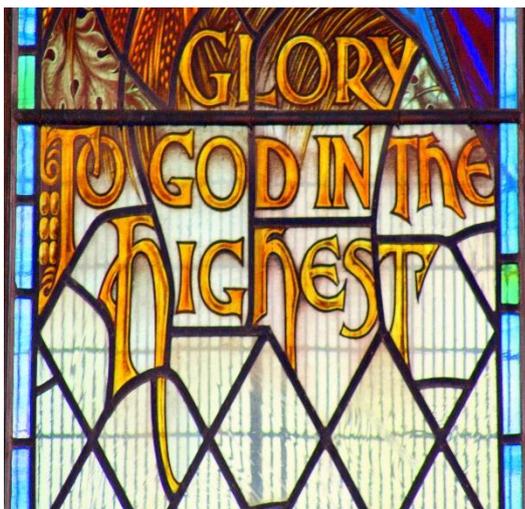


# Morning Prayer



+ St. Matthew's +  
Parish of Edgeley and Cheadle Heath



*You may wish to light a candle  
and play some reflective music.*

The Lord is good,  
a strong refuge when trouble comes.  
God is close  
to those who trust in him.

**Nahum 1:7**

## Opening Sentences

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

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

*Pause for reflection  
as you offer the day to God.*

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**

## Bible Reading

*You may wish to say Psalm 23  
or the Psalm set for the day.*

## Psalm 23

<sup>1</sup> The Lord is my shepherd; ♦  
therefore can I lack nothing.

<sup>2</sup> He makes me lie down  
in green pastures ♦  
and leads me beside still waters.

<sup>3</sup> He shall refresh my soul ♦  
and guide me in the paths of  
righteousness for his name's sake.

<sup>4</sup> Though I walk through the valley  
of the shadow of death,  
I will fear no evil; ♦  
for you are with me; your rod  
and your staff, they comfort me.

<sup>5</sup> You spread a table before me  
in the presence  
of those who trouble me; ♦  
you have anointed my head with oil  
and my cup shall be full.

<sup>6</sup> Surely goodness and loving mercy  
shall follow me all the days of my life, ♦  
and I will dwell  
in the house of the Lord for ever.  
**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**

*You may wish to use pattern below or  
select the readings for the day.*

### *Sunday*

But now thus says the Lord,  
he who created you, O Jacob,  
he who formed you, O Israel:  
Do not fear, for I have redeemed you;  
I have called you by name,  
you are mine.  
When you pass through the waters,  
I will be with you;  
and through the rivers,  
they shall not overwhelm you;  
when you walk through fire  
you shall not be burned,  
and the flame  
shall not consume you.  
For I am the Lord your God,  
the Holy One of Israel, your Saviour.

***Isaiah 43.1-3a***

### *Monday*

*'Do not let your hearts be troubled.  
Believe in God, believe also in me.  
In my Father's house there are  
many dwelling-places. If it were not  
so, would I have told you that I go to  
prepare a place for you?  
And if I go  
and prepare a place for you,  
I will come again and will take you to  
myself, so that where I am, there  
you may be also. And you know the  
way to the place where I am going.'*

Thomas said to him,  
'Lord, we  
do not know where you are going.  
How can we know the way?'

Jesus said to him,  
'I am the way, and the truth,  
and the life. No one comes to the  
Father except through me.'

***John 14.1-6***

### *Tuesday*

Finally, beloved, whatever is true,  
whatever is honourable,  
whatever is just, whatever is pure,  
whatever is pleasing,  
whatever is commendable,  
if there is any excellence and  
if there is anything worthy of praise,  
think about these things.  
Keep on doing the things that you  
have learned and received  
and heard and seen in me, and  
the God of peace will be with you.

