

LITURGIES FOR TRAINING

The following prayer services are based on the prayerbook forms used throughout the Anglican Communion and found in prayerbooks such as The Episcopal Book of Common Prayer ©Copyright 1979, The Church Pension Fund

Specific prayers such as the Lord's Prayer have been taken from A New Zealand Prayerbook, ©Copyright 1989 the Church of the Province of New Zealand. Other prayers have been adapted from prayers and or phrases from this wonderful treasure trove of inspiration. To the original authors who are unknown we are truly indebted and grateful for your creative witness to the God of Creation and Redemption.

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Biblical passages and prayers have been developed and adapted from these sources. Occasional words have been changed to align the meaning of the texts with the topical context of this program. Since language is an important part of creating our reality, we have intentionally used alternative texts, such as the New Zealand Prayerbook version of the Lord's prayer, and rephrased other prayers to create novelty, which is an essential ingredient in creativity and re-imagining processes. While the words may sometimes be discordant to the hearers who recall more familiar phrases we invite the user to simply allow their minds to play with the words and wonder where the Spirit may lead.

We acknowledge that we have taken liberties with these original sources. As liturgists we have sought to create contextually relevant services to meet the needs of the people in this program by building on the great foundations provided by these sources. If our adaptations offend, we apologize. If these services are a blessing we give the credit to the original sources and shapers of these liturgical expressions, and are grateful to all those through the centuries who have creatively grafted their experience into this wonderful collection of resources.

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Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the Lord appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, "I must turn aside and look at this great sight, and see why the bush is not burned up." When the Lord saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Then he said, "Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground." He said further, "I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." And Moses hid his face, for he was afraid to look at God.

Then the Lord said, "I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt."

But Moses said to God, "Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?" He said, "I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain." But Moses said to God, "If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?" God said to Moses, "I AM WHO I AM." He said further, "Thus you shall say to the Israelites, 'I AM has sent me to you.'" God also said to Moses, "Thus you shall say to the Israelites, 'The Lord, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you': This is my name forever, and this my title for all generations.

Go and assemble the elders of Israel, and say to them, 'The Lord, the God of your ancestors, the God of Abraham, of Isaac, and of Jacob, has appeared to me, saying: I have given heed to you and to what has been done to you in Egypt. I declare that I will bring you up out of the misery of Egypt, to the land of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites, a land flowing with milk and honey.'

What does this passage teach about leadership?

What does this passage teach about change management?

What does it teach you about you as a leader and change manager?

About noon the next day, as they were on their journey and approaching the city, Peter went up on the roof to pray. He became hungry and wanted something to eat; and while it was being prepared, he fell into a trance. He saw the heaven opened and something like a large sheet coming down, being lowered to the ground by its four corners. In it were all kinds of four-footed creatures and reptiles and birds of the air. Then he heard a voice saying, 'Get up, Peter; kill and eat.' But Peter said, 'By no means, Lord; for I have never eaten anything that is profane or unclean.' The voice said to him again, a second time, 'What God has made clean, you must not call profane.' This happened three times, and the thing was suddenly taken up to heaven.

Now while Peter was greatly puzzled about what to make of the vision that he had seen, suddenly the men sent by Cornelius appeared. They were asking for Simon's house and were standing by the gate. They called out to ask whether Simon, who was called Peter, was staying there. While Peter was still thinking about the vision, the Spirit said to him, 'Look, three men are searching for you. Now get up, go down, and go with them without hesitation; for I have sent them.' So Peter went down to the men and said, 'I am the one you are looking for; what is the reason for your coming?' They answered, 'Cornelius, a centurion, an upright and God-fearing man, who is well spoken of by the whole Jewish nation, was directed by a holy angel to send for you to come to his house and to hear what you have to say.' So Peter invited them in and gave them lodging....

Then Peter began to speak to them: 'I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him. You know the message he sent to the people of Israel, preaching peace by Jesus Christ—he is Lord of all.

What does this passage teach about coaching and leadership?

What does this passage teach about change management and transformation?

What does it teach you about you as a leader and change manager?

Noon Day Prayer Day 1

Officiant O Lord how manifold are your works; in wisdom you have made them all; the earth is full of your creatures.

Officiant O God, let our mouths proclaim your praise.

People **Let our hearts rejoice in your goodness.**

Together **Amen! Praise and glory and wisdom, thanksgiving and honor, power and might be to our God for ever and ever. Amen.**

Canticle: (said together or responsively) A Song of Pilgrimage

Ecclesiasticus 51:13-16, 20b-22

Before I ventured forth, even while I was very young,

I sought wisdom openly in my prayer.

