

**Friday Morning Prayer**

## 26 March 2021

**Friday Morning**

Through Christ let us offer up a sacrifice of praise to God,

**the fruit of lips that acknowledge his name.**

*Hebrews 13.15*

Glory to God; Father, Son and Holy Spirit:

**as in the beginning, so now, and for ever. Amen.**

*The Opening Canticle, A Song of God’s Grace*

We have complete freedom:  
to go into the most holy place by means of the death of Jesus.  
He opened for us a new way, a living way:  
through the curtain, through his own body.  
Since we have a great high priest  
set over the household of God:  
let us draw near with a sincere heart and a sure faith,  
With hearts that have been made clean  
from a guilty conscience:  
and bodies washed with pure water.

*Hebrews 10.19–22*

*The Opening Prayer*

The night has passed and the day lies open before us;

let us pray with one heart and mind.

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 65; 70**

**65**

**1** You are to be praised, O God, in Zion:

to you shall vows be paid, you that answer prayer.

**2** To you shall all flesh come to confess their sins:

when our misdeeds prevail against us,

you will purge them away.

**3** Blessed are those whom you choose and take to yourself

to dwell within your courts:

we shall be filled with the good things of your house,

of your holy temple.

**4** You will answer us in your righteousness

with terrible deeds, O God our saviour:

you that are the hope of all the ends of the earth

and of the distant seas;

**5** Who by your strength made fast the mountains:

you that are girded with power;

**6** Who stilled the raging of the seas,

the roaring of the waves:

and the tumult of the peoples.

**7** Those who dwell at the ends of the earth

are afraid at your wonders:

the dawn and the evening sing your praises.

**8** You tend the earth and water it:

you make it rich and fertile.

**9** The river of God is full of water:

and so providing for the earth,

you provide grain for us all.

**10** You drench its furrows, you level the ridges between:

you soften it with showers and bless its early growth.

**11** You crown the year with your goodness:

and the tracks where you have passed drip with fatness.

**12** The pastures of the wilderness run over:

and the hills are girded with joy.

**13** The meadows are clothed with sheep:

and the valleys stand so thick with corn,

they shout for joy and sing.

**70**

**1** O God, be pleased to deliver me:

O Lord, make haste to help me.

**2** Let them be put to shame and confounded

who seek my life:

let them be turned back and disgraced who wish me evil.

**3** Let them turn away for shame:

who say to me ‘Aha, aha!’

**4** Let all who seek you be joyful and glad because of you:

let those who love your salvation

say always ‘God is great.’

**5** As for me, I am poor and needy:

O God, be swift to save me.

**6** You are my helper and my deliverer:

O Lord, make no delay.

Holy God, through your beloved Son you reconciled all things to yourself, making peace by the blood of his cross: fill us and those for whom we pray with your peace and joy; through Jesus Christ our Lord. **Amen.**

