confidence as our Saviour has taught us

AllOur Father, who art in heaven,  
  
hallowed be thy name;  
  
thy kingdom come;  
  
thy will be done;  
  
on earth as it is in heaven.  
  
Give us this day our daily bread.  
  
And forgive us our trespasses,  
  
as we forgive those who trespass against us.  
  
And lead us not into temptation;  
  
but deliver us from evil.  
  
For thine is the kingdom,  
  
the power and the glory,  
  
for ever and ever.  
  
Amen.

## The Conclusion

May the risen Christ grant us the joys of eternal life.  
  
AllAmen.

Let us bless the Lord. Alleluia, alleluia.  
  
AllThanks be to God. Alleluia, alleluia.

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