**Friday Morning Prayer From The Northumbria Community**

We Pray **(All) In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

**Silence**

﻿One thing I have asked of the Lord,

this is what I seek:

that I may dwell in the house of the Lord

﻿all the days of my life;

to behold the beauty of the Lord

and to seek Him in His temple.

**﻿Invocation of the Holy Spirit**

Most powerful Holy Spirit,

**(All) come down**

**upon us**

**and subdue us.**

**From heaven,**

**where the ordinary**

**is made glorious,**

**and glory seems but ordinary,**

**bathe us**

**with the brilliance**

**of Your light like dew.**

**﻿To whom shall we go?**

**You have the words of eternal life,**

**and we have believed and have come to know**

**that You are the Holy One of God.**

**Praise to You, Lord Jesus Christ,**

**King of endless glory.**

**Responsory**

**﻿**Call - Who is it that you seek?

**Response - We seek the Lord our God.**

Call - Do you seek Him with all your heart?

**Response - Amen. Lord, have mercy.**

Call - Do you seek Him with all your soul?

**Response - Amen. Lord, have mercy.**

Call - Do you seek Him with all your mind?

**Response - Amen. Lord, have mercy.**

Call - Do you seek Him with all your strength?

**Response - Amen. Christ, have mercy.**

The Word Of God In Psalm 9

16 The Lord is known by his acts of justice; \*  
the wicked are trapped in the works of their own hands.  
  
17 The wicked shall be given over to the grave, \*  
and also all the people that forget God.  
  
18 For the needy shall not always be forgotten, \*  
and the hope of the poor shall not perish for ever.  
  
19 Rise up, O Lord, let not the ungodly have the upper hand; \*  
let them be judged before you.  
  
20 Put fear upon them, O Lord; \*  
let the ungodly know they are but mortal.

**MEDITATION**

Listen to your life. See it for the fathomless mystery that it is. In the boredom and pain of it no less than in the excitement and gladness: touch, taste, smell your way to the holy and hidden heart of it because in the last analysis all moments are key moments, and life itself is grace.

**Silence**

## **Gospel Reading**

Gospel Reader: The Lord be with you.

**All: And Also with you.**

Gospel Reader: The Holy Gospel of our Lord Jesus Christ according to Mark.

**All: Glory to you, Lord Jesus Christ.**

He called the crowd with his disciples, and said to them, ‘If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed whenhe comes in the glory of his Father with the holy angels.’

Gospel Reader: **The Gospel of Christ**

**All: Praise to you, Lord Jesus Christ**

**Litany**

Canticle Christ,

as a light illumine and guide me.

Christ, as a shield overshadow me.

**(All) Christ under me;**

**Christ over me;**

**Christ beside me on my left and my right.**

This day be within and without me,

lowly and meek, yet all-powerful.

Be in the heart of each to whom I speak;

in the mouth of each who speaks unto me.

This day be within and without me,

lowly and meek, yet all-powerful.

**﻿(All)** **Christ as a light;**

**Christ as a shield;**

**Christ beside me on my left and my right.**

We pray for others…Amen

Aloud or silent prayer

We pray for ourselves…Amen

Aloud or silent prayer

We pray for the dearly departed…Amen

Aloud or silent prayer

And together we pray,

**﻿(All)** **Christ as a light;**

**Christ as a shield;**

**Christ beside me on my left and my right. Amen.**

As Our Saviour Christ taught us we are bold to say:

**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 Blessing

May the peace of the Lord Christ go with you,

wherever He may send you.

May He guide you through the wilderness,

protect you through the storm.

May He bring you home rejoicing at the wonders He has shown you.

May He bring you home rejoicing once again into our doors.

✝️

Closing Responses

**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.**