In the forecourts of the temple I asked for her,

and I will seek her to the end.

From the first blossom to early fruit,

she has been the delight of my heart.

My foot has kept firmly to the true path,

diligently from my youth have I pursued her.

I inclined my ear a little and received her;

I found for myself much wisdom and became adept in her.

To the one who gives me wisdom will I give glory,

for I have resolved to live according to her way.

From the beginning I gained courage from her,

therefore I will not be forsaken.

In my inmost being I have been stirred to seek her,

therefore have I gained a good possession.

As my reward the Almighty has given me the gift of language,

and with it will I offer praise to God.

Praise to the holy and undivided Trinity, one God:

as it was in the beginning, is now, and will be for ever. Amen.

A Reading from the Prophet Jeremiah

Jeremiah 1:4-9

Now the word of the Lord came to me saying, "Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations." Then I said, "Ah, Lord God! Truly I do not know how to speak, for I am only a boy." But the Lord said to me, "Do not say, 'I am only a boy'; for you shall go to all to whom I send you, and you shall speak whatever I command you. Do not be afraid of them, for I am with you to deliver you, says the Lord." Then the Lord put out his hand and touched my mouth; and the Lord said to me, "Now I have put my words in your mouth."

Silent reflection concluded with:

Officiant Hear what the Spirit is saying to God's people.

People **Amen. All that the Lord has said we will do.**

Canticle: (said together or responsively) A Song of Ezekiel

Ezekiel 36:24-28

I will take you from among all nations;
 and gather you from all lands to bring you home.
 I will sprinkle clean water upon you;
 and purify you from false gods and uncleanness.
 A new heart I will give you
 and a new spirit put within you.
 I will take the stone heart from your chest
 and give you a heart of flesh.
 I will help you walk in my laws
 and cherish my commandments and do them.
 You shall be my people,
 and I will be your God.

Officiant Lord, hear our prayer;

People And let our cry come to you.

Officiant Let us pray.

Together **Our Loving God 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 forever. Amen.

Officiant Almighty God, pour upon us your wisdom and grace as we embark on this journey of discovery. Enkindle in our hearts the fire of your love, that warmed by your presence and inspired by your spirit we would quest for your purpose and bring you glory in the way we live our lives and minister to your people through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Thanksgivings and intercessions may be offered.

Officiant God of life we thank you for the mystery planted in us, the paradox of life from death, of selflessness from selfishness, of a desire for justice from an attitude of just us, of a heart of love from a heart of stone. Blessed is your risen Christ, the Lord of growth and discovery, of beauty and joy, of peace and justice, who makes all things new. Set within us your heart of love, that we may give of ourselves in love to one another in this training program, through Jesus Christ our Lord. **Amen.**

Officiant Let us bless the Lord.

People **Thanks be to God.**

Evening Prayer Day 1

Officiant You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that God will give you whatever you ask in my name. *John 15.16*

Officiant O God you are in our midst.

People **And we are called by your name.**

Together **Amen! We will praise the name of the Lord and ascribe greatness to our God.**

Canticle: (said together or responsively) The Song of the Blessed Virgin Mary *Luke 1:46-55*

My soul proclaims the greatness of the Lord:

my spirit rejoices in God my savior,

For you Lord have looked with favor on your lowly servant:

and from this day all generations will call me blessed.

You O Most Mighty have done great things for me:

and holy is your name.

You have mercy on those who revere you:

from generation to generation.

You have shown the strength of your arm:

and scattered the proud in their conceit.

You have cast down the mighty from their thrones:

and have lifted up the lowly.

You have filled the hungry with good things:

and the rich you have sent away empty.

You have come to the help of your people:

for you have remembered your promise of mercy,

The promise you made to our forbears;

to Abraham and Sarah and their children for ever.

Amen.

A Reading From the Letter to the Philippians

Philippians 4:8

Finally, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things.

Silent reflection concluded with:

Officiant Hear what the Spirit is saying to God's people.

People **Amen. All that the Lord has said we will do.**

Canticle: (said together or responsively) Nunc Dimittis

Lord, you now have set your servant free

to go in peace as you have promised;

For these eyes of mine have seen the savior,

whom you have prepared for all the world to see:

A light to enlighten the nations,

and the glory of your people Israel.

Glory to the holy and undivided Trinity, one God:

as it was in the beginning, is now, and will be for ever.

Amen.

