

# St Cuthbert's, Colinton

## Morning Prayer: New Life the Lord

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

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.**

**Antiphon:** Christ has been raised from the dead:  
**the first fruits of those who sleep** (1 Cor 15:20)

### 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.**
- 3 Christ once raised from the dead dies no more;  
death has no more dominion over him.
- 4 **In dying, he died to sin once for all;  
in living, he lives to God.**
- 5 See yourselves therefore as dead to sin,  
and alive to God in Jesus Christ our Lord.
- 6 **Christ has been raised from the dead,  
the first fruits of those who sleep.**
- 7 For as by man came death,  
by man has come also the resurrection of the dead.

**8 For as in Adam all die,  
even so in Christ shall all be made alive.**

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.**

## **PSALMODY**

*Each day has its own psalm, which is then followed by the concluding psalm on page 9.*

### **Monday - Psalm 9**

- 1 I will give thanks to you, O Lord, with my whole heart;  
I will tell of all your marvellous works.
- 2 I will be glad and rejoice in you;  
I will sing to your name, O Most High.**
- 3 When my enemies are driven back,  
they will stumble and perish at your presence.
- 4 For you have maintained my right and my cause;  
you sit upon your throne judging right.**
- 5 You have rebuked the ungodly and destroyed the wicked;  
you have blotted out their name for ever and ever.
- 6 As for the enemy, they are finished, in perpetual ruin,  
their cities ploughed under, the memory of them perished;**
- 7 But the Lord is enthroned for ever;  
he has set up his throne for judgement.
- 8 It is he who rules the world with righteousness;  
he judges the peoples with equity.**

- 9 The Lord will be a refuge for the oppressed,  
a refuge in time of trouble.
- 10 Those who know your name will put their trust in you,  
for you never forsake those who seek you, O Lord.**
- 11 Sing praise to the Lord who dwells in Zion;  
proclaim to the peoples the things he has done.
- 12 The avenger of blood will remember them;  
he will not forget the cry of the afflicted.**
- 13 Have pity on me, O Lord;  
see the misery I suffer from those who hate me, O you who lift me up  
from the gate of death;
- 14 So that I may tell of all your praises and rejoice in your salvation  
in the gates of the city of Zion.**
- 15 The ungodly have fallen into the pit they dug,  
and in the snare they set is their own foot caught.
- 16 The Lord is known by his acts of justice;  
the wicked are trapped in the works of their own hands.**
- 17 The wicked shall be given over to the grave,  
and also all the peoples that forget God.
- 18 For the needy shall not always be forgotten,  
and the hope of the poor shall not perish for ever.**
- 19 Rise up, O Lord, let not the ungodly have the upper hand;  
let them be judged before you.
- 20 Put fear upon them, O Lord;  
let the ungodly know they are but mortal.**

Glory to the Father and to the Son  
And to the Holy Spirit,

**As it was in the beginning is now,  
And shall be forever. Amen**

Now go to page 9

**Tuesday - Psalm 18 vv 1-20**

- 1 I love you, O Lord my strength,  
O Lord my stronghold, my crag, and my haven.
- 2 **My God, my rock in whom I put my trust,  
my shield, the horn of my salvation, and my refuge; you are worthy of  
praise.**
- 3 I will call upon the Lord,  
and so shall I be saved from my enemies.
- 4 **The breakers of death rolled over me,  
and the torrents of oblivion made me afraid.**
- 5 The cords of hell entangled me,  
and the snares of death were set for me.
- 6 **I called upon the Lord in my distress  
and cried out to my God for help .**
- 7 He heard my voice from his heavenly dwelling;  
my cry of anguish came to his ears.
- 8 **The earth reeled and rocked;  
the roots of the mountains shook; they reeled because of his anger.**
- 9 Smoke rose from his nostrils and a consuming fire out of his mouth;  
hot burning coals blazed forth from him.
- 10 **He parted the heavens and came down  
with a storm cloud under his feet.**
- 11 He mounted on Cherubim and flew;  
he swooped on the wings of the wind.

