

# Sunday 16 January 2022

## Morning Prayer (Lauds)

### Introduction (without Invitatory)

If this is the first Hour that you are reciting today, use the version with the Invitatory Psalm instead.

O God, come to our aid.

*O Lord, make haste to help us.*

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be,  
world without end.  
Amen. Alleluia.

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### Hymn

I bind unto myself today  
The strong name of the Trinity,  
By invocation of the same,  
The Three in One, and One in Three.

I bind unto myself today  
The power of God to hold and lead,  
His eye to watch, his might to stay,  
His ear to hearken to my need,

The wisdom of my God to teach,  
His hand to guide, his shield to ward;  
The word of God to give me speech,  
His heavenly host to be my guard.

I bind unto myself the name,  
The strong name of the Trinity;  
By invocation of the same,  
The Three in One, and One in Three –

Of whom all nature hath creation;  
Eternal Father, Spirit, Word:  
Praise to the Lord of my salvation:  
Salvation is of Christ the Lord.

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### Psalm 117 (118)

#### A cry of rejoicing and triumph

“This is the stone which was rejected by you builders, but which has become the cornerstone” (Acts 4:11).

*Blessed is he who comes in the name of the Lord. Alleluia.*

Give thanks to the Lórd for he is góod, \*  
for his lóve endures for éver.

Let the sóns of Ísrael sáy: \*  
‘His lóve endures for éver.’

Let the sóns of Áaron sáy: \*  
‘His lóve endures for éver.’

Let thóse who fear the Lórd sáy: \*  
‘His lóve endures for éver.’

I cálled to the Lórd in my distréss; \*  
he ánswered and fréed me.  
The Lórd is at my síde; I do not féar. \*  
What can mán do agáinst me?  
The Lórd is at my síde as my hélper; \*  
I shall look dówn on my fóes.

It is bétter to take réfuge in the Lórd \*  
than to trúst in mén;  
it is bétter to take réfuge in the Lórd \*  
than to trúst in prínces.

The nátions áll encómpassed me; \*  
in the Lórd’s name I crúshed them.

They cómpassed me, cómpassed me abóut; \*  
in the Lórd’s name I crúshed them.

They cómpassed me abóut like bées; †  
they blázed like a fíre among thórns. \*  
In the Lórd’s name I crúshed them.

I was hárd-préssed and was fálling, \*  
but the Lórd came to hélp me.

The Lórd is my stréngth and my sóng; \*  
hé is my sáviour.

There are shóuts of jóy and víctory \*  
in the ténts of the júst.

The Lórd’s ríght hánd has tríumphed; †  
his ríght hand ráised me. \*

The Lórd’s ríght hánd has tríumphed;  
I shall not díe, I shall líve \*  
and recóunt his déeds.

I was púnished, I was púnished by the Lórd, \*  
but nótt doomed to díe.

Ópen to mé the gates of hóliness: \*  
I will énter and gíve thánks.

This is the Lórd’s ówn gáte \*  
where the júst may énter.

I will thánk you for yóu have ánswered \*  
and yóu are my sáviour.

The stóne which the búilders rejécted \*  
has becóme the córner stóne.

This is the wórk of the Lórd, \*  
a márvel in our éyes.

This day was máde by the Lórd; \*  
we rejóice and are glád.

O Lórd, gránt us salvátion; \*  
O Lórd, grant succéss.

Bléssed in the náme of the Lórd \*  
is hé who cómes.

We bléss you from the hóuse of the Lórd; \*  
the Lord Gód is our líght.

Go fóward in procéssion with bránches \*  
éven to the áltar.

Yóu are my Gód, I thánk you. \*  
My Gód, I práise you.

Give thánks to the Lórd for he is góod; \*  
for his lóve endures for éver.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be,  
world without end.

Amen.

*Blessed is he who comes in the name of the Lord. Alleluia.*

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### Canticle

**Daniel 3:52-57**

#### Let every creature praise the Lord

“The Creator is blessed for ever” (Rom 1:25).

*Let us sing a hymn to our God. Alleluia.*

You are blest, Lord God of our fathers. \*  
To you glory and praise for evermore.

Blest your glorious holy name. \*  
To you glory and praise for evermore.

You are blest in the temple of your glory. \*  
To you glory and praise for evermore.

You are blest who gaze into the depths. \*  
To you glory and praise for evermore.

You are blest in the firmament of heaven. \*  
To you glory and praise for evermore.

You who walk on the wings of the wind. \*  
To you glory and praise for evermore.

May they bless you, the saints and the angels. \*  
To you glory and praise for evermore.

From the heavens, the earth and the sea. \*  
To you glory and praise for evermore.