- Officiant* Lord, hear our prayer;
People **And let our cry come to you.**
Officiant Let us pray.
Together **Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,
 Source of all that is and that shall be,
 Father and Mother of us all,
 Loving God, in whom is heaven:
 The hallowing of your name echo through the universe!
 The way of your justice be followed by the peoples of the world!
 Your heavenly will be done by all created beings!
 Your commonwealth of peace and freedom sustain our hope and come on earth.
 With the bread we need for today, feed us.
 In the hurts we absorb from one another, forgive us.
 In times of temptation and test, strengthen us.
 From trials too great to endure, spare us.
 From the grip of all that is evil, free us.
 For you reign in the glory of the power that is love, now and forever. Amen.**
- Officiant* Oh God of peace, keep us from a mindless acceptance of things as they are. Let us all know that at the heart of change and turbulence there is an inner calm that comes from faith in you, and that from this central heart of peace, there may flow a creative compassion, a thirst for justice, a relentless proclamation of your love, and a willingness to give of ourselves in the Spirit of Christ. **Amen.**
- Officiant* *Thanksgivings and intercessions may be offered.*
 Gracious God, you have given us much today to think upon and ponder, grant us also thankful spirits and hearts to cherish your presence. Into your hands we commend ourselves and those we love. Let us be continually aware of your presence, and when we take our rest renew us for the service of your son Jesus Christ.
- People* **Amen. In darkness and in light, in trouble and in joy, help us O God, to trust your love, to serve your purpose, and to praise your name, through Jesus Christ our Lord. Amen.**
- Blessing*
Officiant The God of Abraham and Sarah call you to your purpose.
 The Light of Christ shine upon you and scatter the darkness from before your path.
 The Spirit of Love grant you courage to journey and fulfill your destiny with integrity.
 And the blessing of God Almighty, Creator, Redeemer and Life-Giving Spirit,
 be among you, and remain with you now and for ever. **Amen.**
- Officiant* Go in beauty to love and enjoy the Lord.
People **Thanks be to God.**

Morning Prayer Day 2

Officiant Jesus said, "I am the light of the world; whoever follows me will not walk in darkness, but will have the light of life." *John. 8:12*

Officiant O God, let our mouths proclaim your praise.

People **Let our hearts rejoice in your goodness.**

Together **Amen! Praise and glory and wisdom, thanksgiving and honor, power and might be to our God for ever and ever. Amen.**

Canticle: (said together or responsively) Venite

Psalm 95:1-7

Come, let us sing to the Lord;

let us shout for joy to the Rock of our salvation.

**Let us come before God's presence with thanksgiving
and raise a loud shout to the Lord with psalms.**

**For the Lord is a great God,
and a great King 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.**

**For you are our God,
and we are the people of your pasture, the sheep of your hand.**

Oh, that today we would hearken to your voice!

A reading from the Gospel of Matthew

Matthew 20:20-28

Then the mother of the sons of Zebedee came to him with her sons, and kneeling before him, she asked a favor of him. And he said to her, 'What do you want?' She said to him, 'Declare that these two sons of mine will sit, one at your right hand and one at your left, in your kingdom.' But Jesus answered, 'You do not know what you are asking. Are you able to drink the cup that I am about to drink?' They said to him, 'We are able.' He said to them, 'You will indeed drink my cup, but to sit at my right hand and at my left, this is not mine to grant, but it is for those for whom it has been prepared by my Father.' When the ten heard it, they were angry with the two brothers. But Jesus called them to him and said, 'You know that the rulers of the Gentiles lord it over them, and their great ones are tyrants over them. It will not be so among you; but whoever wishes to be great among you must be your servant, and whoever wishes to be first among you must be your slave; just as the Son of Man came not to be served but to serve, and to give his life a ransom for many.'

Silent reflection concluded with:

Officiant Hear what the Spirit is saying to God's people.

People **Amen. All that the Lord has said we will do.**

Canticle: (said together or responsively) The Exalted Lord

Philippians 2:6-11

Christ Jesus was in the form of God:

yet he did not cling to equality with God.

**He emptied himself taking the form of a servant:
and was born in our human likeness.**

Being found in human form he humbled himself
and was obedient unto death, even death on a cross.

Therefore God has exalted him:

and bestowed on him the Name above every name,
that at the name of Jesus every knee should bow:
in heaven and on earth and under the earth,
and every tongue confess that Jesus Christ is Lord:
to the glory of Almighty God. Amen.

Lord's Prayer

Together Our Loving God 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 forever. Amen.

