

# Morning Prayer

at home with your  
Parish Church

in the Diocese of Birmingham



ALL SAINTS  
KINGS HEATH

## Sunday 5<sup>th</sup> February 2023

### Preparation

*You may wish to mark your time of worship by arranging a table with a cloth, a candle and your Bible, or anything, such as flowers, that makes it a special reflective space.*

*Music: click on the links to hear and join in the music. Click stop at the end of each.*

#### **HYMN** [All my hope on God is founded](#)

1. All my hope on God is founded;  
he doth still my trust renew.  
Me through change and chance he guideth,  
only good and only true.  
God unknown, he alone  
calls my heart to be his own.

2. Human pride and earthly glory,  
sword and crown betray his trust;  
what with care and toil he buildeth,  
tow'r and temple, fall to dust.  
But God's pow'r, hour by hour,  
is my temple and my tow'r.

3. God's great goodness aye endureth,  
deep his wisdom, passing thought:  
splendour, light and life attend him,  
beauty springeth out of naught.  
Evermore, from his store,  
new-born worlds rise and adore.

4. Still from earth to God eternal  
sacrifice of praise be done,

high above all praises praising  
for the gift of Christ his Son.  
Christ doth call one and all:  
ye who follow shall not fall.

*(words: paraphrased by Robert Bridges alt,  
based on 'Meine Hoffnung stehet feste' by Joachim Neander; music: Herbert Howells)*

*At home, we pause to remember those gathered in Church who, in turn remember us.*

*We take this time, united in Christ, to offer our praise and thanksgiving, to hear and receive God's holy word, to pray for the needs of the world, and to seek the forgiveness of our sins, that by the power of the Holy Spirit we may find new ways to serve God.*

## Prayers of Penitence

*We confess:*

Almighty God, long-suffering and of great goodness: I confess to you,  
I confess with my whole heart my neglect and forgetfulness of your commandments,  
my wrong doing, thinking and speaking:  
the hurts I have done to others, and good I have left undone.  
O God, forgive me, for I have sinned against you;  
and raise me to newness of life, through Jesus Christ our Lord. Amen.

*We keep silence, then pray:*

May almighty God who forgives all who truly repent have mercy upon us, pardon us from  
all our sins, confirm and strengthen us in all goodness and keep us in eternal life, through  
Jesus Christ our Lord. Amen.

## The Word of God

OLD TESTAMENT READING      Isaiah 58:1-9

Shout out, do not hold back! Lift up your voice like a trumpet!  
Announce to my people their rebellion, to the house of Jacob their sins.  
Yet day after day they seek me and delight to know my ways,  
as if they were a nation that practised righteousness  
and did not forsake the ordinance of their God;  
they ask of me righteous judgements, they delight to draw near to God.  
'Why do we fast, but you do not see? Why humble ourselves, but you do not notice?'  
Look, you serve your own interest on your fast-day, and oppress all your workers.  
Look, you fast only to quarrel and to fight and to strike with a wicked fist.  
Such fasting as you do today will not make your voice heard on high.  
Is such the fast that I choose, a day to humble oneself?  
Is it to bow down the head like a bulrush, and to lie in sackcloth and ashes?  
Will you call this a fast, a day acceptable to the LORD?

Is not this the fast that I choose:  
to loose the bonds of injustice,  
to undo the thongs of the yoke,  
to let the oppressed go free, and to break every yoke?  
Is it not to share your bread with the hungry,  
and bring the homeless poor into your house;  
when you see the naked, to cover them,  
and not to hide yourself from your own kin?  
Then your light shall break forth like the dawn,  
and your healing shall spring up quickly;  
your vindicator shall go before you,  
the glory of the LORD shall be your rearguard.  
Then you shall call, and the LORD will answer;  
you shall cry for help, and he will say, Here I am.

PSALM 112 *If you are able, you might stand to read this psalm aloud.*

Praise the LORD!  
Happy are those who fear the LORD,  
who greatly delight in his commandments.  
Their descendants will be mighty in the land;  
the generation of the upright will be blessed.  
Wealth and riches are in their houses,  
and their righteousness endures for ever.  
They rise in the darkness as a light for the upright;  
they are gracious, merciful, and righteous.  
It is well with those who deal generously and lend,  
who conduct their affairs with justice.  
For the righteous will never be moved;  
they will be remembered for ever.  
They are not afraid of evil tidings;  
their hearts are firm, secure in the LORD.  
Their hearts are steady, they will not be afraid;  
in the end they will look in triumph on their foes.  
They have distributed freely, they have given to the poor;  
their righteousness endures for ever;  
their horn is exalted in honour.

