

Friday 15 May 2026

Lauds (Morning Prayer)

O God, come to our aid.

O Lord, make haste to help us.

Glory be to the Father and to the Son
and to the Holy Spirit,

*as it was in the beginning,
is now, and ever shall be,
world without end.*

Amen. Alleluia

**God has raised Him from the dead
Lifted Him high above the earth
Given Him the Name above all names
He's the Lord and Messiah of all
He's the Lord and Messiah of all**

**Yeshua Yeshua Yeshua
(Repeat x2)**

**God has raised You from the dead
Lifted You high above the earth
Given You the Name above all names
You're the Lord and Messiah of all
You're the Lord and Messiah of all**

**Yeshua Yeshua Yeshua
(Repeat x2)**

**The Spirit that raised Him
from the dead**

**This same Spirit that raised Him
from dead**

**Lives in you lives in me lives in us
Lives in you lives in me lives in us**

Ruach Ruach Ruach

Psalm 50 (51)
God, have mercy on me

“You must be made new in mind and spirit, and put on the new nature of God’s creating” (Eph 4:23,24).

Have courage, my son: your sins are forgiven you. Alleluia.

Have mércy on me, Gód, in your kíndness. *

In your compásson blot óut my offénce.

O wásh me more and móre from my gúilt *

and cléanse me fróm my sín.

My offénces trúly I knów them; *

my sín is álways befóre me.

Against yóu, you alóne, have I sínned; *

what is évil in your síght I have dóne.

That you may be jústified whén you give séntence *
and be withóut repróach when you júdge,
O sée, in gúilt I was bórn, *
a sínner was Í concéived.

Indéed you love trúth in the héart; *
then in the sécret of my héart teach me wísdom.
O púrify me, thén I shall be cléan; *
O wásh me, I shall be whíter than snów.

Make me héar rejóicing and gládness, *
that the bónes you have crúshed may revíve.
From my síns turn awáy your fáce *
and blót out áll my gúilt.

A púre heart créate for me, O Gód, *
put a stéadfast spírit withín me.
Do not cást me awáy from your présence, *
nor depríve me of your hólý spírit.

Give me again the joy of your help; *
with a spirit of fervour sustain me,
that I may teach transgressors your ways *
and sinners may return to you.

O rescue me, God, my helper, *
and my tongue shall ring out your goodness.
O Lord, open my lips *
and my mouth shall declare your praise.

For in sacrifice you take no delight, *
burnt offering from me you would refuse,
my sacrifice, a contrite spirit. *
A humbled, contrite heart you will not spurn.

In your goodness, show favour to Sion: *
rebuild the walls of Jerusalem.
Then you will be pleased with lawful sacrifice, *
holocausts offered on your altar.

Glory be to the Father and to the Son
and to the Holy Spirit,

as it was in the beginning,
is now, and ever shall be,
world without end.

Amen

Have courage, my son: your sins are forgiven you. Alleluia.

Habakkuk 3

The Lord will appear in judgement

“Lift up your heads, for your redemption is near at hand”
(Lk 21:28).

*Lord, you came with strength to save your people; you came with
your Anointed One, alleluia.*

Lord, I have heard of your fame, *
I stand in awe at your deeds.
Do them again in our days, †
in our days make them known! *
In spite of your anger,
have compassion.

God comes forth from Teman, *
the Holy One comes from
Mount Paran.
His splendour covers the sky *
and his glory fills the earth.
His brilliance is like the light, †
rays flash from his hands; *
there his power is hidden.

You march out to save your people, *
to save the one you have anointed.
You made a path for your horses in the sea, *
in the raging of the mighty waters.

This I heard and I tremble with terror, *
my lips quiver at the sound.
Weakness invades my bones, *
my steps fail beneath me
yet I calmly wait for the doom *
that will fall upon the people who assail us.

For even though the fig does not blossom, *
nor fruit grow on the vine,
even though the olive crop fail, *
and fields produce no harvest,
even though flocks vanish from the folds *
and stalls stand empty of cattle,

Yet I will rejoice in the Lord *
and exult in God my saviour.
The Lord my God is my strength. †
He makes me leap like the deer, *
he guides me to the high places.

