

How to Use the Liturgy for Morning Prayer

Intro: I am excited that you have decided to give this morning liturgy a shot. Most of the liturgy is intuitive but some needs a little explanation. In terms of what to expect, the liturgy will normally take me between 15 and 45 minutes to complete (depending upon how much time you have to spend in prayer). I normally do the liturgy by myself, but when I do it with others, we will typically alternate each section and pray the red boxes together.

Below is a section-by-section guide to using Morning Liturgy on your own! (some are left blank if no explanation is needed):

ADDRESS: I recommend a bit of silence before you start to center yourself and to try and set aside whatever is on your mind.

FIRST PRAYERS: The (Hallelujah) is to be omitted during the liturgical season of Lent (between Ash Wednesday & Easter)

JESUS PRAYER: The phrase [a sinner] is only prayed the first time. Every time after when the Jesus Prayer is prayed you end with the word "me."

CONFESSION OF SIN: The plural pronoun here is used on purpose. Even when we are praying alone, we use the word "we" to highlight how we are unified with one another in our collective need for God's grace.

PSALM OF THE DAY: I try to work through the Psalms 1 at a time or you can follow the Book of Common Prayer daily readings. Here is a helpful [link](#) to the Psalm and Gospel reading of the day.

GOSPEL READING (REVISED COMMON LECTIONARY): Just like the last section, you will need to use the Book of Common Prayer for this section as well. The Gospel reading is always at the bottom of this [link](#).

APOSTLES CREED

JESUS PRAYER

PSALM 23

PSALM 91:1-2

PRAYER FOR FAMILY: This is a time for you to “freestyle” pray for your immediate family (i.e. mom, dad, siblings, spouse, children, etc)

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 debts as we forgive our debtors. Lead us not into temptation but deliver us from evil. For yours is the kingdom, the power, and the glory, forever and ever. Amen.

JESUS PRAYER

LORD’S PRAYER (EXPANDED): This is a time for you to spend some extended time praying through the petitions of the Lord’s Prayer. For example, you might start with the first petition (*Our Father in heaven, hallowed be your name*) and spend some time thanking God for his fatherly love and care. Then you might move to the second petition and spend some time praying for God’s kingdom to come in Durham as it is in heaven. The idea is to take a few minutes praying the Lord’s prayer back to God.

PETITION AND INTERCESSION: This is a time for you offer up any petitions that God has laid on your heart. The idea of this liturgy is that we draw near to God first, and are reminded of who He is and what He is about, before we begin offering up our own requests to him.

CONTEMPLATION (SITTING WITH JESUS): This is a time for you to sit silently and listen to what the Lord might be speaking to you. I normally set an alarm for a designated amount of time so that I don’t find myself watching a clock (maybe start out with 5 minutes and see if you might want to grow this section over time). I will often have a phrase in mind, like the Jesus prayer, that I will recite when I find my mind wandering and I’m getting distracted.

PRAYER TO THE CRUCIFIED CHRIST: After the contemplation, the liturgy now shifts to an outward focus. After having been with Jesus, we are now being sent out into the world to be his ambassadors, bringing the good news of the Gospel to a lost and broken world.

THE BEATITUDES:

Matthew 5:2-11

And he opened his mouth and taught them, saying:³ "Blessed are the poor in spirit, for theirs is the kingdom of heaven.⁴ "Blessed are those who mourn, for they shall be comforted.⁵ "Blessed are the meek, for they shall inherit the earth.⁶ "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.⁷ "Blessed are the merciful, for they shall receive mercy.⁸ "Blessed are the pure in heart, for they shall see God.⁹ "Blessed are the peacemakers, for they shall be called sons^{al} of God.¹⁰ "Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.¹¹ "Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. ¹² Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

PRAYER FOR PEACE

PRAYER OF ST. FRANCIS

PRAYER FOR THE WEEK: Here again you need the Book of Common Prayer to help you. These are ancient prayers that are written for various weeks of the year. Here is a [link](#) to all of the weekly prayers (called "collects") for the year. This may feel like a tedious step to look these up each day so you may want to pass on this section. However, the prayers are so incredibly rich if you can get the hang of using the Book of Common Prayer.

