Morning Prayer

Nov 4, 2026

The Gathering of the Community

Hymn

Introductory Responses

O Lord , open our lips

and our mouth shall proclaim your praise .

Send your Holy Spirit upon us ,

and clothe us with power from on high . Alleluia .

Blessed are you , creator God , to you be praise and glory for ever . As your Spirit moved over the face of the waters bringing light and life to your creation , pour out your Spirit on us today so that we may walk as children of light and by your grace reveal your presence .

Blessed be God , Father , Son , and Holy Spirit .

Blessed be God for ever . Amen.

The Proclamation of the Word

The Psalm

Happy is everyone who fears the Lord,*
who walks in his ways.
[2] You shall eat the fruit of the labor of your hands;*
you shall be happy, and it shall go well with you.
[3] Your wife will be like a fruitful vine*
within your house;
your children will be like olive shoots*
around your table.
[4] Thus shall the man be blessed*
who fears the Lord.

[5] The Lord bless you from Zion.*
May you see the prosperity of Jerusalem
all the days of your life.
[6] May you see your children's children.*
Peace be upon Israel!*
Glory to the Father , and to the Son , and to the Holy Spirit :
as it was in the beginning , is now , and will be for ever . Amen .
Psalm 128

The Second Reading

The Old Testament reading is from the book of Joshua Chapter 10
12 On the day when the Lord gave the Amorites over to the Israelites, Joshua spoke to the Lord, and he said in the sight of Israel,
"Sun, stand still at Gibeon,
and Moon, in the valley of Aijalon."
13 And the sun stood still, and the moon stopped
until the nation took vengeance on their enemies.
Is this not written in the Book of Jashar? The sun stopped in midheaven and did not hurry to set for about a whole day. **14** There has been no day like it before or since, when the Lord heeded a human voice, for the Lord fought for Israel.
Joshua 10:12-14
The word of the Lord .
Thanks be to God .

The Responsory

Come , Holy Spirit , fill the hearts of your people
and kindle in us the fire of your love .
All who are led by the Spirit of God are children of God and fellow-heirs with Christ .
Come , Holy Spirit , fill the hearts of your people .

Renew the face of your creation , Creator of all , and pour on us the gifts of your Spirit , and kindle in us the fire of your love .

For the creation waits with eager longing for the glorious liberty of the children of God .

Come , Holy Spirit , fill the hearts of your people and kindle in us the fire of your love .

Hymn

The Gospel

The Lord be with you

And also with you

The Holy Gospel according to Matthew

Praise to you, Lord Jesus Christ

15 Then Pharisees and scribes came to Jesus from Jerusalem and said, **2** "Why do your disciples break the tradition of the elders? For they do not wash their hands before they eat." **3** He answered them, "And why do you break the commandment of God for the sake of your tradition? **4** For God said,[a] 'Honor your father and your mother,' and, 'Whoever speaks evil of father or mother must surely die.' **5** But you say that whoever tells father or mother, 'Whatever support you might have had from me is given to God,'[b] then that person need not honor the father.[c] **6** So, for the sake of your tradition, you nullify the word[d] of God. **7** You hypocrites! Isaiah prophesied rightly about you when he said:

8 'This people honors me with their lips,
but their hearts are far from me;
9 in vain do they worship me,
teaching human precepts as doctrines.' "

The Gospel of Christ

Glory to you, Lord Jesus Christ

Matthew 15:1-9

Meditation

“These people honor me with their lips, but their hearts are far from me.” (Matthew 15:8)

Take a slow breath and become aware of God's presence.

In this passage, the religious leaders question Jesus because His disciples do not follow the traditional ritual of handwashing before eating. Their concern is not really about cleanliness. It is about protecting traditions that, in their minds, had become as important as God's commands.

Jesus responds by exposing a deeper issue. He points out that while they carefully observe religious customs, they have neglected the heart of God's law. Their outward actions appear righteous, but inwardly they are far from God.

This passage invites us to pause and ask an uncomfortable but necessary question: What is the condition of my heart before God?

It is possible to say prayers, attend worship, read Scripture, and serve others, yet still keep God at a distance. Faith can become habit. Worship can become routine. We can learn the language of devotion while avoiding the surrender that true devotion requires.

