



## **Morning Prayer for Ordinary Time (Epiphany to Ash Wednesday)**

*The Kingdom of God is Justice and Joy CP 631*

*The kingdom of God is justice and joy,  
for Jesus restores what sin would destroy.  
God's power and glory in Jesus we know,  
and here and hereafter the kingdom shall grow.*

*The kingdom of God is mercy and grace;  
the captives are freed, the sinners find place.  
The outcasts are welcomed God's banquet to share,  
and hope is awakened in place of despair.*

*The kingdom of God is challenge and choice:  
believe the good news, repent and rejoice!  
His love for us sinners brought Christ to his cross,  
our crisis of judgement for gain and for loss.*

*God's kingdom is come, the gift and the goal,  
in Jesus begun, in heaven made whole.  
The heirs of the kingdom shall answer his call,  
and all things cry "Glory!" to God All – in – All.*

Let me hear of your loving-kindness in the morning, for I put my trust in you;  
**show me the road that I must walk, for I lift up my soul to you.**

Let us confess our sins against God and our neighbour.

**God of all mercy, we confess that we have sinned against you, opposing your will in our lives.  
We have denied your goodness in each other, in ourselves and in the world you have created.  
We repent of the evil that enslaves us, the evil we have done and the evil done on our behalf.  
Forgive, restore and strengthen us through our Saviour Jesus Christ, so that we may abide in  
your love and serve only your will. Amen.**

May the God of love and power forgive you and free you from your sins, heal and strengthen  
you by the Holy Spirit and raise you to new life in Jesus Christ. **Amen.**

O God, let our mouth proclaim your praise and your glory all day long.

**Christ has triumphed over death: O come let us worship.**

Glory to God, Source of all being, eternal Word and Holy Spirit:  
**as it was in the beginning, is now and will be for ever. Amen. Alleluia.**

Come, let us sing to the Lord; **let us shout for joy to the rock of our salvation.**

Let us come before the presence of the Lord with thanksgiving

**and raise a loud shout to God with psalms.**

For you, O Lord, are a great God, **and a great sovereign above all gods.**

In your hand are the caverns of the earth, **and the heights of the hills are yours also.**

The sea is yours, for you made it, **and your hands have molded the dry land.**

Come, let us bow down, and bend the knee, **and kneel before the Lord our Maker.**

*Psalm 111*

A musical score for Psalm 111, featuring a treble and bass clef staff. The key signature is two sharps (F# and C#), and the time signature is 3/4. The music is marked with a forte 'f' dynamic. The lyrics are: "With all our hearts we praise you, O Ho - ly One." Above the treble staff, guitar chords are indicated: A, E7, A, A7, Dmaj7, E, E7, Asus4, A, Asus2, A. The bass staff provides a harmonic accompaniment with chords and single notes.

Hallelujah!

I will give thanks to the Lord with my whole heart,  
**in the assembly of the upright, in the congregation.**

Great are the deeds of the Lord!

**They are studied by all who delight in them.**

O Lord, your work is full of majesty and splendour,

**and your righteousness endures for ever.**

You make your marvellous works to be remembered;

**you are gracious and full of compassion.**

You give food to those who fear you;

**you are ever mindful of your covenant.**

You have shown your people the power of your works

**in giving them the lands of the nations. R**

**7**The works of your hands are faithfulness and justice;

**all your commandments are sure.**

They stand fast for ever and ever,

**because they are done in truth and equity.**

You send redemption to your people;

you commanded your covenant for ever;

**holy and awesome is your name.**

The fear of the Lord is the beginning of wisdom;

**those who act accordingly have a good understanding;**

**the praise of the Lord endures for ever. RR**

### ***Deuteronomy 18:15-20***

The Lord your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the Lord your God at Horeb on the day of the assembly when you said: 'If I hear the voice of the Lord my God any more, or ever again see this great fire, I will die.' Then the Lord replied to me: 'They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die.'

Listen for God's Word. **Our hearts are open.**

Awake, O sleeper, and arise from the dead. And Christ shall give you light.

**Awake, O sleeper, and arise from the dead. And Christ shall give you light.**

You have died and your life is hid with Christ in God.

Set your minds on things that are above, not on things that are on the earth.

**Awake, O sleeper, and arise from the dead. And Christ shall give you light.**

When Christ our life appears you will appear with him in glory.

**Awake, O sleeper, and arise from the dead. And Christ shall give you light.**

**1 Corinthians 8:1-13**

Now concerning food sacrificed to idols: we know that ‘all of us possess knowledge.’ Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him.

Hence, as to the eating of food offered to idols, we know that ‘no idol in the world really exists’, and that ‘there is no God but one.’ Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords— yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. ‘Food will not bring us close to God.’ We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling-block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

Listen for God’s Word. **Our hearts are open.**

***Dear God, Compassionate and Kind CP 455***

***Dear God, compassionate and kind, forgive our foolish ways.  
Reclothe us in our rightful mind, in purer lives thy service find,  
in deeper reverence, praise, in deeper reverence, praise.***

***In simple trust like theirs who heard, beside the Syrian sea,  
the gracious calling of the Lord, let us like them, without a ward,  
rise up and follow thee, rise up and follow thee!***

***O Sabbath rest by Galilee! O calm of hills above,  
where Jesus knelt to share with thee the silence of eternity  
interpreted by love, interpreted by love!***

