

Week D- Sunday

O God, make speed to save us:

O Lord, make haste to help us.

**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.**

Psalmody

As the eyes of a maid to the hand of her mistress,
so our eyes look to the Lord our God.

Opening - from Psalm 119

- 1 Your faithfulness remains from one generation to another *
you established the earth, and it abides.
- 2 **By your decree these continue to this day *
for all things are your servants.**
- 3 I will never forget your commandments, *
because by them you give me life.
- 4 **I see that all things come to an end, *
but your commandment has no bounds.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;
as it was in the beginning, is now, and shall be forever. Amen.**

Psalm 62

- 1 For God alone my soul in silence waits;*
from him comes my salvation.
- 2 **He alone is my rock and my salvation, *
my stronghold, so that I shall not be greatly shaken.**
- 3 How long will you assail me to crush me, all of you together, *
as if you were a leaning fence, a toppling wall?
- 4 **They seek only to bring me down from my place of honour; *
lies are their chief delight.**

- 5 They bless with their lips,*
but in their hearts they curse.
- 6 For God alone my soul in silence waits;***
truly, my hope is in him.
- 7 He alone is my rock and my salvation,*
my stronghold, so that I shall not be shaken.
- 8 In God is my safety and my honour;***
God is my strong rock and my refuge.
- 9 Put your trust in him always, O people,*
pour out your hearts before him, for God is our refuge.
- 10 Those of high degree are but a fleeting breath,***
even those of low estate cannot be trusted.
- 11 On the scales they are lighter than a breath,*
all of them together.
- 12 Put no trust in extortion;**
in robbery take no empty pride;*
though wealth increase, set not your heart upon it.
- 13 God has spoken once, twice have I heard it,*
that power belongs to God.
- 14 Steadfast love is yours, O Lord,***
for you repay everyone according to his deeds.
- Glory to God, Source of all Being, Eternal Word and Holy Spirit;**
as it was in the beginning, is now, and shall be forever. Amen.

Conclusion – from Revelation 5 and 15

- 1 Great and wonderful are your deeds, Lord God the Almighty; *
just and true are your ways, O King of the ages!
- 2 Who shall not revere and praise your name, O Lord? ***
for you alone are holy.
- 3 All nations shall come and worship in your presence, *
for your just dealings have been revealed.

**4 To God who sits on the throne and to the Lamb *
be praise and honour, glory and might, for ever and ever. Amen**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;
as it was in the beginning, is now, and shall be forever. Amen.**

**As the eyes of a maid to the hand of her mistress,
so our eyes look to the Lord our God.**

Silence

Response – from Psalm 28.11

Lord your word is everlasting.

Lord your word is everlasting.

It stands firm in the heavens.

Your word is everlasting.

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Lord, your word is everlasting.

Magnificat

God has come to the aid of his servant Israel,
as he promised to Abraham and his children.

**My soul proclaims the greatness of the Lord
my spirit rejoices in God my Saviour,
for you, Lord, have looked with favour on your lowly servant.**

From this day all generations will call me blessed:

**You, the Almighty, have done great things for me
and holy is your name.**

**You have mercy on those who fear you
from generation to generation.**

**You have shown strength with your arm
and scattered the proud in their conceit,
casting down the mighty from their thrones
and lifting up the lowly.**

**You have filled the hungry with good things
and sent the rich away empty.**

**You have come to the aid of your servant Israel,
to remember the promise of mercy,
the promise made to our forebears,
to Abraham and his children for ever.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;
as it was in the beginning, is now, and shall be forever. Amen.**

God has come to the aid of his servant Israel,
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Prayers

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.**

Lord God, in a threatening world we look to you as our rock of hope. Hear us as we pour out our hearts to you, and give us your grace and protection, through your Son Jesus Christ our Lord. **Amen.**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

The God of hope fill us with all joy and peace in believing: through the power of the Holy Spirit. Amen.

