

St Cuthbert's, Colinton
Morning Prayer: The Suffering Christ

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.**

PSALMODY

Antiphon: I will thank you, O Lord my God, with all my heart,
and glorify your name for evermore.

Opening (*from Ps 86*)

- 1 Among the gods there is none like you, O Lord,
nor anything like your works.
- 2 **All nations you have made will come and worship you, O Lord,
and glorify your name.**
- 3 For you are great; you do wondrous things;
and you alone are God.
- 4 **Teach me your way, O Lord, and I will walk in your truth;
knit my heart to you that I may fear your name.**

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.**

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

Monday - Psalm 27

- 1 The Lord is my light and my salvation; whom then
shall I fear? the Lord is the strength of my life; of whom then shall I be afraid?

- 2** When evildoers came upon me to eat up my flesh,
it was they, my foes and my adversaries, who stumbled and fell.
- 3 Though an army should encamp against me,
yet my heart shall not be afraid;
- 4** And though war should rise up against me,
yet will I put my trust in him.
- 5 One thing have I asked of the Lord; one thing I seek;
that I may dwell in the house of the Lord all the days of my life;
- 6** To behold the fair beauty of the Lord
and to seek him in his temple.
- 7 For in the day of trouble he shall keep me safe in his shelter; he shall hide me
in the secrecy of his dwelling and set me high upon a rock.
- 8** Even now he lifts up my head
above my enemies round about me.
- 9 Therefore I will offer in his dwelling an oblation with sounds of great
gladness; I will sing and make music to the Lord.
- 10** Harken to my voice, O Lord, when I call;
have mercy on me and answer me.
- 11 You speak in my heart and say, 'Seek my face.'
Your face, Lord, will I seek.
- 12** Hide not your face from me,
nor turn away your servant in displeasure.
- 13 You have been my helper; cast me not away;
do not forsake me, O God of my salvation.
- 14** Though my father and my mother forsake me,
the Lord will sustain me.
- 15 Show me your way, O Lord;
lead me on a level path, because of my enemies.

**16 Deliver me not into the hand of my adversaries,
for false witnesses have risen up against me, and also those who speak
malice.**

17 What if I had not believed that I should see the goodness of the Lord in the
land of the living!

**18 O tarry and await the Lord's pleasure;
be strong, and he shall comfort your heart; wait patiently for the Lord.**

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 turn to page 9.

Tuesday - Psalm 56

1 Have mercy on me, O God, for my enemies are hounding me; all day long
they assault and oppress me.

**2 They hound me all the day long;
truly there are many who fight against me, O Most High.**

3 Whenever I am afraid,
I will put my trust in you.

**4 In God, whose word I praise, in God I trust and will not be afraid, for what
can flesh do to me?**

5 All day long they damage my cause;
their only thought is to do me evil.

**6 They band together; they lie in wait; they spy upon my footsteps;
because they seek my life.**

7 Shall they escape despite their wickedness?
O God, in your anger, cast down the peoples.

**8 You have noted my lamentation; put my tears into your bottle; are they not
recorded in your book?**

9 Whenever I call upon you, my enemies will be put to flight;
this I know, for God is on my side.

**10 In God the Lord, whose word I praise, in God I trust and will not be afraid,
for what can mortals do to me?**

11 I am bound by the vow I made to you, O God;
I will present to you thank-offerings;

**12 For you have rescued my soul from death and my feet from stumbling, that
I may walk before God in the light of the living.**

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And to the Holy Spirit;
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And shall be forever. Amen.**

Now turn to page 9.

Wednesday – Psalm 40

1 I waited patiently upon the Lord;
he stooped to me and heard my cry.

**2 He lifted me out of the desolate pit, out of the mire and clay; he set my feet
upon a high cliff and made my footing sure.**

3 He put a new song in my mouth, a song of praise to our God; many shall see,
and stand in awe, and put their trust in the Lord.