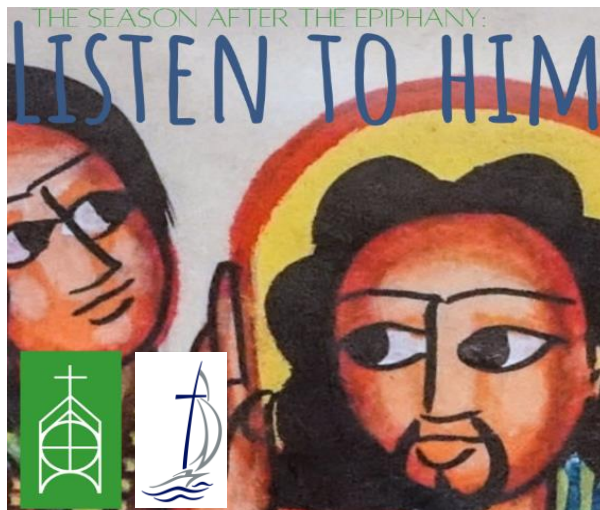
***Drop thy still dews of quietness till all our strivings cease;  
take from our souls the strain and stress, and let our ordered lives confess  
the beauty of thy peace, the beauty of thy peace.***

*Breathe through the heats of our desire thy coolness and thy balm;  
let sense be dumb, let flesh retire, speak through the earthquake, wind, and fire,  
O still small voice of calm, O still small voice of calm.*

**Mark 1:21-28**

They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, 'What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.' But Jesus rebuked him, saying, 'Be silent, and come out of him!' And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, 'What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.' At once his fame began to spread throughout the surrounding region of Galilee.

Listen for God's Word. **Our hearts are open.**



*Sermon*

Blessed are you, God of Israel, for ever and ever;  
**for yours is the greatness, the power, the glory, the splendour and the majesty.**  
Everything in heaven and on earth is yours;  
**you are sovereign, O Lord, and you are exalted as head over all.**  
Riches and honour come from you **and you rule over all.**  
In your hand are power and might; **yours it is to give power and strength to all.**  
And now we give you thanks, our God, **and praise your glorious name.**  
For all things come from you, **and of your own have we given you.**  
Glory to God, Source of all being, eternal Word and Holy Spirit:  
**as it was in the beginning, is now and will be for ever. Amen.**

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, God's 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 again; he ascended into heaven, he is seated at the right hand of the Father, and he will come again 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.

God of Israel, may this day be one of fulfillment and peace. **Holy One, hear and have mercy.**  
Teach us to love others as you have loved us. **Holy One, hear and have mercy.**  
Fill the world with your peace and justice. **Holy One, hear and have mercy.**  
Strengthen and relieve those who are in need. **Holy One, hear and have mercy.**  
Renew the Church through the power of your life-giving Spirit. **Holy One, hear and have mercy.**

*Additional intercessions, petitions and thanksgivings may be offered in silence or aloud. Among these concerns it is appropriate to remember*

- *the Church throughout the world;*
- *all who lead the church, ordained and lay;*
- *the leaders of the nations;*
- *the natural world and the resources of the earth;*
- *all who are in any kind of need.*

Source of light, yours is the morning and yours is the evening.  
**May Christ, the Sun of righteousness, shine for ever in our hearts and draw us to that light where you live in radiant glory. We ask this for the sake of Jesus Christ our Lord. Amen.**

***Christ Has No Body Now but Yours MV 171***

***Christ has no body now but yours, no hands but yours.  
Hear on this earth, yours is the work, to serve with the joy of compassion.***

***No hands but yours to heal the wounded world,  
no hands but yours to soothe all its suffering,  
no touch but yours to bind the broken hope of the people of God.***

***Christ has no body now but yours, no hands but yours.  
Hear on this earth, yours is the work, to serve with the joy of compassion.***

***No eyes but yours to see as Christ would see,  
to find the lost, to gaze with compassion;  
no eyes but yours to glimpse the holy joy of the city of God.***

*Christ has no body now but yours, no hands but yours.  
Hear on this earth, yours is the work, to serve with the joy of compassion.*

*No feet but yours to journey with the poor,  
to walk this world with mercy and justice.*

*Yours are the steps to build a lasting peace for the children of God.*

*Christ has no body now but yours, no hands but yours.*

*Hear on this earth, yours is the work, to serve with the joy of compassion.*

*Through ev'ry gift, give back to those in need:*

*as Christ has blessed, so now his blessing,*

*with ev'ry gift a benediction, be to the people of God.*

*Christ has no body now but yours, no hands but yours.*

*Hear on this earth, yours is the work, to serve with the joy of compassion.*

Let us pray: God of salvation, the splendour of your glory dispels the darkness of earth, for in Christ we see the nearness of your kingdom. Now make us quick to follow him, and eager to proclaim the good news of the gospel. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever. Amen.

Gathering our prayers and praises into one, let us pray as our Saviour taught 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. 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.

*Blessing*

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

**May the risen Christ grant us the joys of eternal life. Amen.**

*You Call Us Lord to Be CP 450*

*You call us, Lord, to be a people set apart,  
to feel with thoughtful mind and think with tender heart.*

*Thus chose, now, O Lord, we ask  
for faith in your unfailing grace to make us equal to the task.*

*You call us, Lord, to care for self and neighbour too,  
to take the risk, and dare to show what love can do.*

*Thus chose, now, O Lord, we ask  
for faith in your unfailing grace to make us equal to the task.*

*You call us, Lord, to be good stewards of the earth;  
to tend it as a place of blessedness and worth.*

*Thus chose, now, O Lord, we ask  
for faith in your unfailing grace to make us equal to the task.*

*You call us, Lord, to serve: to die that we may live,  
to know we best receive when joyfully we give.*

*Thus chose, now, O Lord, we ask  
for faith in your unfailing grace to make us equal to the task.*

Readings for next Sunday – February 7, 2021

Epiphany 5

Isaiah 40:21-31; Psalm 147:1-12, 21C;

1 Corinthians 9:16-23; Mark 1:29-39