



Sunday 31st January
Epiphany 4 (Proper 4)
Morning Prayer

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 shall be forever.**
Amen.

Psalmody

Lead me, O Lord, in your righteousness;
make your way straight before me. (Psalm 5.8)

Opening

(from Psalm 5)

¹ In the morning, Lord, you hear my voice;* early in the morning I make my appeal and watch for you.

² **Through the greatness of your mercy I will go into your house;* I will bow down toward your holy temple in awe of you.**

³ All who take refuge in you will be glad;* they will sing out their joy for ever.

⁴ **You will shelter them,* so that those who love your name may exult in you.**

**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.**

Psalm 145

¹ I will extol you, my God and King, and bless your name for ever and ever.

² Every day I will bless you, and praise your name for ever and ever.

³ Great is the LORD, and greatly to be praised; his greatness is unsearchable.

⁴ One generation shall laud your works to another, and shall declare your mighty acts.

⁵ On the glorious splendour of your majesty, and on your wondrous works, I will meditate.

⁶ The might of your awesome deeds shall be proclaimed, and I will declare your greatness.

⁷ They shall celebrate the fame of your abundant goodness, and shall sing

aloud of your righteousness.

8 The LORD is gracious and merciful, slow to anger and abounding in steadfast love.

9 The LORD is good to all, and his compassion is over all that he has made.

10 All your works shall give thanks to you, O LORD, and all your faithful shall bless you.

11 They shall speak of the glory of your kingdom, and tell of your power,

12 to make known to all people your mighty deeds, and the glorious splendour of your kingdom.

13 Your kingdom is an everlasting kingdom, and your dominion endures throughout all generations.

The LORD is faithful in all his words, and gracious in all his deeds.^[a]

14 The LORD upholds all who are falling, and raises up all who are bowed down.

15 The eyes of all look to you, and you give them their food in due season.

16 You open your hand, satisfying the desire of every living thing.

17 The LORD is just in all his ways, and kind in all his doings.

18 The LORD is near to all who call on him, to all who call on him in truth.

19 He fulfils the desire of all who fear him; he also hears their cry, and saves them.

20 The LORD watches over all who love him, but all the wicked he will destroy.

21 My mouth will speak the praise of the LORD, and all flesh will bless his holy name for ever and ever.

Conclusion (from Isaiah 66)

1 Rejoice with Jerusalem and exult in her,* all you who love her.

2 Share her joy with all your heart,* all you who mourn over her.

3 Then you may suck and be fed from her breasts,* delighting in her plentiful milk.

4 For thus says the Lord, I will send peace flowing over her like a river,* and the wealth of nations like a stream in flood;

5 you shall be carried in her arms,* and rocked upon her knees.

6 As a mother comforts her child,* so will I myself comfort you, and you shall find strength in Jerusalem.

7 This you shall see and be glad at heart;* your limbs shall be as the fresh grass in spring.

8 Then I myself will gather all nations;* and they shall come and behold my glory.

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.

Lead me, O Lord, in your righteousness; make your way straight before me.

Reading(s)

Deuteronomy 18: 15 – 20

¹⁵The LORD your God will raise up for you a prophet^[d] like me from among your own people; you shall heed such a prophet ¹⁶This is what you requested of the LORD your God at Horeb on the day of the assembly when you said: 'If I hear the voice of the LORD my God any more, or ever again see this great fire, I will die.' ¹⁷Then the LORD replied to me: 'They are right in what they have said. ¹⁸I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. ¹⁹Anyone who does not heed the words that the prophet^[h] shall speak in my name, I myself will hold accountable. ²⁰But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak — that prophet shall die.' ²¹You may say to yourself, 'How can we recognize a word that the LORD has not spoken?' ²²If a prophet speaks in the name of the LORD but the thing does not take place or prove true, it is a word that the LORD has not spoken. The prophet has spoken it presumptuously; do not be frightened by it.

Here ends the first lesson

Psalm 111

R: Great are the deeds of the Lord! They are studied by all who delight in them.

Alleluia!

I will give thanks to the Lord with my whole heart,
in the assembly of the upright, in the congregation.

Great are the deeds of the Lord!

they are studied by all who delight in them.

His work is full of majesty and splendour,

and his righteousness endures for ever. **R**

He makes his marvellous works to be remembered;

the Lord is gracious and full of compassion.

He gives food to those who fear him;

he is ever mindful of his covenant.

He has shown his people the power of his works

in giving them the lands of the nations. **R**

The works of his hands are faithfulness and justice;

all his commandments are sure.
They stand fast for ever and ever,
because they are done in truth and equity. **R**

He sent redemption to his people;
he commanded his covenant for ever;
holy and awesome is his name.
The fear of the Lord is the beginning of wisdom;
those who act accordingly have a good understanding;
his praise endures for ever.

R: Great are the deeds of the Lord! They are studied by all who delight in them.

Mark 1: 21 – 28

²¹ They went to Capernaum; and when the sabbath came, he entered the synagogue and taught. ²² They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. ²³ Just then there was in their synagogue a man with an unclean spirit, ²⁴ and he cried out, 'What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.' ²⁵ But Jesus rebuked him, saying, 'Be silent, and come out of him!' ²⁶ And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him. ²⁷ They were all amazed, and they kept on asking one another, 'What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.' ²⁸ At once his fame began to spread throughout the surrounding region of Galilee.

Here ends the second lesson

Response (Psalm 33.18)

The eye of the Lord is upon those who fear him.

The eye of the Lord is upon those who fear him.

On those who wait upon his love.

On those who fear him.

Glory to the Father and to the Son and to the Holy Spirit.

The eye of the Lord is upon those who fear him.

Benedictus

¹ Blessed be the Lord the God of Israel,* for he has come to his people and set them free.

² He has raised up for us a mighty saviour,* born of the house of his servant David.

³ Through his holy prophets he promised of old* that he would save us from our enemies, from the hands of all that hate us.

4 He promised to show mercy to our forebears,* and to remember his holy covenant.

5 This was the oath he swore to our father Abraham:* to set us free from the hands of our enemies,

6 free to worship him without fear,* holy and righteous in his sight all the days of our life.

7 You my child shall be called the prophet of the Most High,* for you will go before the Lord to prepare his way,

8 to give his people knowledge of salvation* by the forgiveness of all their sins.

9 In the tender compassion of our God* the dawn from on high shall break upon us,

10 to shine on those who dwell in darkness and the shadow of death,* and to guide our feet into the way of peace.

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.

God has raised up for us a mighty saviour.

Prayers

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

Prayers of intercession

**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

Collect of the Day

Living God, in Christ you make all things new. Transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your glory; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Sermon

Morning Collect

God most holy, we give you thanks for bringing us out of the shadow of

night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ your Son our Lord.

Amen.

Let us bless the Lord:

Thanks be to God!

Blessing

Living God, in Christ you make all things new. Transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your glory; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**