Week D- Monday

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Psalm 39

- 1 I said, 'I will keep watch upon my ways,*
so that I do not offend with my tongue.
- 2 **I will put a muzzle on my mouth*
while the wicked are in my presence.'**
- 3 So I held my tongue and said nothing;*
I refrained from rash words;
but my pain became unbearable.

- 4 My heart was hot within me;
while I pondered, the fire burst into flame;***
I spoke out with my tongue:
- 5 Lord, let me know my end and the number of my days,*
so that I may know how short my life is.
- 6 You have given me a mere handful of days,
and my lifetime is as nothing in your sight;***
truly, even those who stand erect are but a puff of wind.
- 7 We walk about like a shadow,
and in vain we are in turmoil;*
we heap up riches and cannot tell who will gather them.
- 8 And now, what is my hope?***
O Lord, my hope is in you.
- 9 Deliver me from all my transgressions*
and do not make me the taunt of the fool.
- 10 I fell silent and did not open my mouth,***
for surely it was you that did it.
- 11 Take your affliction from me;*
I am worn down by the blows of your hand.
- 12 With rebukes for sin you punish us;
like a moth you eat away all that is dear to us;***
truly, everyone is but a puff of wind.
- 13 Hear my prayer, O Lord,
and give ear to my cry;*
hold not your peace at my tears.
- 14 For I am but a sojourner with you,***
a wayfarer, as all my forbears were.
- 15 Turn your gaze from me, that I may be glad again,*
before I go my way and am no more.

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;
as it was in the beginning, is now, and shall be forever. Amen.**

Conclusion – from Revelation 5 and 15

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- 4 **To God who sits on the throne and to the Lamb *
be praise and honour, glory and might, for ever and ever. Amen**
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Silence

Response – from Psalm 28.11

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**You have shown strength with your arm
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and lifting up the lowly.**

**You have filled the hungry with good things
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Prayers

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,
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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.**

God our hope, when we are troubled by fear and uncertainty, teach us to commit our lives to your care and to go forward on our pilgrimage, trusting in the knowledge of your love and forgiveness; through Jesus Christ our Redeemer. **Amen.**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

The God of hope fill us with all joy and peace in believing: through the power of the Holy Spirit. Amen.

Week D- Tuesday

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Psalm 82

- 1 God takes his stand in the council of heaven;*
he gives judgement in the midst of the gods:
- 2 **'How long will you judge unjustly,*
and show favour to the wicked?**
- 3 Save the weak and the orphan;*
defend the humble and needy;
- 4 **Rescue the weak and the poor;*
deliver them from the power of the wicked.**

5 They do not know, neither do they understand;
they go about in darkness;*
all the foundations of the earth are shaken.

6 **Now I say to you, 'You are gods,*
and all of you children of the Most High;**

7 Nevertheless, you shall die like mortals,*
and fall like any prince.'

8 **Arise, O God, and rule the earth,*
for you shall take all nations for your own.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;
as it was in the beginning, is now, and shall be forever. Amen.**

Conclusion – from Revelation 5 and 15

1 Great and wonderful are your deeds, Lord God the Almighty; *
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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.**

Strength of the weak, Defender of the needy, Rescuer of the poor,
deliver us from the power of wickedness, that we may rejoice in your
justice now and forever, through Jesus Christ our Lord. **Amen.**

**Lord God almighty, come and dispel the darkness from our hearts, that
in the radiance of your brightness we may know you, the only
unfading light, glorious in all eternity. Amen.**

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Psalm 28

- 1 O Lord, I call to you;
my rock, do not be deaf to my cry;*
lest, if you do not hear me,
I become like those who go down to the Pit.
- 2 Hear the voice of my prayer when I cry out to you,*
when I lift up my hands to your holy of holies.
- 3 Do not snatch me away with the wicked or with the evildoers,*
who speak peaceably with their neighbours,
while strife is in their hearts.
- 4 Repay them according to their deeds,*
and according to the wickedness of their actions.
- 5 According to the work of their hands repay them,*
and give them their just deserts.
- 6 They have no understanding of the Lord's doings,

nor of the works of his hands;*
therefore he will break them down and not
build them up.

