

All Saints Church, Helmsley  
The Deanery of Northern Ryedale

# Morning Prayer



Friday 16th October 2020, 10am online

*Please join in where the print is **bold***

*BEFORE THE SERVICE WE STILL OUR MINDS AND  
HEARTS. GENERAL CONVERSATION IS ENCOURAGED  
AFTER THE SERVICE RATHER THAN BEFORE.*

*Light a candle, if you have one, as the service begins:*

O Lord, open our lips  
**and our mouth shall proclaim your praise.**

O come, let us sing to the Lord;  
let us heartily rejoice in the rock of our salvation.

**Let us come into his presence with thanksgiving  
and be glad in him with psalms.**

For the Lord is a great God  
and a great king above all gods.

**In his hand are the depths of the earth  
and the heights of the mountains are his also.**

The sea is his, for he made it,  
and his hands have moulded the dry land.

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

For he is our God;  
we are the people of his pasture and the sheep of his hand.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

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

*Pause for reflection as we offer the day to God.*

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.**

### Psalm 88

O Lord, God of my salvation,  
I have cried day and night before you.

**Let my prayer come into your presence;  
incline your ear to my cry.**

For my soul is full of troubles;  
my life draws near to the land of death.

**I am counted as one gone down to the Pit;  
I am like one that has no strength,**

Lost among the dead,  
like the slain who lie in the grave,

**Whom you remember no more,  
for they are cut off from your hand.**

You have laid me in the lowest pit,  
in a place of darkness in the abyss.

**Your anger lies heavy upon me,  
and you have afflicted me with all your waves.**

You have put my friends far from me  
and made me to be abhorred by them.

**I am so fast in prison that I cannot get free;  
my eyes fail from all my trouble.**

Lord, I have called daily upon you;  
I have stretched out my hands to you.

**Do you work wonders for the dead?  
Will the shades stand up and praise you?**

Shall your loving-kindness be declared in the grave,  
your faithfulness in the land of destruction?

**Shall your wonders be known in the dark  
or your righteous deeds in the land where all is forgotten?**

But as for me, O Lord, I will cry to you;  
early in the morning my prayer shall come before you.

**Lord, why have you rejected my soul?  
Why have you hidden your face from me?**

I have been wretched and at the point of death from my youth;  
I suffer your terrors and am no more seen.

**Your wrath sweeps over me;  
your horrors are come to destroy me;**

All day long they come about me like water;  
they close me in on every side.

**Lover and friend have you put far from me  
and hid my companions out of my sight.**

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

### Acts 28.1-16

After we had reached safety, we then learned that the island was called Malta. The natives showed us unusual kindness. Since it had begun to rain and was cold, they kindled a fire and welcomed all of us round it. Paul had gathered a bundle of brushwood and was putting it on the fire, when a viper, driven out by the heat, fastened itself on his hand. When the natives saw the creature hanging from his hand, they said to one another, 'This man must be a murderer; though he has escaped from the sea, justice has not allowed him to live.' He, however,

shook off the creature into the fire and suffered no harm. They were expecting him to swell up or drop dead, but after they had waited a long time and saw that nothing unusual had happened to him, they changed their minds and began to say that he was a god.

Now in the neighbourhood of that place were lands belonging to the leading man of the island, named Publius, who received us and entertained us hospitably for three days. It so happened that the father of Publius lay sick in bed with fever and dysentery. Paul visited him and cured him by praying and putting his hands on him. After this happened, the rest of the people on the island who had diseases also came and were cured. They bestowed many honours on us, and when we were about to sail, they put on board all the provisions we needed.

Three months later we set sail on a ship that had wintered at the island, an Alexandrian ship with the Twin Brothers as its figurehead. We put in at Syracuse and stayed there for three days; then we weighed anchor and came to Rhegium. After one day there a south wind sprang up, and on the second day we came to Puteoli. There we found believers and were invited to stay with them for seven days. And so we came to Rome. The believers from there, when they heard of us, came as far as the Forum of Appius and Three Taverns to meet us. On seeing them, Paul thanked God and took courage.

When we came into Rome, Paul was allowed to live by himself, with the soldier who was guarding him.

This is the Word of the Lord  
**Thanks be to God**

Forsake me not, O Lord;  
be not far from me, O my God.  
**Forsake me not, O Lord;  
be not far from me, O my God.**  
Make haste to help me,  
O Lord of my salvation.  
**Be not far from me, O my God.**  
Glory to the Father and to the Son  
and to the Holy Spirit.  
**Forsake me not, O Lord;  
be not far from me, O my God.**

### Benedictus

Blessed be the Lord the God of Israel,  
who has come to his people and set them free.

**He has raised up for us a mighty Saviour,  
born of the house of his servant David.**

Through his holy prophets God promised of old  
to save us from our enemies,  
from the hands of all that hate us,

**To show mercy to our ancestors,  
and to remember his holy covenant.**

This was the oath God swore to our father Abraham:  
to set us free from the hands of our enemies,

**Free to worship him without fear,  
holy and righteous in his sight  
all the days of our life.**

And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare his way,

**To give his people knowledge of salvation  
by the forgiveness of all their sins.**

In the tender compassion of our God  
the dawn from on high shall break upon us,

**To shine on those who dwell in darkness and the shadow of  
death,  
and to guide our feet into the way of peace.**

*Luke 1.68-79*

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

### The Intercession

Merciful Father, ...

Almighty and everlasting God,  
increase in us your gift of faith  
that, forsaking what lies behind  
and reaching out to that which is before,



we may run the way of your commandments  
and win the crown of everlasting joy;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. **Amen.**

Let us pray with confidence as our Saviour has taught us

**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.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever. Amen.**

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life.  
**Amen.**

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

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