

SOUTHWARK

◆ CATHEDRAL ◆

Daily Prayer

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Morning Prayer for Families

These texts for Morning Prayer are based on those found in *Common Worship: Daily Prayer*. The form and language has been adapted slightly to make it more accessible for families to use together.

It works best if there is one leader (this can be a child who is a confident reader) who reads all of the standard type (i.e. not the bold type) alone. The rest of the family should join in with the **bold type**.

Morning Prayer changes slightly at different times in the Church's year. An order for Morning Prayer for before Easter and from Easter Day are provided here.

Before Easter

O Lord, open our lips

so that we can praise you with our words.

Help everyone on earth to know you

and your power to save us.

God, you loved the world so much
that you embraced it in all its suffering
by sending your Son, Jesus Christ
who died and rose again for us.
On our journey towards Easter,
help us in our prayer and worship.

Help us also to be thoughtful and to listen to you
in all of the things we do

so that we can show your love to the world.

Blessed are you, Father, Son and Holy Spirit.

Blessed be God for ever.

The night is over, and we're beginning the new day;
so let's pray together.

Silence

As we celebrate this new day,
we ask, God, that we may know that you're here with us
and that you will fill our hearts with love for you;
today and for ever.

Amen.

Psalm

The Psalm that we use at this time is Psalm 22. It is sometimes called 'The Song of the Suffering Man'. Although it was written long before Jesus lived, it reminds us that – on Good Friday – Jesus died. The Psalm is not only about suffering though. It also reminds us that God saves his people; a message that is important for us to remember today.

- 1 My God, my God, why have you left me alone?
You are too far away to save me.

You are too far away to hear my moans.

**2 My God, I call to you during the day.
But you do not answer.
And I call at night.
I am not silent.**

3 You sit as the Holy One.
The praises of Israel are your throne.

**4 Our ancestors trusted you.
They trusted you, and you saved them.**

5 They called to you for help.
And they were rescued.
They trusted you.
And they were not disappointed.

**6 But I am like a worm instead of a man.
Men make fun of me.
They look down on me.**

7 Everyone who looks at me laughs.
They stick out their tongues.
They shake their heads.

**8 They say, "Turn to the Lord for help.
Maybe he will save you.
If he likes you, maybe he will rescue you.**

9 You had my mother give birth to me.
You made me trust you
while I was just a baby.

**10 I have leaned on you since the day I was born.
You have been my God since my mother gave birth
to me.**

11 So don't be far away from me.
Now trouble is near,
and there is no one to help.

**Glory be 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.**

Bible Reading

This reading is very short but it has an important message. It is a reminder that Christ lives in us and has saved us.

A reading from Galatians chapter 2 verse 20.

"I do not live anymore – it is Christ living in me. I still live in my body, but I live by faith in the Son of God. He loved me and gave his life to save me."

The Song of Zechariah

Zechariah was John the Baptist's father. He spoke these words after John was born. He knew that his baby son would be a messenger of God.

- 1 Let us thank the Lord, the God of Israel.
God has come to help his people and has given them freedom.
- 2 **God has given us a powerful Saviour
from the family of God's servant David.**
- 3 God said that he would do this.
He said it through his holy prophets who lived long ago.
God will save us from our enemies,
from the power of all those who hate us.
- 4 **God said he would give mercy to our ancestors.
And he remembered his holy promise.**
- 5 God promised Abraham, our father,
that he would free us from the power of our enemies,
- 6 **so that we could serve him without fear.
We will be righteous and holy before God as
long as we live.**
- 7 Now you, child, will be called a prophet of the Most High God,

You will go first before the Lord to prepare people for his coming.

- 8 **You will make his people know that they will be saved.
They will be saved by having their sins forgiven.**
- 9 With the loving mercy of our God,
a new day from heaven will shine upon us.
- 10 **God will help those who live in darkness, in the fear of death.
He will guide us in the path that goes towards peace.**

**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.**

Prayers – *there are some prayers below but you might want to use your own.*

In our prayers today,
we put all our thoughts and worries and hopes
into God's hands.

