

**Morning Prayer on Thursday 15 October 2020**  
**Teresa of Avila, Teacher of the Faith, 1582 [Lesser Festival]**

O Lord, open our lips  
**and our mouth shall proclaim your praise.**

Blessed are you, creator of all,  
to you be praise and glory for ever.  
As your dawn renews the face of the earth  
bringing light and life to all creation,  
may we rejoice in this day you have made;  
as we wake refreshed from the depths of sleep,  
open our eyes to behold your presence  
and strengthen our hands to do your will,  
that the world may rejoice and give you praise.  
Blessed be God, Father, Son and Holy Spirit.  
**Blessed be God for ever.**

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 for ever. **Amen.**

***Psalm 92***

1It is a good thing to give thanks to the Lord ♦  
and to sing praises to your name, O Most High;  
**2To tell of your love early in the morning ♦**  
**and of your faithfulness in the night-time,**  
3Upon the ten-stringed instrument, upon the harp, ♦  
and to the melody of the lyre.  
**4For you, Lord, have made me glad by your acts, ♦**  
**and I sing aloud at the works of your hands.**

5 O Lord, how glorious are your works! ♦  
Your thoughts are very deep.  
6 **The senseless do not know, ♦  
nor do fools understand,**  
7 That though the wicked sprout like grass ♦  
and all the workers of iniquity flourish,  
8 **It is only to be destroyed for ever; ♦  
but you, O Lord, shall be exalted for evermore.**  
9 For lo, your enemies, O Lord,  
lo, your enemies shall perish, ♦  
and all the workers of iniquity shall be scattered.  
10 **But my horn you have exalted  
like the horns of wild oxen; ♦  
I am anointed with fresh oil.**  
11 My eyes will look down on my foes; ♦  
my ears shall hear the ruin of the evildoers  
who rise up against me.  
12 **The righteous shall flourish like a palm tree, ♦  
and shall spread abroad like a cedar of Lebanon.**  
13 Such as are planted in the house of the Lord ♦  
shall flourish in the courts of our God.  
14 **They shall still bear fruit in old age; ♦  
they shall be vigorous and in full leaf;**  
15 That they may show that the Lord is true; ♦  
he is my rock,  
and there is no unrighteousness in him.

**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.**

Give us the music of your praise, Lord,  
morning, noon and night,  
that our lives may be fruitful  
and our lips confess you as the true and only God. **Amen**

## *Canticle*

**I have given you as a light to the nations,  
and I have called you in righteousness.**

Thus says God, who created the heavens, ♦  
who fashioned the earth and all that dwells in it;  
**Who gives breath to the people upon it ♦  
and spirit to those who walk in it,**  
'I am the Lord and I have called you in righteousness, ♦  
I have taken you by the hand and kept you;  
**'I have given you as a covenant to the people, ♦  
a light to the nations, to open the eyes that are blind,**  
'To bring out the captives from the dungeon, ♦  
from the prison, those who sit in darkness.  
**'I am the Lord, that is my name; ♦  
my glory I give to no other.'**

**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.**

**I have given you as a light to the nations,  
and I have called you in righteousness.**

## *A reading from Acts 27.27-end*

When the fourteenth night had come, as we were drifting across the sea of Adria, about midnight the sailors suspected that they were nearing land. So they took soundings and found twenty fathoms; a little farther on they took soundings again and found fifteen fathoms. Fearing that we might run on the rocks, they let down four anchors from the stern and prayed for day to come. But when the sailors tried to escape from the ship and had lowered the boat into the sea, on the pretext of putting out anchors from the bow, Paul

said to the centurion and the soldiers, 'Unless these men stay in the ship, you cannot be saved.' Then the soldiers cut away the ropes of the boat and set it adrift.

Just before daybreak, Paul urged all of them to take some food, saying, 'Today is the fourteenth day that you have been in suspense and remaining without food, having eaten nothing. Therefore I urge you to take some food, for it will help you survive; for none of you will lose a hair from your heads.' After he had said this, he took bread; and giving thanks to God in the presence of all, he broke it and began to eat. Then all of them were encouraged and took food for themselves. (We were in all two hundred and seventy-six persons in the ship.) After they had satisfied their hunger, they lightened the ship by throwing the wheat into the sea.

In the morning they did not recognize the land, but they noticed a bay with a beach, on which they planned to run the ship ashore, if they could. So they cast off the anchors and left them in the sea. At the same time they loosened the ropes that tied the steering-oars; then hoisting the foresail to the wind, they made for the beach. But striking a reef, they ran the ship aground; the bow stuck and remained immovable, but the stern was being broken up by the force of the waves. The soldiers' plan was to kill the prisoners, so that none might swim away and escape; but the centurion, wishing to save Paul, kept them from carrying out their plan. He ordered those who could swim to jump overboard first and make for the land, and the rest to follow, some on planks and others on pieces of the ship. And so it was that all were brought safely to land.

The word of the Lord  
**Thanks be to God**

*There will be a brief time of silence before the Responsory for reflection*

Fear not, for I have redeemed you.

I have called you by name; you are mine.

**Fear not, 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.

When you walk through fire, you shall not be burned.

**I have called you by name; you are mine.**

Glory to the Father and to the Son

and to the Holy Spirit.

**Fear not, for I have redeemed you.**

**I have called you by name; you are mine.**

*from Isaiah 43*

### *The Benedictus*

**Those who are wise will shine as brightly as the heavens,  
and those who have instructed many in virtue  
will shine like stars for all eternity.**

**+ Blessed be the Lord the God of Israel,  
who has come to his people and set them free.**

**He has raised up for us a mighty Saviour,  
born of the house of his servant David.**

**Through his holy prophets God promised of old  
to save us from our enemies,**

**from the hands of all that hate us,**

**To show mercy to our ancestors,  
and to remember his holy covenant.**

**This was the oath God swore to our father Abraham:**

**to set us free from the hands of our enemies,**

**Free to worship him without fear,**

**holy and righteous in his sight**

**all the days of our life.**

**And you, child, shall be called the prophet of the Most High,**

**for you will go before the Lord to prepare his way,**

**To give his people knowledge of salvation**

**by the forgiveness of all their sins.**

**In the tender compassion of our God**

**the dawn from on high shall break upon us,**

**To shine on those who dwell in darkness and the shadow of death,**

**and to guide our feet into the way of peace.**

*Luke 1.68-79*

**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.**

**Those who are wise will shine as brightly as the heavens,  
and those who have instructed many in virtue  
will shine like stars for all eternity.**

Prayers for the world, for others and for our parish will be offered, using  
the response:

Lord in your mercy  
**Hear our prayer**

*Silence may be kept.*

*The Collect of the day is said:*

Merciful God,  
who by your Spirit raised up your servant Teresa of Avila  
to reveal to your Church the way of perfection:  
grant that her teaching  
may awaken in us a longing for holiness,  
until we attain to the perfect union of love  
in Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. **Amen.**

*As our Saviour taught us, so we pray*

**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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