- 12 He wrapped darkness about him;  
he made dark waters and thick clouds his pavilion.**
- 13 From the brightness of his presence, through the clouds,  
burst hailstones and coals of fire.
- 14 The Lord thundered out of heaven;  
the Most High uttered his voice.**
- 15 He loosed his arrows and scattered them;  
he hurled thunderbolts and routed them.
- 16 The beds of the seas were uncovered, and the foundations of the  
world laid bare, at your battle cry, O Lord, at the blast of the breath of  
your nostrils.**
- 17 He reached down from on high and grasped me;  
he drew me out of great waters.
- 18 He delivered me from my strong enemies and from those who hated  
me; for they were too mighty for me.**
- 19 They confronted me in the day of my disaster;  
but the Lord was my support.
- 20 He brought me out into an open place;  
he rescued me because he delighted in me.**

Glory to the Father and to the Son  
And to the Holy Spirit  
**As it was in the beginning is now,  
And shall be forever. Amen**

Now go to page 9

### **Wednesday - Psalm 126**

- 1 When the Lord restored the fortunes of Zion,  
then were we like those who dream.

- 2 **Then was our mouth filled with laughter,  
and our tongue with shouts of joy.**
- 3 Then they said among the nations,  
'The Lord has done great things for them.'
- 4 **The Lord has done great things for us,  
and we are glad indeed.**
- 5 Restore our fortunes, O Lord,  
like the watercourses of the Negev.
- 6 **Those who sowed with tears  
will reap with songs of joy.**
- 7 Those who go out weeping, carrying the seed,  
will come again with joy, shouldering their sheaves.

Glory to the Father and to the Son  
And to the Holy Spirit  
**As it was in the beginning is now,  
And shall be forever. Amen**

Now go to page 9

#### **Thursday - Psalm 92**

- 1 It is a good thing to give thanks to the Lord,  
and to sing praises to your name, O Most High;
- 2 **To tell of your loving-kindness early in the morning  
and of your faithfulness in the night season;**
- 3 On the psaltery, and on the lyre,  
and to the melody of the harp.
- 4 **For you have made me glad by your acts, O Lord;  
and I shout for joy because of the works of your hands.**

- 5 Lord, how great are your works!  
your thoughts are very deep.
- 6 The dullard does not know, nor does the fool understand,  
that though the wicked grow like weeds, and all the workers of  
iniquity flourish,**
- 7 They flourish only to be destroyed for ever;  
but you, O Lord, are exalted for evermore.
- 8 For lo, your enemies, O Lord, lo, your enemies shall perish,  
and all the workers of iniquity shall be scattered.**
- 9 But my horn you have exalted like the horns of wild bulls;  
I am anointed with fresh oil.
- 10 My eyes also gloat over my enemies,  
and my ears rejoice to hear the doom of the wicked who rise up  
against me.**
- 11 The righteous shall flourish like a palm tree,  
and shall spread abroad like a cedar of Lebanon.
- 12 Those who are planted in the house of the Lord  
shall flourish in the courts of our God;**
- 13 They shall still bear fruit in old age;  
they shall be green and succulent;
- 14 That they may show how upright the Lord is,  
my rock, in whom there is no fault.**

Glory to the Father and to the Son  
And to the Holy Spirit  
**As it was in the beginning is now,  
And shall be forever. Amen**

Now go to page 9

## Friday - Psalm 96

- 1 Sing to the Lord a new song;  
sing to the Lord, all the whole earth.
- 2 **Sing to the Lord and bless his name;  
proclaim the good news of his salvation from day to day.**
- 3 Declare his glory among the nations  
and his wonders among all peoples.
- 4 **For great is the Lord and greatly to be praised;  
he is more to be feared than all gods.**
- 5 As for all the gods of the nations, they are but idols;  
but it is the Lord who made the heavens.
- 6 **Oh, the majesty and magnificence of his presence!  
Oh, the power and the splendour of his sanctuary!**
- 7 Ascribe to the Lord, you families of the peoples;  
ascribe to the Lord honour and power.
- 8 **Ascribe to the Lord the honour due his name;  
bring offerings and come into his courts.**
- 9 Worship the Lord in the beauty of holiness;  
let the whole earth tremble before him.
- 10 **Tell it out among the nations: 'The Lord is king!  
he has made the world so firm that it cannot be moved; he will judge  
the peoples with equity.'**
- 11 Let the heavens rejoice, and let the earth be glad; let the sea  
thunder and all that is in it;  
let the field be joyful and all that is therein.
- 12 **Then shall all the trees of the wood shout for joy before the Lord  
when he comes,  
when he comes to judge the earth.**



