

Friday Morning Prayer for the Season After Pentecost 2026

Opening Prayer

The love of God has been poured into our hearts through the Holy Spirit who has been given to us. (Romans 5:5)

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 forever. Amen Alleluia!

Silence

Hymn or Poem (if selected)

Psalm

Glory to you Source of All Being, Eternal Word and Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.

Gospel

The Holy Gospel of our Lord Jesus Christ according to ...

Glory to you, Lord Jesus Christ.

...

The Gospel of Christ.

Praise to you, Lord Jesus Christ.

Silence followed by shared reflections

Shared Reflections

The Shema/ 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 the great commandment. The second is like it: Love your neighbour as yourself. There is no commandment greater than these.

Prayers

Let us pray to God the Holy Spirit, saying, **“Come Holy Spirit, come.”**

Come, Holy Spirit, creator, and renew the face of the earth.

Come, Holy Spirit, come.

Come Holy Spirit, counsellor, and touch our lips that we may proclaim your word.

Come, Holy Spirit, come.

Come, Holy Spirit, power from on high: make us agents of peace and ministers of wholeness.

Come, Holy Spirit, come.

Come, Holy Spirit, breath of God, give life to the dry bones of this exiled age, and make us a living people, holy and free.

Come Holy Spirit, come.

Come, Holy Spirit, wisdom and truth: strengthen us in the risk of faith.

Come, Holy Spirit, come.

United in the company of all the faithful, let us offer our prayers to God, the source of all life and holiness. *Spoken or silent intercessions are offered to God and before each other.*

The Lord's Prayer

We'll say the Lord's Prayer together in whatever form or paraphrase you choose.

Blessing | Sending

A blessing for today (Rev. Virginia Going)

Let me live today.

Let me be open to the miracle of this day.

Let me breathe the best of today.

Let me not miss the heart of today.

Let me find the gift of today

Hidden like a jewel in rubble of care, duty, and detail.

Let me pause to hear

the steady beat of the heart of God –

hoping, aching, sorrowing, expectant, patient

despairing heart of God.

Listen, listen.

Do you hear it?

Ever so faint but steady, steady,

Rhythmic organ, strong music,

Thumping, beating, pumping, sustaining, encompassing,

Wildly dancing heart of God.

Let us live this day, aware, open, listening, breathing, alive.

Amen