Officiant Lord, hear our prayer;

People And let our cry come to you.

Officiant Let us pray.

Officiant God of grace you have endowed us with talents and capabilities beyond the imagination of our finite minds. Shed upon us the light of your infinite understanding that we can behold ourselves as you see us so that we would manifest in the world your hopes and promises and those whom we lead would be grateful for what we have done through Jesus Christ our Lord. Amen.

Thanksgivings and intercessions may be offered

Officiant Almighty God, set that morning star which never sets, the risen light of Christ, in our hearts that together we will walk in your presence with your love in our hearts, your truth in our minds, your strength in our wills, until, at the end of our journey, we know the joy of our homecoming and the welcome of your embrace, through Jesus Christ our Lord. Amen.

Officiant Let us bless the Lord.

People Thanks be to God.

Evening Prayer Day 2

Officiant It is the God who said, “Let light shine out of darkness,” who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Christ. *2 Cor. 4:6*

Officiant O God you are in our midst.

People **And we are called by your name.**

Together **Amen! We will praise the name of the Lord and ascribe greatness to our God.**

Canticle: (said together or responsively) The Song of Our Adoption *Ephesians 1:3-10*

Blessed are you,

the God and Father of our Lord Jesus Christ;

You have blessed us in Christ

with every spiritual blessing in the heavenly realms.

Even before the world was made you chose us to be yours in Christ:

that we should be holy and blameless in your sight.

In love you destined us for adoption as your children through Christ Jesus:

such was your pleasure and your purpose,

To the praise of your glorious grace:

which you have freely given us in your beloved Son, Jesus Christ our Lord. Amen.

A Reading From the letter to the Ephesians

Ephesians 3:16-19

According to the riches of God’s glory, may you be strengthened with might through the Holy Spirit in your inner being, and may Christ dwell in your hearts through faith; that you being rooted and grounded in love, may have power to comprehend with all the saints, what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge; that you may be filled with all the fullness of God.

Silent reflection concluded with:

Officiant Hear what the Spirit is saying to God’s people.

People **Amen. All that the Lord has said we will do.**

Canticle: (said together or responsively) A Song of Judith

Judith 16:13-16

I will sing a new song to my God,

for you are great and glorious, wonderful in strength, invincible.

Let the whole creation serve you,

for you spoke and all things came into being.

You sent your breath and it formed them,

no one is able to 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 continue to show mercy

and they shall stand in your sight for ever. Amen.

Officiant Lord, hear our prayer;

People **And let our cry come to you.**

Officiant Let us pray.

Together Eternal Spirit, Earth-maker, Pain-bearer,
 Life-giver, Source of all that is and that shall be,
 Father and Mother of us all, Loving God, in whom is heaven:
 The hallowing of your name echo through the universe!
 The way of your justice be followed by the peoples of the world!
 Your heavenly will be done by all created beings!
 Your commonwealth of peace and freedom sustain our hope and come on earth.
 With the bread we need for today, feed us.
 In the hurts we absorb from one another, forgive us.
 In times of temptation and test, strengthen us.
 From trials too great to endure, spare us.
 From the grip of all that is evil, free us.
 For you reign in the glory of the power that is love, now and forever. **Amen.**

Officiant Almighty God, you are the loving heart of the universe in whom we live and move and have our being. You are the source of all that was, and is and will be; you are the fount of all wisdom and knowledge. Give us eyes to see, ears to hear, minds to understand and hearts to hold your love that we may know that we are one with you and all the love in the universe. **Amen.**

Thanksgivings and intercessions may be offered

Officiant Loving Creator of all, watch over us this night and keep us as the light of your presence. Let our praise continually blend with the song of all creation, until we come to those eternal joys which you promise in your love; through Jesus Christ our Savior. **Amen.**

Blessing

Officiant God the Creator grant you grace to see yourself as God made you.
 God of Love grant you grace to value yourself as God values you.
 God of Life grant you grace to dream God's purpose for you and the courage to live it from the depths of your being.
 And the Blessing of God Almighty Creator, Lover, and Giver of Life be with you now and forever.

People **Amen.**

Officiant Go in beauty to love and enjoy the Lord.

People **Thanks be to God.**

Morning Prayer Day 3

Officiant I will lead the blind by a road they do not know, by paths they have not known I will guide them.
I will turn the darkness before them into light, the rough places into level ground. These are the
things I will do, and I will not forsake them. *Isaiah 42:16*

Officiant O God, let our mouths proclaim your praise.