13 He will judge the world with righteousness  
and the peoples with his truth.

Glory to the Father and to the Son  
And to the Holy Spirit  
**As it was in the beginning is now,  
And shall be forever. Amen**

**Concluding Psalm** (*from Wisdom 10*)

- 1 Wisdom freed a holy people and a blameless race  
from a nation of oppressors.
- 2 **She entered the soul of a servant of the Lord,  
and withstood fearsome rulers with wonders and signs.**
- 3 To the saints she gave the reward of their labours,  
and led them by a marvellous road.
- 4 **She was their shelter by day,  
and a blaze of stars by night.**
- 5 She brought them across the Red Sea;  
she led them by mighty waters.
- 6 **She swallowed their enemies in the waves,  
and spat them out from the depths of the sea.**
- 7 Then, Lord, the righteous sang the glories of your name,  
and praised together your protecting hand.
- 8 **For wisdom opened the mouths of the silent,  
and gave speech to the tongues of her children**

Glory to the Father and to the Son  
And to the Holy Spirit  
**As it was in the beginning is now,  
And shall be forever. Amen**

**Antiphon: Christ has been raised from the dead:  
the first fruits of those who sleep**

## **READING**

Silence

**Response (Ps 92:4)**

Great is the Lord and greatly to be praised, alleluia, alleluia  
**Great is the Lord and greatly to be praised, alleluia, alleluia**  
He is more to be feared than all gods  
**Alleluia, alleluia**  
Glory to the Father and to the Son and to the Holy Spirit.  
**Great is the Lord and greatly to be praised, alleluia, alleluia**

## **BENEDICTUS**

**Antiphons:**

Wk 1        The Lord is risen indeed, **alleluia**  
Wk 2        Peace be with you, **says the Lord; alleluia**  
Wk 3        I am the Good Shepherd, **says the Lord; alleluia**  
Wk 4        I am the resurrection **and the life, says the Lord; alleluia**  
Wk 5        I am the way, **the truth and the life, says the Lord;**  
              **alleluia**  
Wk 6        I am the vine, **you are the branches, says the Lord;**  
              **alleluia**  
Ascension    Father, I have manifested your name, **and now I come to you;**  
              **alleluia.**

- 1        Blessed be the Lord the God of Israel,  
              for he 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 he promised of old,  
              that he would save us from our enemies,  
              from the hands of all that hate us.

- 4 He promised to show mercy to our fathers,  
and to remember his holy covenant.**
- 5 This was the oath he 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 You my 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.**

Glory to the Father and to the Son  
And to the Holy Spirit  
**As it was in the beginning is now,  
And shall be forever. Amen**

### **Antiphon**

Wk 1	<b>The Lord is risen indeed, alleluia</b>
Wk 2	<b>Peace be with you, says the Lord; alleluia</b>
Wk 3	<b>I am the Good Shepherd, says the Lord; alleluia</b>
Wk 4	<b>I am the resurrection and the life, says the Lord; alleluia</b>
Wk 5	<b>I am the way, the truth and the life, says the Lord; alleluia</b>
Wk 6	<b>I am the vine, you are the branches, says the Lord; alleluia</b>
Ascension	<b>Father, I have manifested your name, and now I come to you; alleluia.</b>

### **PRAYERS**

*Prayers of intercession*

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

#### THE LORD'S PRAYER

**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.  
Do not bring us to the time of trial, but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and forever. Amen.**

#### COLLECT OF THE DAY

#### FINAL PRAYERS

God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord. **Amen**

Let us bless the Lord:  
**Thanks be to God.**

The Lord bless us and preserve us from all evil;  
**and bring us to life eternal. Amen.**