Glory be to the Father and to the Son
and to the Holy Spirit,

as it was in the beginning,
is now, and ever shall be,
world without end.

Amen.

*Lord, you came with strength to save your people; you came
with your Anointed One, alleluia.*

God I look to You, I won't be overwhelmed
Give me vision to see things like You do
God I look to You
You're where my help comes from
Give me wisdom, You know just what to do

I will love You, Lord my strength
I will love You, Lord my shield
I will love You, Lord my rock
Forever all my days, I will love You God

Hallelujah our God reigns (x3)
Forever all my days, Hallelujah

Psalm 147 (147B)

God, the foundation of Jerusalem

“Come, and I will show you the bride that the Lamb has
chosen” (Rev 21:9).

*Sion, praise your God, for he has established peace in your land,
alleluia.*

O práise the Lórd, Jerúsalem! *
Síon, práise your Gód!

He has stréngthened the bárs of your gátes *
he has bléssed the chíldren withín you.
He estáblished péace on your bórders, *
he féeds you with fínest whéat.

He sénds out his wórd to the éarth *
and swíftly rúns his commánd.
He shówers down snów white as wóol, *
he scátters hóar-frost like áshes.

He húrls down háilstones like crúmbs. *
The wáters are frózen at his tóuch;
he sénds forth his wórd and it mélts them: *
at the bréath of his móuth the waters flów.

He mákes his wórd known to Jácob, *
to Ísrael his láws and decreés.
He has not déalt thus with óther nátions; *
he has not táught them hís decreés.

Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end. Amen

*Sion, praise your God, for he has established peace in your land,
alleluia.*

Scripture Reading

Acts 5:30-32

It was the God of our ancestors who raised up Jesus, but it was you who had him executed by hanging on a tree. By his own right hand God has now raised him up to be leader and saviour, to give repentance and forgiveness of sins through him to Israel. We are witnesses to all this, we and the Holy Spirit whom God has given to those who obey him.

Short Responsory

The Lord has risen from the dead, alleluia, alleluia.

– *The Lord has risen from the dead, alleluia, alleluia.*

For our sake he died on the cross, alleluia, alleluia.

– *The Lord has risen from the dead, alleluia, alleluia.*

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

– *The Lord has risen from the dead, alleluia, alleluia.*

Canticle
Benedictus

*In Jesus we see one who is crowned now with glory and
honour because he suffered death, alleluia.*

Blessed be the Lord, the God of Israel!
He has visited his people and redeemed them.
He has raised up for us a mighty saviour
In the house of David his servant,

As he promised by the lips of holy men,
Those who were his prophets from of old.

A saviour who would free us from our foes,
From the hands of all who hate us.
So his love for our fathers is fulfilled
And his holy covenant remembered.

He swore to Abraham our father to grant us,
that free from fear,
and saved from the hands of our foes,
we might serve him in holiness and justice
all the days of our life in his presence.

As for you, little child,
you shall be called a prophet of God, the Most High.
You shall go ahead of the Lord
To prepare his ways before him.

To make known to his people their salvation
Through forgiveness of all their sins,
The loving-kindness of the heart of our God
Who visits us like the dawn from on high.

He will give light to those in darkness,
Those who dwell in the shadow of death,
And guide us into the way of peace.

Glory be to the Father and to the Son
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end.

Amen.

*In Jesus we see one who is crowned now with glory and
honour because he suffered death, alleluia.*

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.

Lord God,
you restore us to eternal life
by our Saviour's resurrection:
place us at your right hand,
where he is enthroned with you.
You gave us a new birth in baptism:
clothe us in the garment of eternal happiness
when Christ comes in his glory.
Who lives and reigns with you
in the unity of the Holy Spirit,
God, for ever and ever.
Amen.

The Lord bless us, and keep us from all evil,
and bring us to everlasting life.

Amen.