

Morning Prayer for 31st March 2021

You may wish to light a candle while we pray

You are my help and my deliverer;
LORD, do not delay.

Psalm 70:5b

Opening Sentences

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

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

Pause for reflection as you offer the day to God.

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.

Psalm 70

- ¹ Hasten, O God, to save me;
come quickly, LORD, to help me.
- ² May those who want to take my life
be put to shame and confusion;
may all who desire my ruin
be turned back in disgrace.
- ³ May those who say to me, "Aha! Aha!"
turn back because of their shame.
- ⁴ But may all who seek you
rejoice and be glad in you;
may those who long for your saving help always say,
"The LORD is great!"

⁵ But as for me, I am poor and needy;
come quickly to me, O God.
You are my help and my deliverer;
LORD, do not delay.

**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.**

Bible Reading: Hebrews 12:1-3

12 Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

This is the word of the Lord
Thanks be to God

Prayers

Almighty and everlasting God,
who in your tender love towards the human race
sent your Son our Saviour Jesus Christ
to take upon him our flesh
and to suffer death upon the cross:
grant that we may follow the example of his patience and
humility, and also be made partakers of his resurrection;
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.

Amen.

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us
from your love in Christ Jesus our Lord.

Amen.

*Space will be left for personal intercessory prayer – either silent
or out loud.*

**Merciful Father,
accept these prayers
for the sake of your Son, our Saviour Jesus Christ.
Amen**

We say together the prayer which Jesus taught us;

**Our 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

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

Let us bless the Lord.
Thanks be to God.

Please do stay on for virtual coffee and a catch up if you can.