7 Blessed is the Lord!*

for he has heard the voice of my prayer.

8 The Lord is my strength and my shield;*

my heart trusts in him, and I have been helped;

9 Therefore my heart dances for joy,*

and in my song will I praise him.

10 The Lord is the strength of his people,*

a safe refuge for his anointed.

11 Save your people and bless your inheritance;*
shepherd them and carry them for ever.

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as it was in the beginning, is now, and shall be forever. Amen.**

Conclusion – from Revelation 5 and 15

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Lord, have mercy upon us.

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**Our Father in heaven,
hallowed be your name,
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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.**

Blessed are you, strong Shepherd of your people. You hear us when we lift up our hands in prayer, and through your Son Jesus Christ you give us the promise of an eternal inheritance. Blessed are you for ever. **Amen.**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

The God of hope fill us with all joy and peace in believing: through the power of the Holy Spirit. Amen.

Week D- Thursday

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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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Conclusion – from Revelation 5 and 15

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**Do not bring us to the time of trial,
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Father, forgive our foolish ways, and feed us always with that living bread which is given for the life of the world, your Son Jesus Christ our Lord. **Amen.**

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Psalm 116

- 1 I love the Lord, because he has heard the voice of my supplication, *
because he has inclined his ear to me
whenever I called upon him.
- 2 **The cords of death entangled me;
the grip of the grave took hold of me; *
I came to grief and sorrow.**
- 3 Then I called upon the name of the Lord: *
'O Lord, I pray you, save my life.'

-
- 4 Gracious is the Lord and righteous;*
our God is full of compassion.**
- 5 The Lord watches over the innocent;*
I was brought very low, and he helped me.
- 6 Turn again to your rest, O my soul,*
for the Lord has treated you well.**
- 7 For you have rescued my life from death,*
my eyes from tears, and my feet from stumbling.
- 8 I will walk in the presence of the Lord*
in the land of the living.**
- 9 I believed, even when I said,
'I have been brought very low.'*
In my distress I said, 'No one can be trusted.'
- 10 How shall I repay the Lord*
for all the good things he has done for me?**
- 11 I will lift up the cup of salvation*
and call upon the name of the Lord.
- 12 I will fulfil my vows to the Lord*
in the presence of all his people.**
- 13 Precious in the sight of the Lord*
is the death of his servants.
- 14 O Lord, I am your servant;*
I am your servant and the child of your handmaid;
you have freed me from my bonds.**
- 15 I will offer you the sacrifice of thanksgiving*
and call upon the name of the Lord.
- 16 I will fulfil my vows to the Lord*
in the presence of all his people.**

17 In the courts of the Lord's house,*
in the midst of you, O Jerusalem.
Hallelujah!

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;
as it was in the beginning, is now, and shall be forever. Amen.**

Conclusion – from Revelation 5 and 15

1 Great and wonderful are your deeds, Lord God the Almighty; *
just and true are your ways, O King of the ages!

2 **Who shall not revere and praise your name, O Lord? *
for you alone are holy.**

3 All nations shall come and worship in your presence, *
for your just dealings have been revealed.

4 **To God who sits on the throne and to the Lamb *
be praise and honour, glory and might, for ever and ever. Amen**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;
as it was in the beginning, is now, and shall be forever. Amen.**

**As the eyes of a maid to the hand of her mistress,
so our eyes look to the Lord our God.**

Silence

Response – from Psalm 28.11

Lord your word is everlasting.
Lord your word is everlasting.

It stands firm in the heavens.
Your word is everlasting.

Glory to the Father and to the Son and to the Holy Spirit.
Lord, your word is everlasting.

Magnificat

God has come to the aid of his servant Israel,
as he promised to Abraham and his children.