**4 Happy are they who trust in the Lord!
they do not resort to evil spirits or turn to false gods.**

5 Great things are they that you have done, O Lord my God! how great your
wonders and your plans for us!
there is none who can be compared with you.

**6 Oh, that I could make them known and tell them!
but they are more than I can count.**

7 In sacrifice and offering you take no pleasure
(you have given me ears to hear you);

8 **Burnt-offering and sin-offering you have not required,
and so I said, 'Behold, I come.**

9 In the roll of the book it is written concerning me: "I love to do your will, O my God; your law is deep in my heart."

10 **I proclaimed righteousness in the great congregation;
behold, I did not restrain my lips; and that, O Lord, you know.**

11 Your righteousness have I not hidden in my heart; I have spoken of your faithfulness and your deliverance; I have not concealed your love and faithfulness from the great congregation.

12 **You are the Lord; do not withhold your compassion from me;
let your love and your faithfulness keep me safe for ever,**

13 For innumerable troubles have crowded upon me;
my sins have overtaken me, and I cannot see; they are more in number than the hairs of my head, and my heart fails me.

14 **Be pleased, O Lord, to deliver me;
O Lord, make haste to help me.**

15 Let them be ashamed and altogether dismayed who seek after my life to destroy it; let them draw back and be disgraced who take pleasure in my misfortune.

16 **Let those who say 'Aha!' and gloat over me be confounded,
because they are ashamed.**

17 Let all who seek you rejoice in you and be glad;
let those who love your salvation continually say, 'Great is the Lord!'

18 **Though I am poor and afflicted,
the Lord will have regard for me.**

19 You are my helper and my deliverer;
do not tarry, O my God.

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 turn to page 9.

Thursday - Psalm 81

- 1 Sing with joy to God our strength
and raise a loud shout to the God of Jacob.
- 2 **Raise a song and sound the timbrel,
the merry harp, and the lyre.**
- 3 Blow the ram's-horn at the new moon,
and at the full moon, the day of our feast.
- 4 **For this is a statute for Israel,
a law of the God of Jacob.**
- 5 He laid it as a solemn charge upon Joseph,
when he came out of the land of Egypt.
- 6 **I heard an unfamiliar voice saying, 'I eased his shoulder from the burden;
his hands were set free from bearing the load.'**
- 7 You called on me in trouble, and I saved you; I answered you from the secret
place of thunder and tested you at the waters of Meribah.
- 8 **Hear, O my people, and I will admonish you:
O Israel, if you would but listen to me!**
- 9 There shall be no strange god among you;
you shall not worship a foreign god.
- 10 **I am the Lord your God, who brought you out of the land of Egypt and said,
'Open your mouth wide, and I will fill it.'**
- 11 And yet my people did not hear my voice,
and Israel would not obey me.
- 12 **So I gave them over to the stubbornness of their hearts,
to follow their own devices.**
- 13 Oh, that my people would listen to me,
that Israel would walk in my ways!

- 14 I should soon subdue their enemies
and turn my hand against their foes.**
- 15 Those who hate the Lord would cringe before him,
and their punishment would last for ever.
- 16 But Israel would I feed with the finest wheat
and satisfy him with honey from the rock.**

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And to the Holy Spirit;
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And shall be forever. Amen.**

Now turn to page 9.

Friday – Psalm 22

- 1 My God, my God, why have you forsaken me? and are so far from my cry and
from the words of my distress?
- 2 O my God, I cry in the daytime, but you do not answer;
by night as well, but I find no rest.**
- 3 Yet you are the Holy One,
enthroned upon the praises of Israel.
- 4 Our forefathers put their trust in you;
they trusted, and you delivered them.**
- 5 They cried out to you and were delivered;
they trusted in you and were not put to shame.
- 6 But as for me, I am a worm and no man,
scorned by all and despised by the people.**
- 7 All who see me laugh me to scorn;
they curl their lips and wag their heads, saying,
- 8 ‘He trusted in the Lord; let him deliver him;
let him rescue him, if he delights in him.’**