People **Let our hearts rejoice in your goodness.**

Together **Amen! Praise and glory and wisdom, thanksgiving and honor,
power and might be to our God for ever and ever. Amen.**

Canticle: (said together or responsively) The Third Song of Isaiah *Isaiah 60:1-3, 11a, 14c, 18-19*

**Arise, shine, for your light has come,
and the glory of the Lord has dawned upon you.**

**For behold, darkness covers the land;
deep gloom enshrouds the peoples.**

**But over you the Lord will rise,
and God's glory will appear upon you.**

**Nations will stream to your light,
and kings to the brightness of your dawning.**

**Your gates will always be open;
by day or night they will never be shut.**

**They will call you, The City of the Lord,
The Zion of the Holy One of Israel.**

**Violence will no more be heard in your land,
ruin or destruction within your borders.**

**You will call your walls,
Salvation, and all your portals, Praise.**

**The sun will no more be your light by day;
by night you will not need the brightness of the moon.**

**The Lord will be your everlasting light,
and your God will be your glory.**

A Reading from the Gospel of Matthew

Matthew 25:34-40

Then the king will say to those at his right hand, 'Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.' Then the righteous will answer him, 'Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?' And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.'

Silent reflection concluded with:

Officiant Hear what the Spirit is saying to God's people.

People **Amen. All that the Lord has said we will do.**

Canticle: (said together or responsively) What does the Lord require of thee?

Micah 6:6-8

With what shall I come before the Lord,
 and bow myself before God on high?
 Shall I come before God with burnt offerings,
 with calves a year old?
 Will the Lord be pleased with thousands of rams,
 with ten thousands of rivers of oil?
 Shall I give my firstborn for my transgression,
 the fruit of my body for the sin of my soul?
 The Lord has told you, O mortal, what is good;
 and what does the Lord require of you
 But to do justice, and to love kindness,
 and to walk humbly with your God?

Officiant Lord, hear our prayer;

People **And let our cry come to you.**

Officiant Let us pray.

Together **Our Loving God 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 forever. Amen.

Officiant Eternal God, you have always taken men and women of every nation, age and color and made them saints by transforming them in your love. Grant us grace to humbly walk with Jesus, and to be as liberal with your love as he was, and is, and will be forever more. **Amen.**

Thanksgivings and intercessions may be offered

Officiant God of infinite blessing, when you fashioned the world the morning stars sang together and the host of heaven shouted for joy: open our eyes to the wonders of your creation and teach us to use all things for good, that we may be blessed and be a blessing so that all may live in your abundance; through Jesus Christ our Lord. **Amen.**

Officiant Let us bless the Lord;

People **Thanks be to God**

Compline Day 3

Officiant They will neither hunger nor thirst, nor will the desert heat or the sun beat upon them, for the one who loves them will lead them and guide them beside the springs of water. *Isaiah 49:10*

Officiant The angels of God guard us through the night

People **and quieten the powers of darkness.**

Officiant The Spirit of God be our guide

People **to lead us to peace and to glory.**

Officiant Creator God, giver of good things and lover of souls, we thank you for all that is good, for our creation and our humanity, for the stewardship you have given us of this planet earth, for the gifts of life and for one another, for your love which is unbounded and eternal.

O You most holy and beloved, our Companion, our Guide upon the way, our bright evening star.

We repent of our wrong doings.

silence

Officiant We have wounded your love

People **O God heal us.**

Officiant We give thanks for our right doings

silence

Officiant Light of the world inspire us.

People **Spirit of God dwell in us.**

Officiant Eternal Spirit, living God, in whom we live and move and have our being, all that we are, have been and shall be is known to you,

to the very secrets of our hearts and all that rises to trouble us and inspire us.

Living flame, burn into us, cleansing wind, blow through us, fountain of water, well up within us, that we love and praise you in all our words and deeds. **Amen.**

Canticle: (said together or responsively) Rich In Mercy

Ephesians 2:4-7; 3:20, 21

You O God are rich in mercy:

out of the great love with which you loved us.

Even when we were dead through our sins:

you made us alive together with Christ.

You raised us up in union with him:

and made us sit with him in the heavenly places in Christ Jesus,

So that you might show the immeasurable riches of your grace:

in kindness towards us in Christ Jesus.

By your Spirit at work within us;

you do far more abundantly than all we ask or think.

To you be glory in the church and in Christ Jesus:

through all generations for ever and ever. Amen.

