**Wednesday**

**The Preparation**

Presider O Lord, open our lips

**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**

**119**  
97 Oh, how I love your law! \*  
all the day long it is in my mind.  
  
98 Your commandment has made me wiser than my enemies, \*  
and it is always with me.  
  
99 I have more understanding than all my teachers, \*  
for your decrees are my study.  
  
100 I am wiser than the elders, \*  
because I observe your commandments.  
  
101 I restrain my feet from every evil way, \*  
that I may keep your word.  
  
102 I do not shrink from your judgments, \*  
because you yourself have taught me.  
  
103 How sweet are your words to my taste! \*  
they are sweeter than honey to my mouth.  
  
104 Through your commandments I gain understanding; \*  
therefore I hate every lying way

## **Reading Of The Gospel**

Gospel Reader:The Lord be with you.

**All: And also with you.**

Gospel Reader: The Holy Gospel of our Lord Jesus Christ according to Matthew.

**All: Glory to you, Lord Jesus Christ.**

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.

Gospel Reader: The Gospel of Christ.

**All: Praise to you, Lord Jesus Christ.**

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## Gospel Canticle

Refrain: **You have looked with favour upon your lowly servant:**

**From this day, all generations will call her blessed.**

**Magnificat**

My soul proclaims the greatness of the Lord,

my spirit rejoices in God my Savior,

for he has looked with favor on his humble servant.

From this day all generations will call me blessed,

the Almighty has done great things for me,

and holy is his Name.

He has mercy on those who fear Him

in every generation.

He has shown the strength of his arm,

he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,

and has lifted up the humble.

He has filled the hungry with good things,

and the rich he has sent away empty.

He has come to the help of his servant Israel

for he has remembered his promise of mercy,

the promise he made to our fathers,

to Abraham and his children for ever.

**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**

Refrain: **You have looked with favour upon your lowly servant:**

**From this day, all generations will call her blessed.**

**The Litany**

Presider Let us give glory to God on high,

Who from his fullness have received grace upon grace.

For the holy Church of God throughout the world,

That with one heart we may rejoice in the word made flesh,

Let us pray in the Spirit

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

Presider For good will in the hearts of all; and on earth peace,

Let us pray in the Spirit

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

Presider For the poor, the outcast and the homeless,

The lonely and the unloved, Let us pray in the Spirit

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

Presider For all who have gone before us,

Whose hope was in the Word made flesh, Let us pray in the Spirit

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

Presider (Any individual prayers…)

**God of love, hear our prayer**

Presider With the blessed Virgin Mary,

Saint John and all the host of heaven,

let our voices rise to praise God’s glory

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

**The Collect**

Presider Almighty God,

Who wonderfully created us in your own image

And yet more wonderfully restored us

In your Son Jesus Christ:

Grant that, as he came to share our human nature,

So we may be partakers of his divine glory;

Who is alive and reigns with you and the Holy Spirit,

One God, now and forever. Amen.

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

**Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,Source of all that is and that shall be,Father and Mother of us all,Loving God, in whom is heaven:**

**The hallowing of your name echo through the universe!The way of your justice be followed by the peoples of the world!Your heavenly will be done by all created beings!Your commonwealth of peace and freedom sustain our hope and come on earth.**

**With the bread we need for today, feed us.In the hurts we absorb from one another, forgive us.In times of temptation and test, strengthen us.From trials too great to endure, spare us.From the grip of all that is evil, free us.**

**For you reign in the glory of the power that is love, now and for 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.**