

THURSDAY MORNING PRAYER ORDINARY TIME

PENITENTIAL RITE

The sacrifice of God is a broken spirit: a broken and contrite heart, O God, you will not despise.

Jesus said, "I am the light of the world; whoever follows me will not walk in darkness but will have the light of life.

Dear friends in Christ, as we continue to worship almighty God, let us with penitent and obedient hearts confess our sins, that we may obtain forgiveness by his infinite goodness and mercy.... *Silence*

Most merciful God, we confess we have sinned against you in thought, word and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy upon us and forgive us, that we may delight in your will, and walk in your ways, to the glory of your name. Amen.

Almighty God have mercy upon us, pardon and deliver us from all our sins, confirm and strengthen us in all goodness, and keep us in eternal life; through Jesus Christ our Lord. **Amen.**

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.

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. Alleluia!

CANTICLE

The Lord is our light and our life: O come, let us worship.

Glory to you, Lord God of our fathers; you are worthy of praise, glory to you.

Glory to you for the radiance of your holy name;

we will praise you and highly exalt you for ever.

Glory to you in the splendour of your temple;

On the throne of your majesty, glory to you.

Glory to you, seated between the Cherubim;

we will praise you and highly exalt you for ever.

Glory to you, beholding the depths; in the high vault of heaven, glory to you.

Glory to you, Father, Son, and Holy Spirit;

we will praise you and highly exalt you for ever.

The Lord is our light and our life: O come, let us worship.

A reading from Romans 8:

What then should we say in response to these things? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all - how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who then is the one who condemns? No one. Christ Jesus who died - more than that, who was raised to life - is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, nor angels or demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. *Silence*

PSALM

Silence

Gospel Acclamation

Alleluia, Alleluia, give thanks to the risen Lord,
Alleluia, Alleluia, give praise to his name.

GOSPEL

*We'll reflect on the readings and liturgy in silence.
We will share any reflections we may have.*

HEAR O ISRAEL

Hear O Israel, the Lord our God, the Lord is one. Love the Lord your God with all your heart, with all your soul, with all your mind, And with all your strength. This is the first and great commandment. The second is like it: Love your neighbour as yourself.

INTERCESSIONS

That this day may be holy, good, and joyful:

We pray to you Lord

That we may offer to you our worship and our work:

We pray to you Lord

That we may strive for the well-being of all creation:

We pray to you Lord

That in the pleasures and pains of life, we may know the love of Christ and be thankful:

We pray to you Lord

That we may be bound together by the Holy Spirit, in communion with all your saints, entrusting one another and all our life to Christ:

We pray to you Lord

Let us commend ourselves, and all for whom we pray,
to the mercy and protection of God.

We pray to you Lord

Let us pray silently or aloud our intercessions.

THANKSGIVING PRAYER

Accept, O Lord, our thanks and praise for all you have done for us. We thank you for the splendour of the whole creation, for the beauty of this world, for the wonder of life, and for the mystery of love. We thank you for the blessing of family and friends, and for the loving care which surrounds us on every side. We thank you for setting us tasks which demand our best efforts, and for leading us to accomplishments which satisfy and delight us. We thank you also for those disappointments that lead us to acknowledge our dependence on you alone. Above all, we thank you for your Son Jesus Christ; for the truth of his word and the example of his life; for his steadfast obedience by which he overcame temptation; for his dying, through which he overcame death and all that separates us from him; for his rising to life again, in which we are raised to the life of your kingdom. Grant us the gift of your Spirit, that we may know Christ and make him known; and through him, at all times and in all places, may give thanks to you in all things. Amen.

COLLECT

O Lord, from whom all good things come: grant to us your humble servants, that by your holy inspiration we may think those things that are good, and by your merciful guiding may perform the same; through our Lord Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and forever.

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 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 grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore.

Let us bless the Lord.

Thanks be to God. Alleluia!