

## Morning Prayer

Adapted from the Hours of Prayer in  
the Agpia

### Introductory Prayer:

*The Worshipper Prays -*

In the Name of the Father, and the Son and the Holy Spirit, One God. **Amen.**

Lord have mercy, Lord have mercy, Lord bless us. **Amen.**

Glory be to the Father, and to the Son, and to the Holy Spirit, now and forever, and ever.

**Amen.**

### The Lord's Prayer:

*O Lord, make us worthy to pray thankfully.*

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, through Jesus Christ, our Lord. For Thine is the Kingdom, the Power and the Glory forever.

**Amen.**

### Prayer of Thanksgiving:

Let us give thanks to the gracious and merciful God, the Father of our Lord, God and Saviour Jesus Christ. For He has protected, assisted, preserved and accepted us, has had compassion upon us, supported us and brought us to this hour. Let us also ask Him, the Almighty God, to keep us in peace this blessed day and all the days of our lives.

O, Lord and Master and Almighty God, the Father of our Lord God and Saviour Jesus Christ, we thank You on every occasion, in every condition and for all things, for You have protected, assisted, preserved and accepted us, have had compassion upon us, supported us and brought us to this hour.

Therefore we ask and appeal to Your goodness, O lover-of-mankind, that You grant us to conclude this blessed day and all the days of our lives in peace and in Your fear. All envy, all temptation, all works of Satan, all intrigues of the wicked; rising up of the enemies, seen and unseen; do cast away from us and all your people and from this Holy place. Grant us the endowments and benefactions, as You have given us the authority to trample on serpents and scorpions, and over all the power of the enemy. Lead us not into temptation, but deliver us from evil, through the grace, mercy and love of mankind of your only begotten Son, our Lord God and Saviour, Jesus Christ. Glory, honour, dominion and worship are due to You, together with Him and the life-giving and consubstantial Holy Spirit, now and forever.

**Amen.**

### From Psalm 51:

Have Mercy upon me, O God, according to Your loving kindness; according to the multitude of Your tender mercies, blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I acknowledge my transgressions and my sin is ever before me. . . Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from your presence and do not take your Holy Spirit from me. Restore to me the joy of your salvation, and uphold me with your generous Spirit. Then I will teach transgressors your ways, and sinners will be converted to you. . . O Lord open my lips, and my mouth shall show forth your praise. For You do not desire sacrifice, or else I would give it . . . The sacrifices of God are a broken spirit. A broken and a contrite heart—these, O God, you will not despise. **Alleluia**

O' Come, let us worship;  
 O' Come, let us ask Christ our God.  
 O' Come, let us worship;  
 O' Come, let us ask Christ our King.  
 O' Come, let us worship;  
 O' Come, let us ask Christ our Saviour

Our Lord Jesus Christ, the Word of God, keep us through your intercessions and let us enjoy a fresh start. Have mercy upon us according to Your will forever. The night has passed away, we thank You, O' Lord, and ask You to keep us this day without sin and deliver us.

#### Ephesians 4:1-6

I, therefore, the prisoner of the Lord, beseech you to lead a life worthy of the calling with which you were called, with all lowliness and gentleness, with long-suffering, bearing with one another in love, endeavouring to keep the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called in one hope of your calling; one Lord, one faith, one baptism; one God and Father of all, who is above all and through all and in you all.

The prayer of the first hour of this blessed day is offered to Christ my King and my God, beseeching Him to forgive my sins.

#### Psalm 1:

Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; but his delight is in the law of the Lord. And in His law he meditates day and night. He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season. Whose leaf also shall not wither, and whatever he does shall prosper. The ungodly are not so, but are like the chaff which the wind drives away. Therefore the ungodly shall not stand in the judgement, nor sinners in the congregation of the righteous. For the LORD knows the way of the righteous, but the way of the ungodly shall perish.

**Alleluia**

#### Psalm 2

Why do the nations rage, and the people plot a vain thing?

The kings of the earth set themselves, and the rulers take counsel together, against the LORD, and against his anointed, saying, "Let us break their bonds in pieces, and cast away their cords from us."

He who sits in the heavens shall laugh: the Lord shall hold them in derision. Then he shall speak to them in his wrath, and distress them in his deep displeasure.

Yet have I set my king upon my holy hill of Zion.

#### Psalm 2, continued

I will declare the decree: the LORD has said to me, You are my Son, today I have begotten you. Ask of me, and I will give the nations for your inheritance, and the ends of the earth for your possession.