***Philippians 4.8-9***

### *Wednesday*

Let the word of Christ  
dwell in you richly; teach and  
admonish one another in all wisdom;  
and with gratitude in your hearts  
sing psalms, hymns, and spiritual  
songs to God. And whatever you do,  
in word or deed, do everything in the  
name of the Lord Jesus, giving thanks  
to God the Father through him.

***Colossians 3.16,17***

### *Thursday*

You are no longer  
strangers and aliens, but you are  
citizens with the saints and also  
members of the household of God,  
built upon the foundation of the  
apostles and prophets, with Christ  
Jesus himself as the cornerstone.  
In him the whole structure is  
joined together and grows into a  
holy temple in the Lord; in whom  
you also are built together spiritually  
into a dwelling-place for God.

***Ephesians 2.19-22***

### *Friday*

Let love be genuine; hate what is  
evil, hold fast to what is good; love

one another with mutual affection;  
outdo one another in showing honour.  
Do not lag in zeal, be ardent in spirit,  
serve the Lord. Rejoice in hope,  
be patient in suffering,  
persevere in prayer.

**Romans 19.9-12**

*Saturday*

Jesus said to his disciples,  
*'Therefore I tell you, do not worry  
about your life, what you will eat, or  
about your body, what you will wear.  
For life is more than food,  
and the body more than clothing.  
Consider the ravens: they neither  
sow nor reap, they have neither  
storehouse nor barn, and yet God  
feeds them. Of how much more  
value are you than the birds!*

*And can any of you by worrying add  
a single hour to your span of life?  
If then you are not able to  
do so small a thing as that,  
why do you worry about the rest?*

*Consider the lilies, how they grow:  
they neither toil nor spin; yet I tell  
you, even Solomon in all his glory  
was not clothed like one of these.  
But if God so clothes the grass of  
the field, which is alive today and  
tomorrow is thrown into the oven,  
how much more will he clothe you -  
you of little faith!*

*And do not keep striving for what  
you are to eat and what you are to  
drink, and do not keep worrying.  
For it is the nations of the world that  
strive after all these things, and your  
Father knows that you need them.  
Instead, strive for his kingdom,  
and these things  
will be given to you as well.*

*Luke 12.22-31*

## **Prayers**

Almighty and everlasting God, we  
thank you that you have brought us  
safely to the beginning of this day.  
Keep us from falling into sin or  
running into danger; order us in all  
our doings and guide us to do  
always what is righteous in your  
sight; through Jesus Christ our Lord.  
**Amen**

Keep us, good Lord, under the  
shadow of your mercy in this time  
of uncertainty and distress.  
Sustain and support the anxious  
and fearful, and lift up all who are  
brought low; that we may rejoice in  
your comfort knowing that nothing  
can separate us from your love in  
Christ Jesus our Lord. **Amen**

## **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.  
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**

## **The Conclusion**

The Lord bless us,  
and preserve us from all evil,  
and keep us in eternal life. **Amen**

Let us bless the Lord.  
**Thanks be to God.**

# Night Prayer



+ St. Matthew's +  
Parish of Edgeley and Cheadle Heath



*You may wish to light a candle  
and play some reflective music.*

The eternal God is your refuge,  
and underneath  
are the everlasting arms.

***Deuteronomy 33:27***

## Opening Sentences

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.**

*Pause and reflect on the day that is past.*

Save us, O Lord, while waking,  
and guard us while sleeping, that  
awake we may watch with Christ  
and asleep may rest in peace.

## Bible Reading

*You may wish to say Psalm 91  
or another chosen psalm.*

### Psalm 91

- <sup>1</sup> Whoever dwells  
in the shelter of the Most High ♦  
and abides  
under the shadow of the Almighty,
- <sup>2</sup> Shall say to the Lord,  
'My refuge and my stronghold, ♦  
my God, in whom I put my trust.'
- <sup>3</sup> For he shall deliver you  
from the snare of the fowler ♦  
and from the deadly pestilence.
- <sup>4</sup> He shall cover you with his wings  
and you shall be  
safe under his feathers; ♦  
his faithfulness  
shall be your shield and buckler.
- <sup>5</sup> You shall not be afraid  
of any terror by night, ♦  
nor of the arrow that flies by day;
- <sup>6</sup> Of the pestilence  
that stalks in darkness, ♦  
nor of the sickness  
that destroys at noonday.
- <sup>7</sup> Though a thousand fall at your side  
and ten thousand at your right hand, ♦  
yet it shall not come near you.
- <sup>8</sup> Your eyes have only to behold ♦  
to see the reward of the wicked.

