**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 107

1 Give thanks to the Lord, for he is good, \*  
and his mercy endures for ever.  
  
2 Let all those whom the Lord has redeemed proclaim \*  
that he redeemed them from the hand of the foe.  
  
3 He gathered them out of the lands; \*  
from the east and from the west,  
from the north and from the south.

4 Some wandered in desert wastes; \*  
they found no way to a city where they might dwell.  
  
5 They were hungry and thirsty; \*  
their spirits languished within them.  
  
6 Then they cried to the Lord in their trouble, \*  
and he delivered them from their distress.  
  
7 He put their feet on a straight path \*  
to go to a city where they might dwell.  
  
8 Let them give thanks to the Lord for his mercy \*  
and the wonders he does for his children.

**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.**

One of the scribes came near and heard them disputing with one another, and seeing that he answered them well, he asked him, ‘Which commandment is the first of all?’ Jesus answered, ‘The first is, “Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.” The second is this, “You shall love your neighbour as yourself.” There is no other commandment greater than these.’ Then the scribe said to him, ‘You are right, Teacher; you have truly said that “he is one, and besides him there is no other”; and “to love him with all the heart, and with all the understanding, and with all the strength”, and “to love one’s neighbour as oneself”,—this is much more important than all whole burnt-offerings and sacrifices.’ When Jesus saw that he answered wisely, he said to him, ‘You are not far from the kingdom of God.’ After that no one dared to ask him any question.

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.**