**Wednesday**

**The Preparation**

Presider O Lord, open our lips

 And our mouth shall proclaim your praise

Presider Pour your love into our hearts, O God

**All Through the Holy Spirit you have given to us**

 **Glory to God, source of all being,**

 **Eternal word and Holy Spirit:**

 **As it was in the beginning, is now,**

 **And shall be forever. Amen.**

 **Alleluia!**

**The Opening Prayer**

Presider 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 forever. Amen

**119**

**Mem** *Quomodo dilexi!*
97 Oh, how I love your law! \*
all the day long it is in my mind.

98 Your commandment has made me wiser than my enemies, \*
and it is always with me.

99 I have more understanding than all my teachers, \*
for your decrees are my study.

100 I am wiser than the elders, \*
because I observe your commandments.

101 I restrain my feet from every evil way, \*
that I may keep your word.

102 I do not shrink from your judgments, \*
because you yourself have taught me.

103 How sweet are your words to my taste! \*
they are sweeter than honey to my mouth.

104 Through your commandments I gain understanding; \*
therefore I hate every lying way.

**Nun** *Lucerna pedibus meis*

105 Your word is a lantern to my feet \*
and a light upon my path.

106 I have sworn and am determined \*
to keep your righteous judgments.

107 I am deeply troubled; \*
preserve my life, O Lord, according to your word.

108 Accept, O Lord, the willing tribute of my lips, \*
and teach me your judgments.

109 My life is always in my hand, \*
yet I do not forget your law.

110 The wicked have set a trap for me, \*
but I have not strayed from your commandments.

111 Your decrees are my inheritance for ever; \*
truly, they are the joy of my heart.

112 I have applied my heart to fulfill your statutes \*
for ever and to the end.

**Samekh** *Iniquos odio habui*

113 I hate those who have a divided heart, \*
but your law do I love.

114 You are my refuge and shield; \*
my hope is in your word.

115 Away from me, you wicked! \*
I will keep the commandments of my God.

116 Sustain me according to your promise, that I may live, \*
and let me not be disappointed in my hope.

117 Hold me up, and I shall be safe, \*
and my delight shall be ever in your statutes.

118 You spurn all who stray from your statutes; \*
their deceitfulness is in vain.

119 In your sight all the wicked of the earth are but dross; \*
therefore I love your decrees.

120 My flesh trembles with dread of you; \*
I am afraid of your judgments.

 **Gospel**

## John 1:29-42

The next day he saw Jesus coming towards him and declared, ‘Here is the Lamb of God who takes away the sin of the world! This is he of whom I said, “After me comes a man who ranks ahead of me because he was before me.” I myself did not know him; but I came baptizing with water for this reason, that he might be revealed to Israel.’ And John testified, ‘I saw the Spirit descending from heaven like a dove, and it remained on him. I myself did not know him, but the one who sent me to baptize with water said to me, “He on whom you see the Spirit descend and remain is the one who baptizes with the Holy Spirit.” And I myself have seen and have testified that this is the Son of God.’

The next day John again was standing with two of his disciples, and as he watched Jesus walk by, he exclaimed, ‘Look, here is the Lamb of God!’The two disciples heard him say this, and they followed Jesus. When Jesus turned and saw them following, he said to them, ‘What are you looking for?’ They said to him, ‘Rabbi’ (which translated means Teacher), ‘where are you staying?’ He said to them, ‘Come and see.’ They came and saw where he was staying, and they remained with him that day. It was about four o’clock in the afternoon. One of the two who heard John speak and followed him was Andrew, Simon Peter’s brother. He first found his brother Simon and said to him, ‘We have found the Messiah’ (which is translated Anointed). He brought Simon to Jesus, who looked at him and said, ‘You are Simon son of John. You are to be called Cephas’ (which is translated Peter).

*A moment of silent contemplation and / or brief commentary on the Gospel reading*

Gospel Canticle

Refrain: **You have looked with favour upon your lowly servant:**

 **From this day, all generations will call her blessed.**

**Magnificat**

My soul proclaims the greatness of the Lord,

my spirit rejoices in God my Savior,

for he has looked with favor on his humble servant.

From this day all generations will call me blessed,

the Almighty has done great things for me,

and holy is his Name.

He has mercy on those who fear Him

in every generation.

He has shown the strength of his arm,

he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,

and has lifted up the humble.

He has filled the hungry with good things,

and the rich he has sent away empty.

He has come to the help of his servant Israel

for he has remembered his promise of mercy,

the promise he made to our fathers,

to Abraham and his children for ever.

**Glory to the Father, and to the Son, and to the Holy Spirit,**

**as it was in the beginning, is now, and will be for ever.**

**Amen**

Refrain: **You have looked with favour upon your lowly servant:**

 **From this day, all generations will call her blessed.**

**The Litany**

Presider Let us give glory to God on high,

 Who from his fullness have received grace upon grace.

 For the holy Church of God throughout the world,

 That with one heart we may rejoice in the word made flesh,

 Let us pray in the Spirit

**All God of love, hear our prayer**

Presider For good will in the hearts of all; and on earth peace,

 Let us pray in the Spirit

**All God of love, hear our prayer**

Presider For the poor, the outcast and the homeless,

 The lonely and the unloved, Let us pray in the Spirit

**All God of love, hear our prayer**

Presider For all who have gone before us,

 Whose hope was in the Word made flesh, Let us pray in the Spirit

**All God of love, hear our prayer**

Presider (Any individual prayers…)

 **God of love, hear our prayer**

Presider With the blessed Virgin Mary,

 Saint John and all the host of heaven,

let our voices rise to praise God’s glory

**All God of love, hear our prayer**

**The Collect**

Presider Almighty God,

 Who wonderfully created us in your own image

 And yet more wonderfully restored us

 In your Son Jesus Christ:

 Grant that, as he came to share our human nature,

 So we may be partakers of his divine glory;

 Who is alive and reigns with you and the Holy Spirit,

One God, now and forever. Amen.

Presider As Our Saviour Christ taught us we are bold to say:

**All 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.**

**Closing Responses**

The Blessing

**All The Lord bless us and preserve us from all evil,**

 **And keep us in eternal life. Amen.**

Presider Let us bless the Lord

**All Thanks be to God.**