



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

***Come and Journey with a Saviour CP 482***

***Come and journey with a Saviour who has called us from our birth,  
who has washed us in the waters, and who loved us on the earth.  
Come and journey, come and journey with a Saviour who has come.  
We are all God's sons and daughters; in the Spirit we are one.***

***Come and journey, journey inward, come and seek him deep within,  
where he meets us in our living, in our striving and our sin.  
Come and journey, come and journey with a Saviour who has come.  
We are all God's sons and daughters; in the Spirit we are one.***

***Come and journey, journey outward, telling others of his name,  
telling others of his glory, of his cross and of the shame.  
Come and journey, come and journey with a Saviour who has come.  
We are all God's sons and daughters; in the Spirit we are one.***

*Come and journey, journey outward, where that cross calls us to care,  
where injustice and where hunger and the poor call us to share.  
Come and journey, come and journey with a Saviour who has come.  
We are all God's sons and daughters; in the Spirit we are one.*

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 62:6-14*

Musical score for Psalm 62:6-14. The score is written in 3/4 time and features a treble and bass clef. The melody is in the treble clef, and the bass line is in the bass clef. The key signature is one flat (B-flat). The score includes dynamic markings: *mf* (mezzo-forte) and *mp* (mezzo-piano). The lyrics are: "We pour out our hearts to you, O Ho - ly One." The chords are: F, F<sup>sus</sup>4, F<sup>7</sup>, B<sup>b</sup>, B<sup>6</sup>, and F.

God alone is my rock and my salvation, my stronghold, so that I shall not be shaken.

**In God is my safety and my honour, my strong rock and my refuge.**

Put your trust in God always, O people,  
pour out your hearts before the One who is your refuge.

**Those of high degree are but a fleeting breath,  
even those of low estate cannot be trusted. R**

On the scales they are lighter than a breath,  
**all of them together.**

Put no trust in extortion; in robbery take no empty pride;  
**though wealth increase, set not your heart upon it.**

God has spoken once, twice have I heard it,  
**that power belongs to God.**

Steadfast love is yours, O Lord,  
**for you repay all according to their deeds. RR**

### ***Jonah 3:1-5***

The word of the Lord came to Jonah a second time, saying, 'Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you.' So Jonah set out and went to Nineveh, according to the word of the Lord. Now Nineveh was an exceedingly large city, a three days' walk across. Jonah began to go into the city, going a day's walk. And he cried out, 'Forty days more, and Nineveh shall be overthrown!' And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth.

When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

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 7:29-31***

I mean, brothers and sisters, the appointed time has grown short; from now on, let even those who have wives be as though they had none, and those who mourn as though they were not mourning, and those who rejoice as though they were not rejoicing, and those who buy as

though they had no possessions, and those who deal with the world as though they had no dealings with it. For the present form of this world is passing away.

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

*Lord, When You Came Gather 781*

*Lord, when you came to the seashore  
you weren't seeking the wise or the wealthy  
but only asking that I might follow.*

*Lord, you knew what my boat carried:  
neither money nor weapons for fighting,  
but nets for fishing, my daily labour.*

*Lord, have you need of my labour  
hands for service, a heart made for loving,  
my arms for lifting the poor and broken?*

*Lord, send me where you would have me,  
to a village, or heart of the city;  
I will remember that you are with me.*

### **Mark 1:14-20**

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.' As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake—for they were fishermen. And Jesus said to them, 'Follow me and I will make you fish for people.' And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

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.**

***Deep in Our Hearts MV 154***

***Deep in our hearts there is a common vision:  
deep in our hearts there is a common song;  
deep in our hearts there is a common story,  
telling Creation that we are one.***

***Deep in our hearts there is a common purpose;  
deep in our hearts there is a common goal;  
deep in our hearts there is a sacred message,  
justice and peace in harmony.***

***Deep in our hearts there is a common longing;  
deep in our hearts there is a common theme;  
deep in our hearts there is a common current,  
flowing to freedom like a stream.***

***Deep in our hearts there is a common vision:  
deep in our hearts there is a common song;  
deep in our hearts there is a common story,  
telling Creation that we are one.***

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.**

*Living Lord of Love's Dominion CP 453*

*Living Lord of Love's dominion, sovereign Saviour, bless your church;  
call us still as your disciples – loving, serving, while we search.*

*Gathered: feed our deepest being prophet's truth and godly nerve;  
scattered: let our lives' fruition nourish others while we serve.*

*Visit towns and inner cities; penetrate our steel and stone  
with a love that melts our coldness, making mission here our own.  
We will seek you, love transfigured, in our neighbour's need until  
deep within our daily service love draws forth our utmost skill.*

*With your bread, your wine, your Spirit, nurture us for your intent;  
let your will be our vocation lived as song and sacrament.*

*May compassion lead to service till we join the saints above;  
grant us hope for each tomorrow; fill our faith with vibrant love!*

Readings for next Sunday – January 31, 2021

Epiphany 4

Deuteronomy 18:15-20; Psalm 111;

1 Corinthians 8:1-13; Mark 1:21-28