Jesus is not rejecting tradition itself. He is challenging anything that replaces a genuine relationship with God. He is reminding us that God desires more than correct words and proper actions. He desires our hearts.

Perhaps today there are areas where we are more concerned about appearances than authenticity. Maybe we worry about how others see our faith while neglecting the quiet work of repentance, forgiveness, humility, and love. God sees beyond our performance. He sees our motives, our struggles, our fears, and our desires.

The good news is that Jesus does not merely expose our distance from God; He invites us back. Every honest prayer, every confession, every act of trust draws us closer to Him. God is not looking for perfection. He is looking for hearts that are open and willing.

As you sit with this passage, consider:

- Are there religious habits in my life that have become empty routines?
- Where is God inviting me to greater sincerity and obedience?
- What would it mean today to worship Him with both my lips and my heart?

Prayer

Lord Jesus, You see beyond my words and actions into the deepest places of my heart. Forgive me when I focus on appearances more than faithfulness. Remove anything that keeps me from loving You sincerely. Let my worship be genuine, my obedience wholehearted, and my heart close to Yours. Teach me to value what You value and to seek You above all traditions, habits, and expectations. May my life honor You not only with my lips, but with every part of my being. Amen.

Hymn

The Canticle

Hear , O Israel

Hear , O Israel , the Lord our God , the Lord is one . Love the Lord your God with all your heart , with all your soul , with all your mind , and with all your strength .

This is the first and the great commandment . The second is like it : Love your neighbour as yourself .

There is no commandment greater than these .

Glory to God , Source of all being , eternal Word , and Holy Spirit : as it was in the beginning, is now and will be forever. Amen.

Affirmation of Faith

The Apostles' Creed

I believe in God , the Father almighty , creator of heaven and earth .

I believe in Jesus Christ , God's only Son , our Lord , who was conceived by the Holy Spirit , born of the Virgin Mary , suffered under Pontius Pilate , was crucified , died , and was buried; he descended to the dead . On the third day he rose again; he ascended into heaven , he is seated at the right hand of the Father , and he will come again to judge the living and the dead .

I believe in the Holy Spirit , the holy catholic Church , the communion of saints , the forgiveness of sins , the resurrection of the body , and the life everlasting . Amen .

The Litany

Let us offer our intercessions , petitions , and thanksgivings , saying **, "God of the prophets , hear our prayer . "**

Lift up our hearts to the heavenly places and inspire us to serve you as a royal priesthood .

God of the prophets , hear our prayer .

Let all peoples acknowledge your reign of justice and peace and grant on earth the blessing of peace .

God of the prophets , hear our prayer .

Send down upon us the gift of the Spirit and renew your Church with power from on high .

God of the prophets , hear our prayer .

May peace abound and righteousness flourish , so that we may vanquish injustice and wrong .

God of the prophets , hear our prayer .

Help us to proclaim the good news of salvation , and grant us the needful gifts of your grace .

God of the prophets , hear our prayer .

Additional intercessions , petitions , and thanksgivings may be offered silently or aloud . Among these concerns it is appropriate to remember

- God's royal priesthood , for empowerment by the Spirit
- those who wait on God , that they may find renewal
- all people , that they may acknowledge the reign of the ascended Christ
- the earth , for productivity and for fruitful harvests
- all who are struggling with broken relationships .

Collect

Almighty God,
whose people are knit together in one holy Church,
the mystical Body of your Son,

grant us grace to follow your blessed saints
in lives of faith and commitment,
and to know the inexpressible joys you have prepared
for those who love you;
through your Son Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. Amen.

The Lord's Prayer

Being made one by the power of the Spirit and gathering our prayers and praises into one , let us pray as our Saviour taught us ,

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 sinsas we forgive those who sin against us . Save us from the time of trial , and deliver us from evil . For the kingdom , the power , and the glory are yours , now and for ever . Amen .

Hymn

The Sending Forth of the Community

The Dismissal

Let us bless the Lord . Alleluia . Alleluia .

Thanks be to God . Alleluia . Alleluia .

May the Spirit kindle in us the fire of God's love .

Amen .