**My soul proclaims the greatness of the Lord
my spirit rejoices in God my Saviour,
for you, Lord, have looked with favour on your lowly servant.**

From this day all generations will call me blessed:

**You, the Almighty, have done great things for me
and holy is your name.**

**You have mercy on those who fear you
from generation to generation.**

**You have shown strength with your arm
and scattered the proud in their conceit,
casting down the mighty from their thrones
and lifting up the lowly.**

**You have filled the hungry with good things
and sent the rich away empty.**

**You have come to the aid of your servant Israel,
to remember the promise of mercy,
the promise made to our forebears,
to Abraham and his children for ever.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;
as it was in the beginning, is now, and shall be forever. Amen.**

God has come to the aid of his servant Israel,
as he promised to Abraham and his children.

Prayers

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.**

Eternal God, faithful in your tender compassion, you give us hope for our life here and hereafter through the victory of your only Son. When we share his cup of salvation, revive in us the joy of this everlasting gift. We ask this in his name. **Amen.**

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

Let us bless the Lord:

Thanks be to God!

The God of hope fill us with all joy and peace in believing: through the power of the Holy Spirit. Amen.

Week D- Saturday

O God, make speed to save us:

O Lord, make haste to help us.

**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.**

Psalmody

As the eyes of a maid to the hand of her mistress,
so our eyes look to the Lord our God.

Opening - from Psalm 119

1 Your faithfulness remains from one generation to another *
you established the earth, and it abides.

**2 By your decree these continue to this day *
for all things are your servants.**

3 I will never forget your commandments, *
because by them you give me life.

**4 I see that all things come to an end, *
but your commandment has no bounds.**

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;
as it was in the beginning, is now, and shall be forever. Amen.**

Psalms 42 and 43

1 As the deer longs for the water-brooks,*
so longs my soul for you, O God.

**2 My soul is athirst for God, athirst for the living God;*
when shall I come to appear before the presence of God?**

3 My tears have been my food day and night,*
while all day long they say to me, 'Where now is your God?'

**4 I pour out my soul when I think on these things:*
how I went with the multitude and led them into the house of God,**

- 5 With the voice of praise and thanksgiving,*
among those who keep holy-day.
- 6 Why are you so full of heaviness, O my soul?***
and why are you so disquieted within me?
- 7 Put your trust in God;*
for I will yet give thanks to him,
who is the help of my countenance, and my God.
- 8 My soul is heavy within me;***
therefore I will remember you from the land of Jordan,
and from the peak of Mizar among the heights of Hermon.
- 9 One deep calls to another in the noise of your cataracts;*
all your rapids and floods have gone over me.
- 10 The Lord grants his loving-kindness in the daytime;***
in the night season his song is with me,
a prayer to the God of my life.
- 11 I will say to the God of my strength, 'Why have you forgotten me?*'
and why do I go so heavily while the enemy oppresses me?'
- 12 While my bones are being broken,***
my enemies mock me to my face;
- 13 All day long they mock me*
and say to me, 'Where now is your God?'
- 14 Why are you so full of heaviness, O my soul?***
and why are you so disquieted within me?
- 15 Put your trust in God;*
for I will yet give thanks to him,
who is the help of my countenance, and my God.
- 1 Give judgement for me, O God,**
and defend my cause against an ungodly people;*
deliver me from the deceitful and the wicked.

- 2 For you are the God of my strength;
why have you put me from you? *
and why do I go so heavily while the enemy oppresses me?
- 3 **Send out your light and your truth, that they may lead me, *
and bring me to your holy hill and to your dwelling;**
- 4 That I may go to the altar of God,
to the God of my joy and gladness; *
and on the harp I will give thanks to you, O God my God.
- 5 **Why are you so full of heaviness, O my soul? *
and why are you so disquieted within me?**
- 6 Put your trust in God; *
for I will yet give thanks to him,
who is the help of my countenance, and my God.

**Glory to God, Source of all Being, Eternal Word and Holy Spirit;
as it was in the beginning, is now, and shall be forever. Amen.**

Conclusion – from Revelation 5 and 15

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- Glory to God, Source of all Being, Eternal Word and Holy Spirit;
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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.**

God of mercy, deliver those who are weighed down by fear and depression, and give them joy and gladness in your presence. We ask this in the name of Jesus Christ the Lord. Amen

Lord God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity. Amen.

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