

Quiet Day  
Morning Prayer  
Liturgy



# MORNING PRAYER

*Sources: John of the Cross (Sayings of Light and Love 97 & Spiritual Canticle), New Zealand Anglican Church Liturgy (Morning Prayer 5).*



El alma que anda en amor, ni cansa ni se cansa.

**The soul that walks in love neither tires others nor grows tired.**

O God, open our lips;

**And our mouth shall proclaim your praise.**

Blessed are you, loving God, our beginning and our end,  
to you be glory and praise for ever!

From the rising of the sun to its setting, your name is proclaimed  
in all the world. As the Sun of Righteousness, the risen Christ,  
dawns in our hearts, anoint our lips with the seal of your Spirit  
that we may witness to your gospel and sing your praise in all the  
world, Creator, Redeemer, and Giver of Life:

**Blessed be God for ever!**

God calls us to love one another:

**O come let us worship.**

Looking for my Love,

I will walk through these mountains, by these rivers,

**I WILL NOT PICK THE FLOWERS, NOR WILL I FEAR THE BEASTS,  
AND I WILL CROSS THROUGH FORTRESSES AND BORDERS.**

O forests and deep thickets, planted by the hand of the Beloved

**O MEADOWS OF GREEN PASTURES,  
PAINTED WITH COLOURFUL FLOWERS!  
TELL ME IF HE HAS PASSED BY YOU.**

Pouring a thousand graces he hurriedly passed by these groves

**AND AFTER LOOKING AT THEM, SOLELY BY HIS PRESENCE  
HE CLOTHED THEM WITH HIS BEAUTY.**

The night has passed and the day lies open before us;  
let us pray with one heart and mind:

*( Silence may be kept)*

**As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you and others,  
now and for ever. Amen.**

*Bible reading : John 20: 1-10 (followed by silence)*

For the Word of the Lord,

**THANKS BE TO GOD.**

*Prayers of gratitude and concern*

O Lord, you are the king of glory (...)

Show yourself to us at the break of day.

**Lord, have mercy. Señor, ten piedad.**

You love righteousness and justice (...)

may your loving kindness fill the earth.

**Christ, have mercy. Cristo, ten piedad.**

Hear our cry, O God, (...)

and listen to our prayer.

**Lord, have mercy. Señor, ten piedad.**

O worship the Lord in the beauty of holiness,

**LET THE WHOLE EARTH STAND IN AWE OF GOD.**

Share with all people that the Lord rules the earth,

**O WORSHIP THE LORD IN THE BEAUTY OF HOLINESS.**

God's salvation has been openly shown to all people

**LET THE WHOLE EARTH STAND IN AWE OF GOD.**

Let us journey on the path of light, as children of the living God,

**IN THE NAME OF THE TRINITY OF LOVE,**

**GOD IN COMMUNITY, HOLY AND ONE. AMEN.**