



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

Hymn: All my hope on God is founded (16)

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

Silence is kept.

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.

Psalms 46

- 1 God is our refuge and strength,
a very present help in trouble.
- 2 Therefore we will not fear, though the earth should change,
though the mountains shake in the heart of the sea;
- 3 though its waters roar and foam,
though the mountains tremble with its tumult.
- 4 There is a river whose streams make glad the city of God,
the holy habitation of the Most High.
- 5 God is in the midst of the city; it shall not be moved;
God will help it when the morning dawns.
- 6 The nations are in an uproar, the kingdoms totter;
he utters his voice, the earth melts.
- 7 The Lord of hosts is with us;
the God of Jacob is our refuge.

8 Come, behold the works of the Lord;
see what desolations he has brought on the earth.

9 He makes wars cease to the end of the earth;
he breaks the bow, and shatters the spear;
he burns the shields with fire.

10 "Be still, and know that I am God!
I am exalted among the nations,
I am exalted in the earth."

11 The Lord of hosts is with us;
the God of Jacob is our refuge.

**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.**

Matthew 7: 24-29

"Everyone then who hears these words of mine and acts on them will be like a wise man who built his house on rock. The rain fell, the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on rock. And everyone who hears these words of mine and does not act on them will be like a foolish man who built his house on sand. The rain fell, and the floods came, and the winds blew and beat against that house, and it fell—and great was its fall!"

Now when Jesus had finished saying these things, the crowds were astounded at his teaching, for he taught them as one having authority, and not as their scribes.

Homily

Hymn: In Christ alone my hope is found (1072)

The Benedictus (The Song of Zechariah)

**You show mercy to our ancestors,
and remember your holy covenant.**

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

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

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

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

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

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

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

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

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

10 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.**

**You show mercy to our ancestors,
and remember your holy covenant.**

Prayers of Intercession

Response:

Lord, you are our rock
Our fortress and our refuge.

The prayer of the day

Almighty and everlasting God,
we thank you that you have brought us safely
to the beginning of this day.
Keep us from falling into sin
or running into danger,
order us in all our doings
and guide us to do always
what is righteous in your sight;
through Jesus Christ our Lord.
Amen.

The Lord's Prayer

As our Saviour taught us, so we pray

**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.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for 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.

Adapted from Common Worship © The Archbishops' Council 2002.