**Monday**

**The Preparation**

Presider O Lord, open our lips

**All 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.**

**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

**The Word of God**

**16**   
1 Protect me, O God, for I take refuge in you; \*  
I have said to the Lord, "You are my Lord,  
my good above all other."  
  
2 All my delight is upon the godly that are in the land, \*  
upon those who are noble among the people.  
  
3 But those who run after other gods \*  
shall have their troubles multiplied.  
  
4 Their libations of blood I will not offer, \*  
nor take the names of their gods upon my lips.  
  
5 O Lord, you are my portion and my cup; \*  
it is you who uphold my lot.  
  
6 My boundaries enclose a pleasant land; \*  
indeed, I have a goodly heritage.  
  
7 I will bless the Lord who gives me counsel; \*  
my heart teaches me, night after night.

## **Gospel Reading**

## Mark 4:26-29

He also said, ‘The kingdom of God is as if someone would scatter seed on the ground, and would sleep and rise night and day, and the seed would sprout and grow, he does not know how. The earth produces of itself, first the stalk, then the head, then the full grain in the head. But when the grain is ripe, at once he goes in with his sickle, because the harvest has come.’

Gospel Canticle

Refrain: **God set us free to worship you without fear**

**Holy and righteous all the days of our lives**

**Benedictus**

Blessed be the Lord, the God of Israel;

he has come to his people and set them free.

He has raised up for us a mighty savior,

born of the house of his servant David.

Through his holy prophets he promised of old

that he would save us from our enemies,

from the hands of all who hate us.

He promised to show mercy to our fathers

and to remember his holy covenant.

This was the oath he swore to our father Abraham:

to set us free from the hands of our enemies,

free to worship him without fear,

holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High;

for you will go before the Lord to prepare his way,

to give his people knowledge of salvation

by the forgiveness of their sins.

In the tender compassion of our God

the dawn from on high shall break upon us,

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 God, Source of all being, Eternal Word and Holy Spirit;**

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

**and shall be for ever. Amen.**

Refrain: **God set us free to worship you without fear**

**Holy and righteous all the days of our lives**

**The Litany**

Presider Through Christ, who ever lives to make intercession for us,

Let us pray to the lord.

Lift up our hearts to the heavenly places

And inspire us to serve you as a royal priesthood

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

Presider Let all peoples acknowledge your kingdom

And grant on earth the blessing of your peace.

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

Presider Send down upon us the gift of the Spirit

And renew your church with the power from on high

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

Presider May peace abound and righteousness flourish

That we may tread underfoot injustice and wrong.

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

Presider Help us to proclaim the good news of salvation,

And grant us the needful gifts of your grace

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

Presider (Any individual prayers…)

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

Presider Rejoicing in the fellowship of the church on earth,

Let us join our prayers with the saints in glory

**The Collect**

Presider 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 our Lord. Amen.

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

**All Our Father, who art in heaven,**

**hallowed be thy name;**

**thy kingdom come;**

**thy will be done;**

**on earth as it is in heaven.**

**Give us this day our daily bread.**

**And forgive us our trespasses,**

**As we forgive those who trespass against us.**

**And lead us not into temptation;**

**but deliver us from evil.**

**For thine is the kingdom,**

**the power and the glory,**

**for ever and 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.**