PRAYER FOR GRACE

PRAYER OF THANKSGIVING

CONFESSION OF THE MYSTERY

JESUS PRAYER

I hope this guide is helpful. Please don't hesitate to reach out if you have any further questions!

A LITURGY FOR MORNING PRAYER

ADDRESS

FATHER GOD, CREATOR OF HEAVEN AND EARTH,
GOD OF ABRAHAM, ISAAC, AND JACOB,
GOD OF ISRAEL,
GOD AND FATHER OF OUR LORD AND SAVIOR JESUS CHRIST,
TRUE AND LIVING GOD WHO IS FATHER, SON, AND HOLY SPIRIT,
HAVE MERCY AND HEAR OUR PRAYER.

FIRST PRAYERS

O LORD, OPEN OUR LIPS.
AND OUR MOUTH SHALL PROCLAIM YOUR PRAISE.

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. (HALLELUJAH.)

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. (HALLELUJAH.)

JESUS PRAYER

LORD JESUS CHRIST, SON OF GOD, HAVE MERCY ON ME [A SINNER].

CONFESSION OF SIN

MOST MERCIFUL GOD,
WE CONFESS THAT 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 NEIGHBORS AS OURSELVES.
WE ARE TRULY SORRY AND WE HUMBLY REPENT.
FOR THE SAKE OF YOUR SON JESUS CHRIST,
HAVE MERCY ON US AND FORGIVE US;
THAT WE MAY DELIGHT IN YOUR WILL,
AND WALK IN YOUR WAYS,
TO THE GLORY OF YOUR NAME.
AMEN.

PSALM FOR THE DAY

GOSPEL READING (REVISED COMMON LECTIONARY)

APOSTLES CREED

I BELIEVE IN GOD, THE FATHER ALMIGHTY,
CREATOR OF HEAVEN AND EARTH.
I BELIEVE IN JESUS CHRIST, HIS ONLY SON, OUR LORD.
HE WAS CONCEIVED BY THE POWER OF THE HOLY SPIRIT
AND BORN OF THE VIRGIN MARY.
HE SUFFERED UNDER PONTIUS PILATE,
WAS CRUCIFIED, DIED, AND WAS BURIED.
HE DESCENDED TO THE DEAD.
ON THE THIRD DAY HE ROSE AGAIN.
HE ASCENDED INTO HEAVEN,
AND IS SEATED AT THE RIGHT HAND OF THE FATHER.
HE WILL COME AGAIN TO JUDGE THE LIVING AND THE DEAD.
I BELIEVE IN THE HOLY SPIRIT,
THE HOLY CHRISTIAN CHURCH,
THE COMMUNION OF SAINTS,
THE FORGIVENESS OF SINS,
THE RESURRECTION OF THE BODY,
AND THE LIFE EVERLASTING. AMEN.

JESUS PRAYER

PSALM 23

PSALM 91:1-2

PRAYER FOR FAMILY

PSALM 103:1-5

LORD'S PRAYER

JESUS PRAYER

LORD'S PRAYER (EXPANDED)

PETITION AND INTERCESSION

CONTEMPLATION (SITTING WITH JESUS)

PRAYER TO THE CRUCIFIED CHRIST

LORD JESUS, YOU STRETCHED OUT YOUR ARMS OF LOVE UPON THE HARD WOOD OF THE CROSS THAT EVERYONE MIGHT COME WITHIN THE REACH OF YOUR SAVING EMBRACE; SO CLOTHE US IN YOUR SPIRIT THAT WE, REACHING FORTH OUR HANDS IN LOVE, MAY BRING THOSE WHO DO NOT KNOW YOU TO THE KNOWLEDGE AND LOVE OF YOU; FOR THE HONOR OF YOUR NAME. AMEN.