Loving God, we place into your hands
our church
our family
and those we cannot be with today.

Loving God, we place into your hands
our difficulties and our frustrations,
and our hopes and our worries about the future.

Loving God, we place into your hands
the church all over the world,
all the people in the world who show your love to others
and those who are in danger because they share your love.

Loving God, we place into your hands
the government and our country's leaders,
our community and our neighbours.

Loving God, we place into your hands
all those we know who are suffering.
Those who are ill and those who are struggling.

Say this prayer:

Loving God,
by Jesus' death and resurrection,
you have saved the world.
Give us faith in him.

Amen.

Let's pray together, using the words Jesus taught us:

Our Father in heaven...

May Christ, who died on the cross
set us free to serve him with joy.

Amen.

Let us bless the Lord.

Thanks be to God.

From Easter Day

O Lord, open our lips

so that we can praise you with our words.

Because of your resurrection, O Christ,

heaven and earth can rejoice. Alleluia.

Our Lord Jesus Christ, risen from death,
we ask you for hope this Easter.

You come to Mary in the garden,
and turn her tears into joy.

For your love and mercy we give you thanks:

we praise your holy name.

You come to the disciples hiding in the upper room,
and turn their fears into courage.

For your love and mercy we give you thanks:

we praise your holy name.

You come to the disciples travelling to Emmaus,
and turn their despair into hope.

For your love and mercy we give you thanks:

we praise your holy name.

You come to your people now;
give us hope at this Easter-time.

For your love and mercy we give you thanks:

we praise your holy name.

The night is over, and we're beginning the new day;
so let's pray together.

Silence

As we celebrate this new day,
we ask, God, that we may know that you're here with us
and that you will fill our hearts with love for you;
today and for ever.

Amen.

Psalm

This Psalm celebrates God's power and the good things that God does in the world. It recognises that sometimes life is hard but that God is with us in all that happens to us and in the world around us. We are using part of Psalm 118.

- 1 The Lord gives me strength and makes me sing.
He has saved me.
- 2 **Shouts of joy and victory**
come from the tents of those who do right:
"The Lord has done powerful things."

3 The power of the Lord has won the victory.
With his power the Lord has done mighty things.

4 **I will not die, but live.**
And I will tell of what the Lord has done.

5 The Lord has taught me a hard lesson.
But he did not let me die.

6 **Open for me the Temple gates.**
Then I will come in and thank the Lord.

7 This is the Lord's gate.
Only those who are good may enter it.

8 **Lord, I thank you for answering me.**
You have saved me.

9 The stone that the builders did not want
became the cornerstone.

10 **The Lord did this,**
and it is wonderful to us.

11 This is the day that the Lord has made.
Let us rejoice and be glad today!

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.

Bible Reading

This short reading tells us that God sent Jesus to us. Jesus will not lose us and, on the last day, we will be raised to eternal life in heaven with God.

A reading from John's Gospel. Chapter 6, verses 38 to 40.

(Jesus said) "I came down from heaven to do what God wants me to do. I must not lose even one of those that God has given me, but I must raise them up on the last day. This is what the One who sent me wants me to do. Everyone who sees the Son and believes in him has eternal life. I will raise them up on the last day. This is what my Father wants."

The Song of Zechariah

Zechariah was John the Baptist's father. He spoke these words after John was born. He knew that his baby son would be a messenger of God.

1 Let us thank the Lord, the God of Israel.
God has come to help his people and has given them freedom.

2 **God has given us a powerful Saviour**
from the family of God's servant David.

3 God said that he would do this.

He said it through his holy prophets who lived long ago.

God will save us from our enemies,
from the power of all those who hate us.

4 God said he would give mercy to our ancestors.

And he remembered his holy promise.

5 God promised Abraham, our father,
that he would free us from the power of our enemies,

6 so that we could serve him without fear.

We will be righteous and holy before God as long as we live.

7 Now you, child, will be called a prophet of the Most High God,

You will go first before the Lord to prepare people for his coming.

