

Morning Prayer
28th July - 9th Sunday after Trinity
(We will be following this in our own homes at 10.30am)

Please read these words out loud, or in your heart.

Preparation

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

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

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

*Silence may be kept, to ask forgiveness of our sins
and to seek God's strength for our life of service.*

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.

The Word of God

Old Testament Reading: 2 Kings 4:42-end

⁴² A man came from Baal Shalishah, bringing the man of God twenty loaves of barley bread baked from the first ripe corn, along with some ears of new corn. 'Give it to the people to eat,' Elisha said.

⁴³ 'How can I set this before a hundred men?' his servant asked.

But Elisha answered, 'Give it to the people to eat. For this is what the LORD says: "They will eat and have some left over."' ⁴⁴ Then he set it before them, and they ate and had some left over, according to the word of the LORD.

This is the word of the Lord.

Thanks be to God.

New Testament reading: John 6:1-15

Some time after this, Jesus crossed to the far shore of the Sea of Galilee (that is, the Sea of Tiberias), ² and a great crowd of people followed him because they saw the signs he had performed by healing those who were ill. ³ Then Jesus went up on a mountainside and sat down with his disciples. ⁴ The Jewish Passover Festival was near.

⁵ When Jesus looked up and saw a great crowd coming towards him, he said to Philip, 'Where shall we buy bread for these people to eat?' ⁶ He asked this only to test him, for he already had in mind what he was going to do.

⁷ Philip answered him, 'It would take more than half a year's wages to buy enough bread for each one to have a bite!'

⁸ Another of his disciples, Andrew, Simon Peter's brother, spoke up, ⁹ 'Here is a boy with five small barley loaves and two small fish, but how far will they go among so many?'

¹⁰ Jesus said, 'Make the people sit down.' There was plenty of grass in that place, and they sat down (about five thousand men were there). ¹¹ Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish.

¹² When they had all had enough to eat, he said to his disciples, 'Gather the pieces that are left over. Let nothing be wasted.' ¹³ So they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten.

¹⁴ After the people saw the sign Jesus performed, they began to say, 'Surely this is the Prophet who is to come into the world.' ¹⁵ Jesus, knowing that they intended to come and make him king by force, withdrew again to a mountain by himself.

This is the word of the Lord.
Thanks be to God.

The Benedictus

- 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.

Prayers

Please offer your own prayers following these suggestions, if you wish, with the response below:

- ¶ *for the day and its tasks*
- ¶ *for the world and its needs*
- ¶ *for the Church and her life*
- ¶ *for those enduring hunger and poverty*

Lord, in your mercy,
hear our prayer.

Silence may be kept.

God, food of the poor;
Christ, our bread,
give us a taste of the tender bread
from your creation's table;
bread newly taken from your heart's oven,
food that comforts and nourishes us.
A fraternal loaf that makes us human;
joined hand in hand,
working and sharing.
A warm loaf that makes us a family;
sacrament of your body,
your wounded people.
Amen.

workers in Peru

Collect

Almighty God,
who sent your Holy Spirit
to be the life and light of your Church:
open our hearts to the riches of your grace,
that we may bring forth the fruit of the Spirit
in love and joy and peace;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.

Trusting in the compassion of God,
let us pray with confidence as our Saviour has taught us
"Our Father, who art in heaven ..."
The Lord's Prayer is said

The Conclusion

May the Lord open his eyes upon us day and night,
may he tenderly spread out his care to protect us,
may he stretch forth his holy right hand to bless us
and pour into our hearts his Holy Spirit.
Amen.

after Aelred of Rievaulx

Let us go in the peace of Christ.
Thanks be to God.

*Our Benefice service of Holy Communion today takes place at
Grewelthorpe at 10.30 am.*

Everyone from across the benefice (and beyond) is welcome at all services.