**1st Reading**

**Exodus 10.1-20**

**1** Then the Lord said to Moses, ‘Go to Pharaoh; for I have hardened his heart and the heart of his officials, in order that I may show these signs of mine among them, **2** and that you may tell your children and grandchildren how I have made fools of the Egyptians and what signs I have done among them—so that you may know that I am the Lord .’ **3** So Moses and Aaron went to Pharaoh, and said to him, ‘Thus says the Lord , the God of the Hebrews, “How long will you refuse to humble yourself before me? Let my people go, so that they may worship me. **4** For if you refuse to let my people go, tomorrow I will bring locusts into your country. **5** They shall cover the surface of the land, so that no one will be able to see the land. They shall devour the last remnant left you after the hail, and they shall devour every tree of yours that grows in the field. **6** They shall fill your houses, and the houses of all your officials and of all the Egyptians—something that neither your parents nor your grandparents have seen, from the day they came on earth to this day.” ’ Then he turned and went out from Pharaoh. **7** Pharaoh’s officials said to him, ‘How long shall this fellow be a snare to us? Let the people go, so that they may worship the Lord their God; do you not yet understand that Egypt is ruined?’ **8** So Moses and Aaron were brought back to Pharaoh, and he said to them, ‘Go, worship the Lord your God! But which ones are to go?’ **9** Moses said, ‘We will go with our young and our old; we will go with our sons and daughters and with our flocks and herds, because we have the Lord ’s festival to celebrate.’ **10** He said to them, ‘The Lord indeed will be with you, if ever I let your little ones go with you! Plainly you have some evil purpose in mind. **11** No, never! Your men may go and worship the Lord , for that is what you are asking.’ And they were driven out from Pharaoh’s presence. **12** Then the Lord said to Moses, ‘Stretch out your hand over the land of Egypt, so that the locusts may come upon it and eat every plant in the land, all that the hail has left.’ **13** So Moses stretched out his staff over the land of Egypt, and the Lord brought an east wind upon the land all that day and all that night; when morning came, the east wind had brought the locusts. **14** The locusts came upon all the land of Egypt and settled on the whole country of Egypt, such a dense swarm of locusts as had never been before, nor ever shall be again. **15** They covered the surface of the whole land, so that the land was black; and they ate all the plants in the land and all the fruit of the trees that the hail had left; nothing green was left, no tree, no plant in the field, in all the land of Egypt. **16** Pharaoh hurriedly summoned Moses and Aaron and said, ‘I have sinned against the Lord your God, and against you. **17** Do forgive my sin just this once, and pray to the Lord your God that at the least he remove this deadly thing from me.’ **18** So he went out from Pharaoh and prayed to the Lord . **19** The Lord changed the wind into a very strong west wind, which lifted the locusts and drove them into the Red Sea; not a single locust was left in all the country of Egypt. **20** But the Lord hardened Pharaoh’s heart, and he would not let the Israelites go.

**2nd Reading**

**Luke 21.20-28**

**20** ‘When you see Jerusalem surrounded by armies, then know that its desolation has come near. **21** Then those in Judea must flee to the mountains, and those inside the city must leave it, and those out in the country must not enter it; **22** for these are days of vengeance, as a fulfilment of all that is written. **23** Woe to those who are pregnant and to those who are nursing infants in those days! For there will be great distress on the earth and wrath against this people; **24** they will fall by the edge of the sword and be taken away as captives among all nations; and Jerusalem will be trampled on by the Gentiles, until the times of the Gentiles are fulfilled. **25** ‘There will be signs in the sun, the moon, and the stars, and on the earth distress among nations confused by the roaring of the sea and the waves. **26** People will faint from fear and foreboding of what is coming upon the world, for the powers of the heavens will be shaken. **27** Then they will see “the Son of Man coming in a cloud” with power and great glory. **28** Now when these things begin to take place, stand up and raise your heads, because your redemption is drawing near.’

May your word live in us

**and bear much fruit to your glory.**

*The Canticle, Saviour of the World*

Jesus, Saviour of the world,

come to us in your mercy:

we look to you to save and help us.

By your cross and your life laid down,

you set your people free:

we look to you to save and help us.

When they were ready to perish,

you saved your disciples:

we look to you to come to our help.

In the greatness of your mercy,

loose us from our chains:

forgive the sins of all your people.

Make yourself known as our saviour

and mighty deliverer:

save and help us that we may praise you.

Come now and dwell with us, Lord Christ Jesus:

hear our prayer and be with us always.

And when you come in your glory:

make us to be one with you

and to share the life of your kingdom.

Lord have mercy.

**Christ have mercy.**

Lord have mercy.

*The Lord’s Prayer*

**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.**

*Prayer of the Day*

We thank you, heavenly Father,

that you have delivered us from the power of darkness

and brought us into the kingdom of your Son:

we pray that

as by his death he has recalled us to life,

so by his presence abiding in us he may raise us

to joys eternal;

through Jesus Christ your Son our Lord,

who lives and reigns with you in the unity of the Holy Spirit,

one God, now and for ever. **Amen**.

*Intercessions and Thanksgivings may be made according to local custom and need.*

*The Morning Collect*

Eternal God and Father,

by whose power we are created

and by whose love we are redeemed;

guide and strengthen us by your Spirit,

that we may give ourselves to your service,

and live this day in love

to one another and to you;

through Jesus Christ our Lord.

**Amen.**

The Lord be with you.

**And also with you.**

Let us praise the Lord.

**Thanks be to God.**

Peace be to us all, and love with faith, from God the Father and the Lord Jesus Christ.

**Amen.**

*Ephesians 6.23*