

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.

The Collect

The special prayer for this week can be found in Pews News.

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 us 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 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.

The Benefice of Stalham, Sutton and Ingham



A Simple Service of Morning Prayer

You may wish to light a candle and have some reflective music playing in the background.

The Lord is good, a strong refuge when trouble comes.

God is close to those who trust in him.

Nahum 1.7

Opening Sentences

O Lord, open our lips

and our mouth shall proclaim your praise.

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.

Confession

Loving Father, we confess that we have failed you in thought, word and deed.

We ask for your mercy and your help.

God of mercy,

we acknowledge that we are all sinners.

We turn from the wrong that we have thought and said and done,

and are mindful of all that we have failed to do.

For the sake of Jesus, who died for us,

forgive us for all that is past,

and help us to live each day

in the light of Christ our Lord. Amen.

May the God of love and power

forgive us and free us from our sins,

heal and strengthen us by his Spirit,

and raise us to new life in Christ our Lord. **Amen.**

Psalm

You may wish to use the psalm from Pews News or to say Psalm 23 or another psalm here, such as Psalm 16 or Psalm 139.

Bible Reading

You may wish to use the weekly pattern of short readings on the insert, or the Pews News readings, or choose a passage of your own.

The Creed

**We believe in God the Father,
from whom every family
in heaven and on earth is named.**

**We believe in God the Son,
who lives in our hearts through faith,
and fills us with his love.**

**We believe in God the Holy Spirit,
who strengthens us
with power from on high.**

**We believe in one God;
Father, Son and Holy Spirit. Amen.**

Almighty God, keep us faithful to you
and so make us ready for that day
when the whole creation shall be made perfect in your Son,
our Saviour Jesus Christ. **Amen.**

Prayers

You might wish to use the prayers from Pews News and to bring your own prayers to God now.