- 9 Yet you are he who took me out of the womb,
and kept me safe upon my mother's breast.
- 10 I have been entrusted to you ever since I was born;
you were my God when I was still in my mother's womb.**
- 11 Be not far from me, for trouble is near,
and there is none to help.
- 12 Many young bulls encircle me;
strong bulls of Bashan surround me.**
- 13 They open wide their jaws at me,
like a ravening and a roaring lion.
- 14 I am poured out like water; all my bones are out of joint; my heart within
my breast is melting wax.**
- 15 My mouth is dried out like a pot-sherd; my tongue sticks to the roof of my
mouth; and you have laid me in the dust of the grave.
- 16 Packs of dogs close me in, and gangs of evildoers circle around me; they
pierce my hands and my feet; I can count all my bones.**
- 17 They stare and gloat over me; they divide my garments among them;
they cast lots for my clothing.
- 18 Be not far away, O Lord;
you are my strength; hasten to help me.**
- 19 Save me from the sword,
my life from the power of the dog.
- 20 Save me from the lion's mouth,
my wretched body from the horns of wild bulls.**
- 21 I will declare your name to my brethren;
in the midst of the congregation I will praise you.
- 22 Praise the Lord, you that fear him; stand in awe of him, O offspring of
Israel; all you of Jacob's line, give glory.**

- 23 For he does not despise nor abhor the poor in their poverty; neither does he hide his face from them;
but when they cry to him he hears them.
- 24 My praise is of him in the great assembly; I will perform my vows in the presence of those who worship him.**
- 25 The poor shall eat and be satisfied, and those who seek the Lord shall praise him: 'May your heart live for ever!'
- 26 All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall bow before him .**
- 27 For kingship belongs to the Lord;
he rules over the nations.
- 28 To him alone all who sleep in the earth bow down in worship; all who go down to the dust fall before him.**
- 29 My soul shall live for him; my descendants shall serve him; they shall be known as the Lord's for ever.
- 30 They shall come and make known to a people yet unborn the saving deeds that he has done.**

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 Isaiah 42)

- 1 Behold my servant, whom I uphold,
my chosen in whom my soul delights.
- 2 I have put my spirit upon him
he will bring forth justice to the nations:**
- 3 He will not cry nor lift up his voice
or make it heard in the street;
- 4 a bruised reed he will not break
a dimly burning wick he will not quench;**

- 5 he will faithfully bring forth justice
he will not fail nor be discouraged,
- 6 **till he has established justice in the earth
and the coastlands wait for his law.**

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: I will thank you, O Lord my God, with all my heart, and glorify
your name for evermore.**

READING

Silence

Response (Ps 119:123)

My eyes have failed from watching for your salvation.
My eyes have failed from watching for your salvation.
And your righteous promise;
for your salvation.
Glory to the Father and to the Son and to the Holy Spirit.
My eyes have failed from watching for your salvation.

BENEDICTUS

Antiphons:

Mon Deliver me, O Lord, from evil, **preserve me from the wicked.**
Tue False witnesses have risen against me, **and they breathe out violence.**
Wed Christ Jesus **humbled himself even to death.**
Thu A new commandment I give to you **that you love one another, says
the Lord.**
Fri We proclaim Christ, **nailed to the cross.**

1 Blessed be the Lord the God 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.**

Antiphons:

Mon **Deliver me, O Lord, from evil, preserve me from the wicked.**

Tue **False witnesses have risen against me, and they breathe out
violence.**

Wed **Christ Jesus humbled himself even to death.**

Thu **A new commandment I give you that you love one another, says the
Lord.**

Fri **We proclaim Christ, nailed to the cross.**

PRAYERS

Intercessions

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

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 for ever. Amen.

Collect of the Day *followed by*

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.