A reading from the Gospel of John

John 10:11-16, 27-29

I am the good shepherd. The good shepherd lays down his life for the sheep. The hired hand, who is not the shepherd and does not own the sheep, sees the wolf coming and leaves the sheep and runs away and the wolf snatches them and scatters them. The hired hand runs away because a hired hand does not care for the sheep. I am the good shepherd. I know my own and my own know me, just as the Father knows me

and I know the Father. And I lay down my life for the sheep. I have other sheep that do not belong to this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd.... My sheep hear my voice. I know them, and they follow me. I give them eternal life, and they will never perish. No one will snatch them out of my hand. What my Father has given me is greater than all else, and no one can snatch it out of the Father's hand.

Silent reflection concluded with:

Officiant Hear what the Spirit is saying to God's people.

People **Amen. All that the Lord has said we will do.**

Officiant Lord, it is night after a long day. What has been done has been done; what has not been done has not been done; help us let it be.

Lord, you are the God of growth and discovery, yours is the inspiration that has altered and changed our lives yours is the power that has brought us to new dangers and opportunities. As we take our rest this night, prepare us, your new creation, to journey in this new world, watching and learning, loving and trusting, blessing and forgiving until your kingdom comes. **Amen.**

Thanksgivings and intercessions may be offered

Officiant Be present, Spirit of God, within us your dwelling place and home, that this house may be one where all darkness is penetrated by your light, all troubles calmed by your peace, all evil redeemed by your love, all pain transformed in your suffering, and all dying glorified in your risen life. **Amen.**

Blessing

Officiant Almighty God the source of all love, grant you that sustaining joy which none can take from you, that comes from knowing that you have a place in God's heart, with love to share, a work to do, and a life to live. **Amen.**

And the blessing of God Almighty, the love at our beginning and at our end, be with you and amongst you now and forever. **Amen.**

Officiant Go in beauty to love and enjoy the Lord.

People **Thanks be to God.**

Morning Prayer Day 4

Officiant Blessed be the God of our Lord Jesus Christ, by whose great mercy we have been born anew to a living hope through the resurrection of Jesus Christ from the dead. He will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.'

Officiant O God, let our mouths proclaim your praise.

People **Let our hearts rejoice in your goodness.**

Together **Amen! Praise and glory and wisdom, thanksgiving and honor, power and might be to our God for ever and ever. Amen.**

Canticle: (said together or responsively) Prayer attributed to St. Francis

O Lord, make us instruments of your peace!

Where there is hatred, let us sow love.

Where there is injury, pardon.

Where there is discord, harmony.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

Where there is sorrow, joy.

Oh Divine Master, grant that we may not so much seek to be consoled as to console;

To be understood as to understand;

To be loved as to love;

for it is in giving that we receive;

It is in pardoning that we are pardoned;

and it is in dying that we are born to Eternal Life.

A reading from the Gospel according to John

John 21:15-22

When they had finished breakfast, Jesus said to Simon Peter, 'Simon son of John, do you love me more than these?' He said to him, 'Yes, Lord; you know that I love you.' Jesus said to him, 'Feed my lambs.' A second time he said to him, 'Simon son of John, do you love me?' He said to him, 'Yes, Lord; you know that I love you.' Jesus said to him, 'Tend my sheep.' He said to him the third time, 'Simon son of John, do you love me?' Peter felt hurt because he said to him the third time, 'Do you love me?' And he said to him, 'Lord, you know everything; you know that I love you.' Jesus said to him, 'Feed my sheep. Very truly, I tell you, when you were younger, you used to fasten your own belt and to go wherever you wished. But when you grow old, you will stretch out your hands, and someone else will fasten a belt around you and take you where you do not wish to go.' (He said this to indicate the kind of death by which he would glorify God.) After this he said to him, 'Follow me.' Peter turned and saw the disciple whom Jesus loved following them; he was the one who had reclined next to Jesus at the supper and had said, 'Lord, who is it that is going to betray you?' When Peter saw him, he said to Jesus, 'Lord, what about him?' Jesus said to him, 'If it is my will that he remain until I come, what is that to you? Follow me!'

Silent reflection concluded with:

Officiant Hear what the Spirit is saying to God's people.

