

Sunday Prime

Opening Prayer

In the Name of the Father, Son and Holy Spirit.

Blessed be the one holy and living God.

We worship you O Christ, here and at all your churches which are in all the world. We bless you, for, by your holy cross you have redeemed the world. Amen

Our Vocational Prayer (required)

Most High Glorious God, enlighten the darkness in our hearts.

Create in us, genuine faith, certain hope and flawless love,

Lord, grant us wisdom and understanding, so that in all things, we may fulfil your holy and perfect will. Amen

Praises said at all hours (required)

Holy, Holy, Holy, Lord God Almighty, who is and who was and who is to come.

Worthy art Thou, O Lord, our God, to receive praise, glory and honour and benediction.

Let us praise and exalt Him above all forever.

The Lamb that was slain is worthy to receive power and divinity and wisdom and strength and honour and benediction.

Let us bless the Father and the Son with the Holy Spirit.

Let us praise and exalt Him above all forever.

All ye works of the Lord, bless ye the Lord.

Give praise to God all ye His servants and you that fear Him, little and great.

Let us praise and exalt Him above all forever.

Let the heavens and the earth praise Him, the Glorious, and let every creature which is in heaven and on earth and under the earth, in the seas and all that are in them praise and exalt Him.

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

Let us praise and exalt Him above all forever.

Short period of silence

Benedictus (optional)

Holy is the God of Israel, God has drawn near and saved the people,
The Lord has brought a mighty Redeemer from David's heritage,
honouring the word, that was delivered by the prophets of old:
That we will be delivered from our foes, and those that revile and reject us.

Completing the mercy promised to our ancestors, for God has remembered the holy covenant, the vow made to Abraham, that being safe we can serve the Almighty free of fear, in holiness and integrity for all our days.

You child, will be God's prophet, preparing the path for the Lord
Giving God's people the news of their deliverance by the forgiveness of their sins.

With caring mercy God's loving dawn will shine on us,
giving radiance to those in death's sinful shadow, leading them, onto the path of peace.

From the Office's of the Church or as desired.

1st Reading of the day (optional)

Psalm of the day (required)

2nd Reading of the Day (optional)

Gospel of the Day (required)

Francis' Psalm according to the hours. (required)

<i>Season</i>	<i>Psalm</i>
Advent to Nativity	3
Nativity to Epiphany (Christmas Season)	15
Epiphany to Lent	3
Lent	3
Easter Day	3
Easter to Pentecost	3
Pentecost to Advent	3

Biblical Psalm

Psalm 5

1 Ponder my words, O Lord * consider my meditation

2 O hearken thou unto the voice of my calling, my King, and my God *
for unto thee will I make my prayer.

- 3 My voice shalt thou hear betimes, O Lord * early in the morning will I direct my prayer unto thee, and will look up.
- 4 For thou art the God that hast no pleasure in wickedness * neither shall any devil dwell with thee.
- 5 Such as be foolish shall not stand in thy sight * for thou hatest all of them that work vanity.
- 6 Thou shalt destroy them that speak leasing * the Lord will abhor both the blood-thirsty and deceitful man.
- 7 But as for me, I will come into thine house, even upon the multitude of thy mercy * and in thy fear, will I worship toward thy holy temple.
- 8 Lead me, O Lord, in thy righteousness, because of mine enemies * make thy way plain before my face.
- 9 For there is no faithfulness in his mouth * their inward parts are very wickedness.
- 10 Their throat is an open sepulchre * they flatter with their tongue.
- 11 Destroy thou them, O God; let them perish through their own imaginations * cast them out in the multitude of their ungodliness; for they have rebelled against thee.
- 12 And let all them that put their trust in thee rejoice * they shall ever be giving of thanks, because thou defendest them; they that love thy Name shall be joyful in thee;
- 13 For thou, Lord, wilt give thy blessing unto the righteous * and with thy favourable kindness wilt thou defend him as with a shield.

At the conclusion of the Psalm say:

Glory to God, Creator, Redeemer, Consoler and Our Saviour.

As it was in the beginning, is now and shall be forevermore. Amen.

Intercessions (required)

Francis' Exposition of the Our Father (required)

Our Father,

most holy, our Creator, Redeemer, and Comforter.

Who art in heaven,

in the angels and in the saints illuminating them unto knowledge, for Thou, O Lord, art light; inflaming them unto love, for Thou, O Lord, art Love; dwelling in them and filling them with blessedness, for Thou, O Lord, art the highest Good, the eternal Good from whom is all good and without whom is no good.

Hallowed be Thy Name:

may Thy knowledge shine in us that we may know the breadth of Thy benefits, the length of Thy promises, the height of Thy majesty, and the depth of Thy judgments.

Thy Kingdom come,

that Thou mayest reign in us by grace and mayest make us come to Thy Kingdom, where there is the clear vision of Thee, the perfect love of Thee, the blessed company of Thee, the eternal enjoyment of Thee.

Thy will be done on earth as it is in heaven,

that we may love Thee with the whole heart by always thinking of Thee; with the whole soul by always desiring Thee; with the whole mind by directing all our intentions to Thee and seeking Thy honour in all things and with all our strength, by spending all the powers and senses of body and soul in the service of Thy love and not in anything else; and that we may love our neighbours even as ourselves, drawing to the best of our power all to Thy love; rejoicing in the good of others as in our own and compassionating [them] in troubles and giving offence to no one.

Give us this day,

through memory and understanding and reverence for the love which He had for us and for those things which He said, did, and suffered, for us, - our daily bread, Thy Beloved Son, our Lord Jesus Christ.

And forgive us our trespasses,

by Thy ineffable mercy in virtue of the Passion of Thy Beloved Son, our Lord Jesus Christ, and through the merits and intercession of the most Blessed Virgin Mary and of all Thy elect.

As we forgive them that trespass against us,

and what we do not fully forgive, do Thou, O Lord, make us fully forgive, that for Thy sake we may truly love our enemies and devoutly intercede for them with Thee; that we may render no evil for evil, but in Thee may strive to do good to all.

And lead us not into temptation,

hidden or visible, sudden or continuous.

But deliver us from evil,

past, present, and to come. Amen.

Admonitions according to the date. (required)

At the conclusion of the Admonition say

For the words of our Holy Father, St Francis of Assisi, we give thanks to God.

Today's reading from the Rule of Life (required)

Poverty:

To retain sufficient resources to meet basic living needs, and those resources which are needed to achieve ministries. Any excess should be shared among those in need.

Prayer at end of office (required)

Let us bless the Lord God, living and true; let us always return unto Him praise, glory, honour, blessing and all good things.

Amen. Amen.

Let it be. Let it be.