You shall break them with a rod of iron; you shall dash them in pieces like a potter's vessel. Now therefore, be wise, O kings: be instructed, you judges of the earth.

Serve the LORD with fear, and rejoice with trembling. Kiss the Son, lest he be angry, and you perish in the way, when his wrath is kindled but a little. Blessed are all those who put their trust in him.

## Psalm 8

O Lord, our Lord, how excellent is Your name in all the earth, you who set your glory above the heavens! Out of the mouth of babes and infants you have ordained strength, because of your enemies, that you may silence the enemy and the avenger. When I consider your heavens, the work of your fingers, the moon and the stars which you have ordained, what is man that you are mindful of him, and the son of man that you visit him? For you have made him a little lower than the angels, and you have crowned him with glory and honour. You have made him to have dominion over the works of your hands; you have put all things under his feet, all sheep and oxen—even the beasts of the field, the birds of the air, and the fish of the sea that pass through the paths of the seas. O Lord, our Lord, how excellent is your name in all the earth! **Alleluia**

## Psalm 12

Help, LORD, for the godly man ceases! For the faithful disappear from among the sons of men. They speak idly everyone with his neighbour; with flattering lips and a double heart they speak. May the LORD cut off all flattering lips, and the tongue that speaks proud things, who have said, "With our tongue we will prevail; our lips are our own; who is lord over us?" For the oppression of the poor, for the sighing of the needy, Now I will arise," says the LORD; "I will set him in the safety for which he yearns." The words of the LORD are pure words, like silver tried in a furnace of earth, purified seven times. You shall keep them, O LORD, you shall preserve them from this generation forever. The wicked prowl on every side, when vileness is exalted among the sons of men. **Alleluia.**

## Psalm 13

How long, O LORD? Will you forget me forever? How long will you hide your face from me? How long shall I take counsel in my soul, having sorrow in my heart daily? How long will my enemy be exalted over me?

Consider and hear me, O LORD my God; enlighten my eyes, lest I sleep the sleep of death; lest my enemy say, "I have prevailed against him"; lest those who trouble me rejoice when I am moved. But I have trusted in your mercy; my heart shall rejoice in your salvation. I will sing to the LORD, because he has dealt bountifully with me. **Alleluia**

## Psalm 15

Who may stay in God's temple or live on the holy mountain of the LORD? Only those who obey God and do as they should. They speak the truth and don't spread gossip; they treat others fairly and don't say cruel things.

They hate worthless people, but show respect for all who worship the LORD. And they keep their promises, no matter what the cost. They lend their money without charging interest, and they don't take bribes to hurt the innocent. Those who do these things will always stand firm. **Alleluia** (CEV)

## From Psalm 27

The Lord is my light and my salvation; whom shall I fear? The Lord is the strength of my life; of whom shall I be afraid? . . . Though an army should encamp against me, my heart shall not fear; though war should rise against me, in this I will be confident. One thing I have desired of the Lord, that will I seek: That I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in his temple. . . I will sing, yes I will sing praises to the Lord. Hear O Lord, when I cry with my voice! Have mercy also upon me, and answer me. When you said, "Seek my face," my heart said to you, "Your face, Lord I will seek." Do not hide your face from me, do not turn your servant away in anger; you have been my help; do not leave me nor forsake me, O God of my salvation.

## From Psalm 27, continued

When my father and my mother forsake me, then the Lord will take care of me. Teach me your way, O Lord, and lead me in a smooth path, because of my enemies. Do not deliver me to the will of my adversaries; for false witnesses have risen against me . . . I would have lost heart unless I had believed that I would see the goodness of the Lord in the land of the living. Wait on the Lord; be of good courage, and he shall strengthen your heart; Wait, I say, on the Lord! **Alleluia**

**Psalm 63**

O God, you are my God; early will I seek you; my soul thirsts for you; my flesh longs for you in a dry and thirsty land where there is no water. So I have looked for you in the sanctuary, to see your power and your glory. Because your loving-kindness is better than life, my lips shall praise you. Thus I will bless you while I live; I will lift up my hands in your name. My soul shall be satisfied as will marrow and fatness, and my mouth shall praise you with joyful lips.

