



LAUDS  
MORNING PRAYER

*REMAIN SILENT*

*Light the Christ candle*

As we rise to meet the day, together we say:

**In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen**

*Pause in 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.**

We pause in silence to consider what it means for us to seek God during the coming day.

Who is it that you seek?  
**We seek the Lord our God.**

Do you seek Him with all your heart?  
**Amen. Lord, have mercy.**

Do you seek Him with all your soul?  
**Amen. Lord, have mercy.**

Do you seek Him with all your mind?  
**Amen. Lord, have mercy.**

Do you seek Him with all your strength?  
**Amen. Lord, have mercy.**

Together we declare in faith that

**We believe and trust in God the Father Almighty.**

**We believe and trust in Jesus Christ His Son.**

**We believe and trust in the Holy Spirit.**

**We believe and trust in the Three in One.**

*Pause in silence*

# READINGS/MEDITATIONS

PSALM

OTHER READING

*Pause in silence*

# SILENT PRAYERS FOR OTHERS

**Christ as a light  
illumine and guide me  
Christ as a shield  
overshadow me.  
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.**



## HOLY COMMUNION

*receive God's free gift of grace in silence*

God, we thank You for walking together with us through the spilt blood and beaten body of Your Son, Jesus. Into peace this gift has brought us, we are made whole and new.

May we live as Your holy people, outstretching the edges of Your peaceable Kingdom. Amen.

Lord, may Your glory be seen in us, that with all Your creation we may reach farther up and farther in to all the goodness You have prepared for us, others and Your whole creation, in love.

**In the sacred name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen.**

Go in peace to love and serve the Lord and others.  
**Amen.**

