

O Lord, open our lips  
**and our mouth shall proclaim your praise.**  
In your resurrection, O Christ,  
**let heaven and earth rejoice. Alleluia.**

Blessed are you, Lord God of our salvation,  
to you be praise and glory for ever.  
As once you ransomed your people from Egypt  
and led them to freedom in the promised land,  
so now you have delivered us from the dominion of darkness  
and brought us into the kingdom of your risen Son.  
May we, the first fruits of your new creation,  
rejoice in this new day you have made,  
and praise you for your mighty acts.

Blessed be God, Father, Son and Holy Spirit.  
**Blessed be God for ever.**

Christ our passover has been sacrificed for us:  
so let us celebrate the feast,  
**not with the old leaven of corruption and wickedness:  
but with the unleavened bread of sincerity and truth.**

*1 Cor 5.7b, 8*

Christ once raised from the dead dies no more:  
death has no more dominion over him.

**In dying he died to sin once for all:  
in living he lives to God.**

See yourselves therefore as dead to sin:  
and alive to God in Jesus Christ our Lord.

*Romans 6.9-11*

**Christ has been raised from the dead:  
the first fruits of those who sleep.**

For as by man came death:  
by man has come also the resurrection of the dead;

**for as in Adam all die:  
even so in Christ shall all be made alive.**

*1 Corinthians 15.20-22*

**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.**

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.**

### Psalm

#### Psalm 16

- 1 Keep me safe, my God,  
for in you I take refuge.
- 2 I say to the Lord, 'You are my Lord;  
apart from you I have no good thing.'
- 3 I say of the holy people who are in the land,  
'They are the noble ones in whom is all my delight.'
- 4 Those who run after other gods will suffer more and more.  
I will not pour out libations of blood to such gods  
or take up their names on my lips.
- 5 Lord, you alone are my portion and my cup;  
you make my lot secure.
- 6 The boundary lines have fallen for me in pleasant places;  
surely I have a delightful inheritance.
- 7 I will praise the Lord, who counsels me;  
even at night my heart instructs me.

- 8 I keep my eyes always on the Lord.  
With him at my right hand, I shall not be shaken.
- 9 Therefore my heart is glad and my tongue rejoices;  
my body also will rest secure,
- 10 because you will not abandon me to the realm of the dead,  
nor will you let your faithful one see decay.
- 11 You make known to me the path of life;  
you will fill me with joy in your presence,  
with eternal pleasures at your right hand.

### Psalm 23

- 1 The Lord is my shepherd; therefore can I lack nothing.
- 2 He makes me lie down in green pastures and leads me beside still waters.
- 3 He shall refresh my soul  
and guide me in the paths of righteousness for his name's sake.
- 4 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.
- 5 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.
- 6 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.

### Psalm 139

- 1 Out of the depths I cry to you, Lord;
- 2 Lord, hear my voice.  
Let your ears be attentive to my cry for mercy.
- 3 If you, Lord, kept a record of sins,  
Lord, who could stand?
- 4 But with you there is forgiveness,  
so that we can, with reverence, serve you.
- 5 I wait for the Lord, my whole being waits,  
and in his word I put my hope.

- 6 I wait for the Lord  
more than watchmen wait for the morning,  
more than watchmen wait for the morning.
- 7 Israel, put your hope in the Lord,  
for with the Lord is unfailing love  
and with him is full redemption.
- 8 He himself will redeem Israel  
from all their sins.

**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.**

### Bible Reading

*You may wish to use the weekly pattern of short readings given below,  
or choose a passage of your own.*

#### Sunday Morning

*Isaiah 43.1-3a*

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.

#### Monday Morning

*John 14.1-7*

'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. If you really know me, you will know my Father as well. From now on, you do know him and have seen him.'

**Tuesday Morning***Philippians 4.4-9*

Rejoice in the Lord always. I will say it again: rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

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.

**Wednesday Morning***Colossians 3.12-17*

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

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.

**Thursday Morning***Ephesians 2.1-10*

As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions – it is by grace you have been saved. And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. For it is by grace you have been saved, through faith – and this is not from yourselves, it is the gift of God – not by works, so that no one can boast. For we

are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

**Friday Morning***Romans 19.9-12*

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, neither angels nor 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.

**Saturday Morning***Luke 12.22-31*

He 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.’

Death is swallowed up in victory.

**Where, O death, is your sting?**

Christ is risen from the dead,  
the first fruits of those who have fallen asleep.

**Death is swallowed up in victory.**

The trumpet will sound  
and the dead shall be raised.

**Where, O death, is your sting?**

We shall not all sleep,  
but we shall be changed.

**Death is swallowed up in victory.**

**Where, O death, is your sting?**

*from 1 Corinthians 15*

## 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.

*Pause and pray for:*

- *The Queen, our Government and all making decisions that impact our nation and beyond*
- *Individuals and their needs*
- *The poor and oppressed*
- *All who are sick or bereaved*

- *All affected medically or financially by Coronavirus*
- *Churches and their response*
- *All involved with St Wilfrid's in any way*
- *Christians who are persecuted for their faith*

## 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.**

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