THE BEATITUDES

PRAYER FOR PEACE

O GOD, YOU HAVE MADE OF ONE BLOOD ALL THE PEOPLES OF THE EARTH, AND SENT YOUR BLESSED SON TO PREACH PEACE TO THOSE WHO ARE FAR OFF AND TO THOSE WHO ARE NEAR; GRANT THAT PEOPLE EVERYWHERE MAY SEEK AFTER YOU AND FIND YOU; BRING THE NATIONS INTO YOUR FOLD; POUR OUT YOUR SPIRIT UPON ALL FLESH; AND HASTEN THE COMING OF YOUR KINGDOM; THROUGH JESUS CHRIST OUR LORD. AMEN.

PRAYER OF ST. FRANCIS

LORD, MAKE ME AN INSTRUMENT OF YOUR PEACE,
WHERE THERE IS HATRED, LET ME SOW LOVE;
WHERE THERE IS INJURY, PARDON;
WHERE THERE IS DOUBT, FAITH;
WHERE THERE IS DESPAIR, HOPE;
WHERE THERE IS DARKNESS, LIGHT;
WHERE THERE IS SADNESS, JOY;
O DIVINE MASTER,
GRANT THAT I MAY NOT SO MUCH SEEK TO BE CONSOLED, AS TO CONSOLE;
TO BE UNDERSTOOD, AS TO UNDERSTAND;
TO BE LOVED, AS TO LOVE.
FOR IT IS IN GIVING THAT WE RECEIVE.
IT IS IN PARDONING THAT WE ARE PARDONED,
AND IT IS IN DYING THAT WE ARE BORN TO ETERNAL LIFE.
AMEN.

PRAYER FOR THE WEEK

PRAYER FOR GRACE

LORD GOD, ALMIGHTY AND EVERLASTING FATHER, YOU HAVE BROUGHT US IN SAFETY TO THIS NEW DAY: PRESERVE US WITH YOUR MIGHTY POWER, THAT WE MAY NOT FALL INTO SIN, NOR BE OVERCOME BY ADVERSITY; AND IN ALL WE DO, DIRECT US TO THE FULFILLING OF YOUR PURPOSE; THROUGH JESUS CHRIST OUR LORD. AMEN.

PRAYER OF THANKSGIVING

ALMIGHTY GOD, FATHER OF ALL MERCIES,
WE YOUR UNWORTHY SERVANTS GIVE YOU HUMBLE THANKS
FOR ALL YOUR GOODNESS AND LOVING KINDNESS
TO US AND ALL WHOM YOU HAVE MADE.
WE BLESS YOU FOR OUR CREATION, PRESERVATION,
AND ALL THE BLESSINGS OF THIS LIFE;
BUT ABOVE ALL FOR YOUR IMMEASURABLE LOVE
IN THE REDEMPTION OF THE WORLD BY OUR LORD JESUS CHRIST;
FOR THE MEANS OF GRACE, AND FOR THE HOPE OF GLORY.
AND, WE PRAY, GIVE US SUCH AN AWARENESS OF YOUR MERCIES,
THAT WITH TRULY THANKFUL HEARTS WE MAY SHOW FORTH YOUR PRAISE,
NOT ONLY WITH OUR LIPS, BUT IN OUR LIVES,
BY GIVING UP OUR SELVES TO YOUR SERVICE,
AND BY WALKING BEFORE YOU
IN HOLINESS AND RIGHTEOUSNESS ALL OUR DAYS;
THROUGH JESUS CHRIST OUR LORD,
TO WHOM, WITH YOU AND THE HOLY SPIRIT,
BE HONOR AND GLORY THROUGHOUT ALL AGES.
AMEN.

LORD, HAVE MERCY.

CHRIST, HAVE MERCY.

LORD, HAVE MERCY.

CONFESSION OF THE MYSTERY

CHRIST HAS DIED.
CHRIST IS RISEN.
CHRIST WILL COME AGAIN.

JESUS PRAYER