GOSPEL READING Matthew 5:13-20

You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

'You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

'Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least

of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

#### AFFIRMATION OF FAITH

*We stand and turn to look in the direction of Church, to emphasise our gathering around a precious, shared story, and respond to our Colossians reading:*

**We declare our faith in the resurrection of our Lord Jesus Christ:**

**Christ died for our sins  
in accordance with the Scriptures;  
he was buried;  
he was raised to life on the third day  
in accordance with the Scriptures;  
afterwards he appeared to his followers,  
and to all the apostles,  
this we have received and this we believe. Amen.** (cf 1 Corinthians 15:3-7)

## Prayers

*We pray* THE COLLECT for the third Sunday before Lent

Almighty God, who alone can bring order to the unruly wills and passions of sinful humanity: give your people grace so to love what you command and to desire what you promise that, among the many changes of this world, our hearts may surely there be fixed where true joys are to be found, through 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.**

#### LORD'S PRAYER

*We pray with confidence as our Saviour has taught us:*

**All: Our Father in heaven...**

#### FOR REFLECTION

Our three readings give different angles on living by the rules. Some keep the rules but have ungenerous hearts (Isaiah is cross with those). Some live by the rules but show a generosity of spirit and integrity, giving God the credit and so not appearing superior, entitled or arrogant. (The psalmist admires someone like that and wants to be like them.) Some are careless of rules, thinking it's all about their own freedom of choice. (In Matthew, Jesus warns us off self-indulgence, reminding us that the rules well applied are about community living. All our choices have an impact on those around us.)

Sit for a while with the perhaps daunting statements of Jesus that he considers us to be a witness to his love, like lights on a hill, or like salt, essential to others' health and - making food taste its best – their pleasure. These lovely illustrations the emphasis is on the impact we have on others' lives. Light shed *on* the landscape. Salt enhancing *other* ingredients.

*We turn our reflection into PRAYERS:*

*Think about who came to mind when Isaiah talked about respectable people having no heart for the well being of the whole community. Pray for our political leaders of all parties, that heart as well as mind will be fully engaged in their campaigning and decision making. We pray for a healthy and wise attitude to rules.*

*Think about anyone of integrity you look up to and admire, as the Psalmist did. Give thanks for them. Pray for anyone of integrity for whom, unlike the Psalmist's figure, life does not seem to go well; who is not well treated or rewarded.*

*We bring to mind those public servants striking at the moment and pray for resolution and appropriate reward.*

*Pray for the people with whom we have to do: family, neighbours, colleagues, carers. If Jesus considers us potentially light and salt for them, invite God to show you how to enhance their life and bring them pleasure.*

*Among those we're asked to pray for at the moment, we remember: Charlotte and Maddie, Lynn and Iain.*

*Among those who have died we remember Mary Priday and Peter Harris.*

HYMN [Praise to the Lord, the Almighty](#)

1. Praise to the Lord, the Almighty, the King of creation!  
O my soul, praise him, for he is thy health and salvation.  
All ye who hear,  
now to his temple draw near;  
joining in glad adoration.

2. Praise to the Lord, who o'er all things so wondrously reigneth,  
shieldeth thee gently from harm, or when fainting sustaineth:  
hast thou not seen  
how thy heart's wishes have been  
granted in what he ordaineth?

3. Praise to the Lord, who doth prosper thy work and defend thee,  
surely his goodness and mercy shall daily attend thee:  
ponder anew  
what the Almighty can do,  
if to the end he befriend thee.

4. Praise to the Lord, O let all that is in us adore him!  
All that hath life and breath, come now with praises before him.  
Let the "Amen"  
sound from his people again,

gladly for ay we adore him.

*(words: Joachim Neander, trans Catherine Winkworth; music: from 'Praxis Pietatis Melica' [1668])*

*Imagining all whom we miss, we pray for each other:*

**The grace of our Lord, Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all, evermore. Amen.**

**Common Worship: Services and Prayers for the Church of England**

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