People **Amen. All that the Lord has said we will do.**

Canticle: (said together or responsively) A Song of Christ's Goodness

Anselm of Canterbury

Jesus, as a mother you gather your people to you;
 You are gentle with us as a mother with her children.
 Often you weep over our sins and our pride,
 tenderly you draw us from hatred and judgment.
 You comfort us in sorrow and bind up our wounds,
 in sickness you nurse us and with pure milk you feed us.
 Jesus, by your dying, we are born to new life;
 by your anguish and labor we come forth in joy.
 Despair turns to hope through your sweet goodness;
 Through your gentleness, we find comfort when afraid.
 Your warmth gives life to the dead,
 your touch makes sinners righteous.
 Lord Jesus, in your mercy, heal us;
 in your love and tenderness, remake us.
 In your compassion, bring grace and forgiveness;
 for the beauty of heaven, may your love prepare us.

Lord's Prayer

Together **Our Loving God 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 forever. Amen.**

Officiant Lord, hear our prayer;

People **And let our cry come to you.**

Officiant Let us pray.

Officiant God of mercy, we are as Peter; we lose our nerve and deny you in our time of trial. Calm our anxiety by emboldening us to serve you, heal our cowardice by encouraging us to proclaim your Kingdom, and heal our shame by inspiring us to share your love with those we encounter that we show forth in our lives the power of your grace in Jesus Christ our Lord. **Amen.**

Thanksgivings and intercessions may be offered

Officiant Almighty God the source of all love, grant us your sustaining joy and peace which none can take from us. Help us know that we have a place in your heart, with love to share, a work to do, a people to lead, and a life to live in friendship with your Son Jesus Christ our Lord. **Amen.**

Officiant Let us bless the Lord.

People **Thanks be to God.**

Evening Prayer Day 4

Officiant The LORD said to me, “Get up, go on your journey at the head of the people, that they may go in and occupy the land that I swore to their ancestors to give them.” *Deuteronomy 10:11*

Officiant O God you are in our midst.

People **And we are called by your name.**

Together **Amen! We will praise the name of the Lord and ascribe greatness to our God.**

Canticle: (said together or responsively) O Gracious Light

O gracious Light,

pure brightness of the ever living God in Heaven,

O Jesus Christ,

holy and blessed!

Now as we come to the setting of the sun, and our eyes behold the vesper light,
we sing your praises.

O blessed God:

sun of our night, light of our day.

O Son of God,

you are worthy at all times to be praised by happy voices.

O Giver of life,

be glorified through all the world. Amen.

A reading from the Gospel of Luke

Luke 4:18-19

The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favor.

Silent reflection concluded with:

Officiant Hear what the Spirit is saying to God's people.

People **Amen. All that the Lord has said we will do.**

Canticle: (said together or responsively) A Song of God's Love

1 John 4:7-11

Beloved, let us love one another,

for love is of God.

Whoever does not love does not know God,

for God is Love.

In this the love of God was revealed among us, that God sent his only Son into the world,
so that we might live through Jesus Christ.

In this is love, not that we loved God but that God loved us
and sent his Son that sins might be forgiven.

Beloved, since God loved us so much,
let us love one another.

For if we love one another, God abides in us,
and God's love will be perfected in us.

Glory to the holy and undivided Trinity, one God:

as it was in the beginning, is now, and will be for ever. Amen.

Lord's Prayer from New Zealand Prayerbook

Together **Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:
The hallowing of your name echo through the universe!
The way of your justice be followed by the peoples of the world!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom sustain our hope and come on earth.
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love, now and forever. Amen.**

Officiant Lord, hear our prayer;

People **And let our cry come to you.**

Officiant Let us pray.

Officiant God of compassion, let the tenderness of your love heal our pain, let the fierceness of your Spirit empower us, and let the mischievousness of your Son melt the barriers we put between you our neighbors and ourselves so that we can lead your people into your promised land . **Amen.**

Thanksgivings and intercessions may be offered

Officiant Loving God, in you there is no darkness; shed upon us through this night the light of your forgiveness, your healing and your peace, that when we wake from sleep we may know once more the brightness of your presence; through our Savior Jesus Christ. **Amen.**

Blessing

Officiant God the Creator bless you with a vision so that you can look forward to the day when you can look back and behold with wonder the great things you and God have done together. **Amen.**

God the Lover bless you with love to fan the fire of your compassion so that your neighbors will be glad of your presence. **Amen.**

God the Giver of Life bless you with the living waters of companionship, authenticity, competence, and courage to fulfill your purpose so that following your days on earth you will hear the heavens proclaim: "Well Done!" **Amen.**

And the Eternal God, whose love echoes through the universe, bless you, and all those you love now and forever. **Amen.**

Officiant Go in beauty to love and enjoy the Lord.