You are blest, Lord God of our fathers. \*  
To you glory and praise for evermore.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be,  
world without end.

Amen.

*Let us sing a hymn to our God. Alleluia.*

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**Psalm 150**  
**Praise the Lord**

“Sing praise in your spirit, sing praise with your soul, that is: give glory to God in both your soul and your body” (Hesychius).

*Praise the Lord for his surpassing greatness. Alleluia.*

Práise Gód in his hólý pláce, \*  
práise him in his míghty héavens.

Práise him for his pówerful déeds, \*  
práise his surpássing gréatness.

O práise him with sóund of trúmpet, \*  
práise him with lúte and hárp.

Práise him with tímbrél and dánce, \*  
práise him with stríngs and pípes.

O práise him with resóunding cýmbals, \*  
práise him with cláshing of cýmbals.

Let éverything that líves and that bréathes \*  
give práise to the Lórd.

Glory be to the Father and to the Son  
and to the Holy Spirit,  
as it was in the beginning,  
is now, and ever shall be,  
world without end.

Amen.

*Praise the Lord for his surpassing greatness. Alleluia.*

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**Short Reading**

**Ezekiel 36:25-27**

I shall pour clean water over you and you will be cleansed; I shall cleanse you of all your defilement and all your idols. I shall give you a new heart, and put a new spirit in you; I shall remove the heart of stone

from your bodies and give you a heart of flesh instead. I shall put my spirit in you, and make you keep my laws and sincerely respect my observances.

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**Short Responsory**

We give thanks to you, O God, and call upon your name.

– *We give thanks to you, O God, and call upon your name.*

We recount your wonderful deeds.

– *We give thanks to you, O God, and call upon your name.*

Glory be to the Father and to the Son and to the Holy Spirit.

– *We give thanks to you, O God, and call upon your name.*

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**Canticle**

**Benedictus**

**The Messiah and the one who was sent  
before him**

*The mother of Jesus said to the servants, ‘Do whatever he tells you.’  
Jesus ordered the jars to be filled with water, and it turned  
into wine. (Year C)*

*Or: The disciples went and saw where Jesus was staying, and they  
spent the rest of that day with him.*

Blésséd be the Lórd, the Gód of Ísrael! \*

He has vísited his péople and redéemed them.

He has raised úp for ús a míghty sáviour \*

in the hóuse of Dávid his sérvant,

as he prómised by the líps of holy mén, \*

thóse who were his próphets from of óld.

A sáviour who would frée us from our fóes, \*

from the hánds of áll who háte us.

So his lóve for our fáthers is fulfilled \*

and his hólý covenant remémbered.

He swóre to Ábraham our fáther to gránt us, \*

that frée from féar, and sáved from the hánds of our fóes,

we might sérve him in hólíness and jústice \*

all the dáys of our life in his présence.

As for yóu, little chíld, \*

you shall be cálléd a próphét of Gód, the Most Hígh.

You shall go ahéad of the Lórd \*

to prépare his wáys befóre him,

To make knówn to his péople their salvátion \*

through forgíveness of áll their síns,

the loving-kíndness of the héart of our Gód \*

who vísits us like the dáwn from on hígh.

He will give líght to those in dárkness, †

those who dwéll in the shádw of déath, \*

and guíde us into the wáy of péace.

Glory be to the Father and to the Son

and to the Holy Spirit,

as it was in the beginning,

is now, and ever shall be,

world without end.

Amen.

*The mother of Jesus said to the servants, ‘Do whatever he tells you.’  
Jesus ordered the jars to be filled with water, and it turned  
into wine. (Year C)*

*Or: The disciples went and saw where Jesus was staying, and they  
spent the rest of that day with him.*

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**Prayers and intercessions**

Let us thank our Saviour, who came into this world that God might  
be with us.

– *We praise you, O Lord, and we thank you.*

We welcome you with praise, you are the Daystar, the first fruits  
from the dead:

let us rise with you to walk in the light of Easter.

– *We praise you, O Lord, and we thank you.*

Help us on this day of rest to see goodness in all your creatures:  
open our eyes and our hearts to your love in the world.

– *We praise you, O Lord, and we thank you.*

Lord, we meet around your table as your family:

help us to see that our bitterness is forgotten, our discord is  
resolved, and our sins are forgiven.

– *We praise you, O Lord, and we thank you.*

We pray for all Christian families:

may your Spirit deepen their unity in faith and love.

– *We praise you, O Lord, and we thank you.*

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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.

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Almighty God,

ruler of all things in heaven and on earth,

listen favourably to the prayer of your people,  
and grant us your peace in our day.

Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
(one) God, for ever and ever.

**Amen.**

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The Lord bless us, and keep us from all evil, and bring us to everlasting  
life.

**Amen.**

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