**Psalm 63, continued**

When I remember you on my bed, I meditate on you in the night watches. Because you have been my help, therefore in the shadow of your wings I will rejoice. My soul follows close behind you; your right hand upholds me. But those who seek my life, to destroy it, shall go into the lower parts of the earth. They shall fall by the sword; they shall be a portion for jackals. But the king shall rejoice in God; everyone who swears by him shall glory; but the mouth of those who speak lies shall be stopped. **Alleluia**

**Psalm 67:**

God be merciful to us and bless us, and cause His face to shine upon us. That Your way may be known on earth, Your salvation among all nations. Let the peoples praise You, O God; Let all the peoples praise You. Oh, let the nations be glad and sing for joy! For You shall judge the people righteously, and govern the nations on earth. Let the people praise You, O God, let all the peoples praise You. Then the earth shall yield her increase; God, our God, shall bless us. God shall bless us, and all the ends of the earth shall fear Him. **Alleluia**

**John 1:1-4**

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things came into being through Him, and apart from Him nothing came into being that has come into being. In Him was life, and the life was the Light of men.

**John 1:10-14**

He was in the world, and the world was made through Him, and the world did not know Him. He came to His own, and those who were His own did not receive Him. But as many as received Him, to them He gave the right to become children of God, *even* to those who believe in His name, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God. And the Word became flesh, and dwelt among us, and we saw His glory, glory as of the only begotten from the Father, full of grace and truth. **Glory be to God forever. Amen**

**The Creed**

We believe in One God, the Almighty god the Father, maker of heaven and earth, of all things visible and invisible. We believe in one Lord, Jesus Christ the only begotten Son of God, born of the Father before all ages; light out of light, true God out of true God, begotten not made; consubstantial with the Father, through whom all things came into being. He descended from heaven for us and for our salvation, and was incarnated from the Holy Spirit and of the Virgin Mary, and became man.

He was crucified for us at the time of Pontius Pilate. He suffered and was buried; arose from the dead on the third day in accordance with the scriptures; he ascended to the heavens and sat at the right hand of the Father; He shall also come in His glory to judge the living and the dead; of whose kingdom there will be no end.

Truly we believe in the Holy Spirit, the life-giving Lord, who proceeds from the Father, we worship and glorify Him together with the Father and the Son, who spoke in the prophets. And in one, holy, universal and apostolic Church. We acknowledge one baptism for the remission of sins. And we look for the resurrection of the dead and the life of the world to come. **Amen**

#### Holy, Holy, Holy

Holy, Holy, Holy is the Lord of hosts. Heaven and earth are full of your glory and honour., God the Father Almighty, have mercy upon us.  
O' Holy trinity have mercy upon us. O' Lord, God of hosts, be with us, for we have no other supporter in our tribulations and adversities but you. O' God, absolve, remit and forgive us our sins which we have done willingly and unwillingly, and those which we committed knowingly and unknowingly, the hidden and the visible.  
O' Lord forgive us for the sake of Your Holy name that is called upon us, and according to your mercy and not to our sins.

#### Absolution

O' Lord, God of hosts, existing before the ages and abiding forever, who created the sun to light up the day, and the night to provide rest for all people.  
We thank you our eternal King, for you passed us through the night in peace and brought us to the beginning of this day.

Therefore we ask you, our King, may your light shine upon us, and may you enlighten us with the light of your divine knowledge. Make us children of light, children of daytime, that we may complete this day in righteousness, purity and good order and that we may complete the rest of our lives without any blame, through the grace, compassion and love of mankind of your Only-Begotten Son, Jesus Christ, and by the gift of the Holy Spirit, now and forever more.  
**Amen**

#### Another Absolution

O' Giver of light, who makes the sun shine upon the righteous and the wicked; who created and gave light to the world, we ask you O' Master of all, to enlighten our minds, hearts and understanding. Grant us to please you this present day. Protect us from every evil, every sin and every enemy, through Jesus Christ our Lord, who is glorified with you and with the Holy Spirit giver of life, consubstantial Trinity, now and forever more. **Amen**

**Concluding Prayer:**

Have mercy upon us, O God, have mercy upon us. For You are always worshipped and glorified in heaven and on earth.

O Christ, our good Lord, plenteous in patience, mercy and compassion, who loves the just and shows mercy to all sinners amongst whom I am the first, who does not wish death for the sinner but repentance and life, calling us all to salvation for the promised forthcoming rewards, O Lord, accept our prayers of this hour and every hour.

Ease our lives, and guide us to act according to Your commandments. Sanctify our souls, purify our bodies, set right our thoughts, cleanse our intentions, heal our sickness, forgive us our sins and deliver us from every evil, grief and distress. Surround us with Your Holy angels that we may be guided and guarded by them to attain the unity of faith and knowledge of Your imperceptible and infinite glory, for You are blessed forever. **Amen**