8 You will make his people know that they will be saved.

They will be saved by having their sins forgiven.

9 With the loving mercy of our God,
a new day from heaven will shine upon us.

10 God will help those who live in darkness, in the fear of death.

He will guide us in the path that goes towards peace.

**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.**

Prayers – there are some prayers below but you might want to use your own.

In our prayers today,
we put all our thoughts and worries and hopes
into God's hands.

Loving God, we place into your hands
our church
our family
and those we cannot be with today.

Loving God, we place into your hands
our difficulties and our frustrations,
and our hopes and our worries about the future.

Loving God, we place into your hands
the church all over the world,
all the people in the world who show your love to others
and those who are in danger because they share your love.

Loving God, we place into your hands
the government and our country's leaders,

our community and our neighbours.

Loving God, we place into your hands
all those we know who are suffering.
Those who are ill and those who are struggling.

Say this prayer:

Risen Christ,
you gave your disciples courage and hope:
strengthen us, give us that hope
and fill us with your peace,
to the glory of God the Father.

Amen.

Let's pray together, using the words Jesus taught us:

Our Father in heaven...

May Christ, who rose from the dead
set us free to serve him with joy.

Amen.

Let us bless the Lord.

Thanks be to God.

Common Worship Morning Prayer

The following text, from *Common Worship: Daily Prayer* is used at the Cathedral every day. While the Cathedral is closed, it is being streamed every day. The full text each day is available [online](#). The texts for before Easter and from Easter Day are provided below.

Before Easter

O Lord, open our lips

and our mouth shall proclaim your praise.

Let your ways be known upon earth,
your saving power among the nations.

This or another prayer is said

Blessed are you, Lord God of our salvation,
to you be praise and glory for ever.

As a man of sorrows and acquainted with grief
your only Son was lifted up

that he might draw the whole world to himself.

May we walk this day in the way of the cross
and always be ready to share its weight,

declaring your love for all the world.

Blessed be God, Father, Son and Holy Spirit.

Blessed be God for ever.

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.

One or more psalms is said.

Each psalm ends with:

**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.**

Scripture Reading:

The reading appointed for the day is read.

Responsory:

We adore you, O Christ, and we bless you;

by your holy cross, you have redeemed the world.

God chose what is weak in the world to shame the strong.

We adore you, O Christ, and we bless you.

We preach Christ crucified,
the power of God and the wisdom of God.

By your holy cross, you have redeemed the world.

God forbid that I should glory,
save in the cross of our Lord Jesus Christ.

**We adore you, O Christ, and we bless you;
by your holy cross, you have redeemed the world.**

Gospel Canticle

The Benedictus

**The word of the cross is folly
to those who are perishing,
but to those who are being saved
it is the power of God.**

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.**

**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 word of the cross is folly
to those who are perishing,
but to those who are being saved
it is the power of God.**

Prayers for the day are said, ending with the Lord's Prayer.

The Conclusion

May Christ, who bore our sins on the cross,
set us free to serve him with joy.

Amen.

Let us bless the Lord.

Thanks be to God.

From Easter Day

O Lord, open our lips

and our mouth shall proclaim your praise.

In your resurrection, O Christ,

let heaven and earth rejoice. Alleluia.

This or another prayer is said

Blessed are you, Lord God of our salvation,
to you be praise and glory for ever.

As once you ransomed your people from Egypt
and led them to freedom in the promised land,
so now you have delivered us from the dominion of darkness
and brought us into the kingdom of your risen Son.

May we, the first fruits of your new creation,
rejoice in this new day you have made,
and praise you for your mighty acts.

Blessed be God, Father, Son and Holy Spirit.

Blessed be God for ever.

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.

One or more psalms is said.

Each psalm ends with:

**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.**

Scripture Reading:

The reading appointed for the day is read.

Responsory:

Death is swallowed up in victory.

Where, O death, is your sting?

Christ is risen from the dead,
the first fruits of those who have fallen asleep.

Death is swallowed up in victory.

