



A Pilgrim’s Morning Praise

Invitatory: (Psalm 51:15 & Lamentations 3:22-23)

Oh Lord, open my lips, and my mouth shall proclaim your praise.

The Lord’s unfailing love and mercy never cease. Fresh as the morning and sure as the sunrise — the Lord’s unfailing love and mercy never cease.

Laudation: Come Risen Lord — PHL

Come risen Lord at break of day,
rise up to chase our fears away,
that perfect love may end our fright,
and we with wings of love take flight.

Come friends of God, and gather ‘round,
to sing God’s praise, our lauds resound!
As Christ is risen from the dead,
we rise to live the life he led.



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May we each have the mind of Christ,
Forsake the ways of dark for light,
and serve the world with Christlike grace,
and come to know God face to face.

Psalm 30 †



I will exalt you, O LORD, because you have lifted me*
up and have not let my enemies triumph over me.
O LORD my God, I cried out to you,
and you restored me to health.

You brought me up, O LORD, from the dead;*
you restored my life as I was going down to the grave.
Sing praise to the LORD, all you faithful;*
give thanks in holy remembrance.

God’s wrath is short; God’s favor lasts a lifetime.*
Weeping spends the night, but joy comes in the morning.
While I felt secure, I said,
“I shall never be disturbed.

You, LORD, with your favor,*
made me as strong as the mountains.”
Then you hid your face, and I was filled with fear.

I cried to you, O LORD:*
I pleaded with my LORD, saying,
“What profit is there in my blood, if I go down to the pit?
Will the dust praise you or declare your faithfulness?

May we each have the mind of Christ,
Forsake the ways of dark for light,
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Hear, O LORD, and have mercy upon me;
O LORD, be my helper.”

You have turned my wailing into dancing;*
you have put off my sackcloth and clothed me with joy.
Therefore my heart sings to you without ceasing;
O LORD my God, I will give you thanks forever.

Praise the Father, the Son, and the Holy Spirit*
both now and forever.
The God who is, who was, and is to come*
at the end of the ages.

I Am —

John 10:7 So again Jesus said to them, “Very truly, I tell you, I am the gate for the sheep. 8 All who came before me are thieves and bandits; but the sheep did not listen to them. 9 I am the gate. Whoever enters by me will be saved, and will come in and go out and find pasture. 10 The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly.”

Daily Collect: (Psalm 51:15; Lamentations 3:22-23; Genesis 1:6-8; John 10:7,9; Galatians 6:9;)

Lord God, you are the gate: standing at the threshold of my day and inviting me to cross-over and follow you. You are the door through which I —
Find shelter and go out to pasture;
Cross from rest to labor;
Go from stillness to gathering my daily bread.

I confess my inclination to the sin of sloth.
By it I misuse the gifts of shelter and rest as a way of

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living in the isolating cocoon of idleness in the service of selfish freedom. I misuse the gift of pasture as a means to uninhibited pursuit of personal satisfaction because I fear that unless I excel at the competition for goods and influence, I will not get my share. Save me Lord from acedia and strengthen in me the virtue of fortitude.

In the presence of all the things which can make life hard —
teach me patience,
teach me resilience,
teach me perseverance in the pursuit of what is good and right.

Let me not grow weary in doing what is right. Teach me Lord to know when my trials and suffering can be avoided and when they are unavoidable and require fortitude.

On this day you created a dome to separate the water from the sky — a bubble where life might thrive even while surrounded by chaos. I praise you for the grace and genius of creation and offer myself as a servant working with you to maintain the expanse you established as an enclave for life to flourish.

I pray not only for myself, but also for a world trapped in the extremes of despairing sloth on the one hand, and an over-eager participation in the rat-race of accumulation on the other.

Teach us all, Lord, that when both our place of rest and our place of productivity are found in you that there is a new kind of freedom and fruitfulness borne of the Spirit which begins to govern our life.

I pray these things in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Canticle of Simeon (NRSV Luke 2:25-32)

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Canticle of Simeon (NRSV Luke 2:25-32)

Now there was a man in Jerusalem whose name was Simeon; this man was righteous and devout, looking forward to the consolation of Israel, and the Holy Spirit rested on him. It had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord’s Messiah. Guided by the Spirit, Simeon came into the temple; and when the parents brought in the child Jesus, to do for him what was customary under the law, Simeon took him in his arms and praised God, saying,

“Master, now you are dismissing your servant in peace, according to your word; for my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the Gentiles and for glory to your people Israel.”

Dismissal: (Jeremiah 6:16)

Go and stand by the crossroads and look. Ask for the ancient paths and consider where the good way is, and walk in it, and you will find rest for your soul. Amen.

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