People **Thanks be to God.**

Morning Prayer Day 5

Officiant For anyone who is in Christ, they are a new creation; the old creation has gone, and now the new one is here. It is all God's work. It is God who through Christ has won us back and given us a share in this work of reconciliation. 2 Cor. 5:17-18

Officiant O God, let our mouths proclaim your praise.

People **Let our hearts rejoice in your goodness.**

Together **Amen! Blessing and honor, glory and might, to the one who is seated on the throne and to the Lamb for ever and ever. Amen!**

Officiant The first commandment is this, "Hear, O People of God: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength." The second is this, "You shall love your neighbor as yourself." There is no other commandment greater than these.'

People **O God, write what you command on our hearts, that we may abide in your heart all the days of our lives.**

Canticle: (said together or responsively) The Song of Zechariah

Luke 1:68-79

Blessed be the Lord, the God of Israel;

you have come to your people and set them free.

You have raised up for us a mighty savior,

born of the house of your servant David.

Through your holy prophets you promised of old,

that you would save us from our enemies, from the hands of all who hate us.

You promised to show mercy to our fathers

and to remember your holy covenant.

This was the oath you swore to our father Abraham,

to set us free from the hands of our enemies,

Free to worship you without fear,

holy and righteous in your sight all the days of our life.

You, my child, shall be called the prophet of the Most High,

for you will go before the Lord to prepare God's way,

To give your people knowledge of salvation

by the forgiveness of 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.

Glory to the holy and undivided Trinity, one God:

as it was in the beginning, is now, and will be for ever. Amen.

A Reading From the First Letter of Peter

1 Pet.: 2:9-10

But you are a chosen race, a royal priesthood, a holy nation, God's own people, that you may declare the wonderful deeds of him who called you out of darkness into his marvelous light. Once you were no people, but now you are God's people; once you had not received mercy but now you have received mercy.

Silent reflection concluded with:

Officiant Hear what the Spirit is saying to God's people.

People **Amen. All that the Lord has said we will do**

Canticle: (said together or responsively) You are Worthy

Book of Revelation

You are worthy, our Lord and God:

to receive glory and honor and power.

For you have created all things

and by your will they were created and have their being.

You are worthy O Christ, for you were slain:

and by your blood have ransomed us for God.

Ransomed us from every tribe and people and nation:

and made us a royal house of priests to our God.

To the one who is seated on the throne and to the Lamb:

be blessing and honor, glory and might for ever and ever. Amen.

Lord's Prayer

Together **Our Loving God 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 forever. Amen.

Officiant Lord, hear our prayer;

People **And let our cry come to you.**

Officiant Let us pray.

Officiant Almighty God, you have made us your chosen people, not your protected people. Help us to be courageous because you are courageous. You have given us a lodging in this world but not an abiding city. Help us in this present moment, as a pilgrim people, to endure hardship and delight in goodness, knowing that at the end of our journey your Christ has prepared a place for us in your eternal heart. **Amen.**

Thanksgivings and intercessions may be offered

Officiant Almighty God the source of our being, you have blessed us beyond our wildest dreams. You have set before us promises and challenges beyond our understandings, help us to take risks for your glory by having the courage to coach your people, that the challenges be surmounted and your promises fulfilled in Jesus Christ our Lord. **Amen.**

Officiant Go in beauty to love and enjoy the Lord.

People **Thanks be to God.**

Conclusion

I have walked that long road to freedom. I have tried not to falter; I have made missteps along the way. But I have discovered the secret that after climbing a great hill, one only finds that there are more hills to climb. I have taken a moment here to rest, to steal a view of the glorious vista that surrounds me, to look back on the distance I have come. But I can rest only for a moment, for with freedom come responsibilities, and I dare not linger, for my long walk is not yet ended. *Nelson Mandela*

A Final Blessing:

Watch over your friends O Lord so that they can look forward to the days when they can look back and behold with wonder the great things they have co-created with you.

The God of Truth bless you with discomfort at easy answers, half truths, and superficiality so that you live from deep within your heart. **Amen.**

The God of Understanding make you tender in the face of pain and rejection so that others can know the comfort of your acceptance. **Amen.**

The God of Justice make you fierce in the face of oppression and exploitation so that others can live with dignity in the midst of your respect. **Amen.**

The God of all Wisdom bless you with enough foolishness to believe that you can make a difference in this world, so that you can lead others to do what many claim cannot be done. **Amen.**

And the Blessing of God Almighty, Creator, Redeemer, and Life Giving Spirit be amongst you and all those whom you love and lead now and for ever. **Amen.**