The trumpet will sound
and the dead shall be raised.

Where, O death, is your sting?

We shall not all sleep,
but we shall be changed.

Death is swallowed up in victory.

Where, O death, is your sting?

Gospel Canticle

The Benedictus

The Lord is risen from the tomb

who for our sakes hung upon the tree. Alleluia.

- 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.**

Let us bless the Lord. Alleluia, alleluia.
Thanks be to God. Alleluia, alleluia.

**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 Lord is risen from the tomb
who for our sakes hung upon the tree. Alleluia.**

Prayers for the day are said, ending with the Lord's Prayer.

The Conclusion

May the risen Christ grant us the joys of eternal life.
Amen.

Compline

Compline or Night Prayer is streamed from the Deanery every night at 8.00pm.

The Lord almighty grant us a quiet night and a perfect end.
Amen.

Our help is in the name of the Lord
who made heaven and earth.

Most merciful God,
we confess to you, before the whole company of heaven
and one another,
that we have sinned in thought, word and deed
and in what we have failed to do.
Forgive us our sins,
heal us by your Spirit
and raise us to new life in Christ. Amen.

O God make speed to save us.
O Lord, make haste to help us.

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.

A psalm is said, ending with
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.

Scripture Reading
A short passage is read

Responsory before Easter:
Into your hands, O Lord, I commend my spirit.
Into your hands, O Lord, I commend my spirit.
For you have redeemed me, Lord God of truth.
I commend my spirit.

Glory to the Father and to the Son
and to the Holy Spirit.
Into your hands, O Lord, I commend my spirit.

Responsory from Easter Day:
Into your hands, O Lord, I commend my spirit.
Alleluia, alleluia.
Into your hands, O Lord, I commend my spirit.
Alleluia, alleluia.

For you have redeemed me, Lord God of truth.
Alleluia, alleluia.
Glory to the Father and to the Son
and to the Holy Spirit.

**Into your hands, O Lord, I commend my spirit.
Alleluia, alleluia.**

Keep me as the apple of your eye.

Hide me under the shadow of your wings.

Gospel Canticle: Nunc dimittis

Before Easter:

**Christ himself bore our sins in his body on the tree,
that we might die to sin and live in righteousness.**

From Easter Day:

**Alleluia. The Lord is risen, alleluia,
as he promised to you. Alleluia, alleluia.**

1 Now, Lord, you let your servant go in peace: ♦
your word has been fulfilled.

**2 My own eyes have seen the salvation ♦
which you have prepared in the sight of every people;**

3 A light to reveal you to the nations ♦
and the glory of your people Israel.

**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.**

Before Easter:

**Christ himself bore our sins in his body on the tree,
that we might die to sin and live in righteousness.**

From Easter Day:

**Alleluia. The Lord is risen, alleluia,
as he promised to you. Alleluia, alleluia.**

Prayers are said.

The Conclusion.

In peace we will lie down and sleep;

for you alone, Lord, make us dwell in safety.

Abide with us, Lord Jesus,

for the night is at hand and the day is now past.

As the night watch looks for the morning,

so do we look for you, O Christ.

Before Easter:

May God bless us,

that in us may be found love and humility, obedience
and thanksgiving, discipline, gentleness and peace.

From Easter Day:

May the risen Lord Jesus bless us.

May he watch over us and renew us
as he renews the whole of creation.

May our hearts and lives echo his love.

Simple Prayers

Prayer to use in the morning:

This is the day that the Lord has made:

We will rejoice and be glad today.

**Father in heaven, you love me,
you are with me night and day.**

I want to love you always

in all I do and say.

I'll try to please you, Father,

bless me through the day.

Amen.

Prayer to use before meals:

Bless us, O God, as we sit together.

Bless the food we eat today.

Bless the hands that made the food.

Bless us, O God.

Amen.

Prayer to use at night:

**God our Father, I come to say
thank you for your love today.**

**Thank you for my family
and all the friends you give to me.**

**Guard me in the dark of night
and in the morning send your light.**

Amen.