

## MONDAY MORNING

God's love has been poured into our hearts,  
**through the Holy Spirit who has been given to us.**

Romans 5:3

Glory to God; Father, Son and Holy Spirit:  
**as in the beginning, so now, and for ever. Amen.**

### **<sup>2</sup> The Opening Canticle, A Song of God's Marvellous Acts**

I will sing a new hymn to my God:  
O Lord you are great and marvellous,  
you are marvellous in your strength, invincible.  
Let the whole creation serve you:  
for you spoke and all things came to be;  
You sent out your Spirit and it formed them:  
no one can resist your voice.  
Mountains and seas are stirred to their depths:  
rocks melt like wax at your presence;  
But to those who revere you:  
you still show mercy.

Judith 16:13-15

### **<sup>3</sup> The Opening Prayer**

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

#### **Silence may be 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. **Amen.**

### **<sup>4</sup> The Psalms as appointed. A pause is observed after each**

### **<sup>5</sup> At the end of the (last) pause there may follow**

Creator Spirit, Advocate promised by our Lord Jesus: increase our faith and help us  
to walk in the light of your presence, to the glory of God the Father; through Jesus  
Christ our Lord. **Amen.**

### **<sup>6</sup> One or two Readings from the Bible as appointed**

**The reading may be followed by a period of silence for reflection**

May your word live in us  
**and bear much fruit to your glory.**

## <sup>7</sup> **The Canticle, A Song of Isaiah**

'Behold, God is my salvation;  
I will trust and will not be afraid;  
'For the Lord God is my strength and my song:  
and has become my salvation.'  
With joy you will draw water:  
from the wells of salvation.  
On that day you will say:  
'Give thanks to the Lord, call upon his name;  
'Make known his deeds among the nations:  
proclaim that his name is exalted.  
'Sing God's praises, who has triumphed gloriously:  
let this be known in all the world.  
'Shout and sing for joy, you that dwell in Zion:  
for great in your midst in the Holy One of Israel.'

Isaiah 12:2-6

## <sup>8</sup> **The Apostles' Creed may be said**

**I believe in God, the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried;  
he descended to the dead.  
On the third day he rose from the dead;  
he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins the resurrection of the body,  
and the life everlasting. Amen.**

Lord have mercy.

**Christ have mercy**

Lord have mercy.

<sup>10</sup> **The Lord's Prayer and the Collect of the Day**

**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.**

**Save us from the time of trial  
and deliver us from evil.**

**For the kingdom, the power, and the glory are yours  
now and for ever. Amen.**

<sup>11</sup> **Intercessions and Thanksgivings may be made according to local custom and need.**

<sup>12</sup> **The Morning Collect**

Eternal God and Father, by whose power we are created and by whose love we are redeemed; guide and strengthen us by your Spirit, that we may give ourselves to your service, and live this day in love to one another and to you; through Jesus Christ our Lord. **Amen.**

<sup>13</sup> **The Lord be with you.**

**And also with you.**

## MONDAY EVENING

May the God of hope fill us with all joy and peace in believing,  
**so that by the power of the Holy Spirit we may abound in hope.**

Romans 15:13

Glory to God; Father, Son and Holy Spirit:  
**as in the beginning, so now, and for ever. Amen.**

### 2 The Opening Canticle, A Song of Hope

The spirit of the Lord God is upon me:  
because the Lord has anointed me  
to bring good tidings to the afflicted. The Lord has sent me to bind up the broken  
-hearted:  
to proclaim liberty for the captives,  
and release for those in prison,  
To comfort all who mourn:  
to bestow on them a crown of beauty instead of ashes,  
The oil of gladness instead of mourning:  
a garment of splendour for the heavy heart.  
They shall be called trees of righteousness:  
planted for the glory of the Lord.

### 3 The Opening Prayer

The day is now passed and the night is at hand.  
Let us pray with one heart and mind.

### Silence may be kept

Father of lights, receive the prayer and praise we offer you as our evening sacrifice; make us a light for all the world, delivered by your goodness from all the works of darkness; through Jesus Christ your Son our Lord. **Amen.**

### <sup>4</sup> The Psalms as appointed. A pause is observed after each

### <sup>5</sup> At the end of the (last) pause there may follow

God who wonderfully created us and even more wonderfully restored our humanity: strengthen us by your Holy Spirit to triumph over suffering and death, and grant us eternal joy; through Jesus Christ our Lord. **Amen.**

### <sup>6</sup> One or two Readings from the Bible as appointed

May your word live in us  
**and bear much fruit to your glory.**

### **<sup>7</sup> The Canticle, A Song of God's Children**

In Christ Jesus, the life-giving law of the Spirit:  
has set us free from the law of sin and death.

All who are led by the Spirit of God are children of God:  
it is the Spirit that enables us to cry, 'Abba!' Father.

The Spirit bears witness  
that we are God's Children:

and if God's children, then heirs of God.

We are heirs of God and fellow-heirs with Christ:

If we share his sufferings now  
we shall be glorified with him hereafter.

These sufferings that we now endure:  
are not worth comparing

with the glory that shall be revealed.

For the creation waits with eager longing:  
for the revealing of the children of God.

Romans 8:2, 14, 15b-19

### **<sup>8</sup> The Prayers**

Lord have mercy.

**Christ have mercy**

Lord have mercy.

### **<sup>9</sup> The Lord's Prayer and the Collect of the Day**

**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.**

**Save us from the time of trial**

**and deliver us from evil.**

**For the kingdom, the power, and the glory are yours  
now and for ever. Amen.**

**<sup>10</sup> Intercessions and Thanksgivings may be made according to local custom and need..**

<sup>10</sup> **Intercessions and Thanksgivings may be made according to local custom and need..**

<sup>11</sup> **The Evening Collect**

Lighten our darkness, Lord, we pray: and in your great mercy defend us from all perils and dangers of this night; for the love of your only Son our Saviour Jesus Christ. **Amen.**

<sup>12</sup> The Lord be with you.

**And also with you.**

Let us praise the Lord.

**Thanks be to God.**

Since we are surrounded by so great a cloud of witnesses, let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith. **Amen.** [Hebrews 12:1](#)