<sup>9</sup> Because you have made  
the Lord your refuge ♦  
and the Most High your stronghold,

<sup>10</sup> There shall no evil happen to you, ♦  
neither shall any plague  
come near your tent.

<sup>11</sup> For he shall give his angels  
charge over you, ♦  
to keep you in all your ways.

<sup>12</sup> They shall bear you in their hands, ♦  
lest you  
dash your foot against a stone.

<sup>13</sup> You shall  
tread upon the lion and adder; ♦  
the young lion and the serpent  
you shall trample underfoot.

<sup>14</sup> Because they have  
set their love upon me,  
therefore will I deliver them; ♦  
I will lift them up,  
because they know my name.

<sup>15</sup> They will call upon me  
and I will answer them; ♦  
I am with them in trouble,  
I will deliver them  
and bring them to honour.

<sup>16</sup> With long life will I satisfy them ♦  
and show them my salvation.

**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**

*You may use one of the following readings  
or choose a passage of your own.*

### *Sunday*

You, O Lord, are in the midst of us,  
and we are called by your name;  
leave us not, O Lord our God.

**Jeremiah 14:9**

### *Monday*

Thus said the Lord God, the  
Holy One of Israel: In returning and  
rest you shall be saved; in quietness  
and in trust shall be your strength.

**Isaiah 30:15**

### *Tuesday*

Jesus said, *'Come to me, all you  
that are weary and are carrying  
heavy burdens, and I will give you  
rest. Take my yoke upon you, and  
learn from me; for I am gentle and  
humble in heart, and you will find  
rest for your souls. For my yoke is  
easy, and my burden is light.'*

**Matthew 11.28-30**

### *Wednesday*

Humble yourselves under  
the mighty hand of God, so that  
he may exalt you in due time.  
Cast all your anxiety on him,  
because he cares for you.

**1 Peter 5.6,7**

### *Thursday*

Jesus said, *'I have said this to you,  
so that in me you may have peace.  
In the world you face persecution.  
But take courage; I have  
conquered the world!'*

**John 16.33**

### *Friday*

God has destined us not for wrath  
but for obtaining salvation through  
our Lord Jesus Christ, who died  
for us, so that whether we are awake  
or asleep we may live with him.

**1 Thessalonians 5.9,10**

*Saturday*

Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'

*John 8.12*

## **Prayers**

Merciful God, we entrust to your unfailing and tender care this night those who are ill or in pain, knowing that whenever danger threatens your everlasting arms are there to hold us safe. Comfort and heal them, and restore them to health and strength; through Jesus Christ our Lord. **Amen**

Be present, O merciful God, and protect us through the silent hours of this night, so that we who are wearied by the changes and chances of this fleeting world, may rest upon your eternal changelessness; through Jesus Christ our Lord. **Amen**

Visit this place, O Lord, we pray, and drive far from it the snares of the enemy; may your holy angels dwell with us in peace, and may your blessing be always upon us; through Jesus Christ our Lord.

**Amen**

## **The Lord's Prayer**

**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**

## **The Conclusion**

In peace we will lie down and sleep;  
**for you alone,  
Lord, make us dwell in safety.**

The Lord bless us  
and watch over us;  
The Lord make his face to shine  
upon us and be gracious to us;  
The Lord look kindly upon us  
and give us peace. **Amen**

Materials in this booklet are drawn from  
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