**Morning Prayer The Fourth Sunday of Advent**

Sunday 22nd December 2024 at 9.30 (call in from 9.15)

Join Zoom Meeting

https://us02web.zoom.us/j/85649430168?pwd=QzFzNytXM01TQTc5cTROaHc2aElvZz09

Meeting ID: 856 4943 0168

Passcode: 336782

**Telephone instructions:**

\* Dial: 0131 460 1196  
  
\* You are then welcomed to Zoom and asked to type in the meeting ID ie. 856 4943 0168  
  
\* If the next instruction is to add your personal ID just press # to ignore  
  
\* When passcode requested type numbers i.e. 336782 plus #.  
  
\* At this point you should be admitted to the call.

**Preparation**

O Lord, open our lips

*All* **and our mouth shall proclaim your praise.**

Reveal among us the light of your presence

*All* **that we may behold your power and glory.**

Blessed are you, Sovereign God of all, to you be praise and glory for ever. In your tender compassion the dawn from on high is breaking upon us to dispel the lingering shadows of night. As we look for your coming among us this day, open our eyes to behold your presence and strengthen our hands to do your will, that the world may rejoice and give you praise.

Blessed be God, Father, Son and Holy Spirit.

*All*  **Blessed be God for ever.**

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*A Song of the King’s Glory*

Lift up your heads, O gates;

be lifted up, you everlasting doors;

and the King of glory shall come in.

‘Who is the King of glory?’

‘The Lord, strong and mighty.

The Lord, who is mighty in battle.’

Lift up your heads, O gates;

be lifted up, you everlasting doors;

and the King of glory shall come in.

‘Who is the King of glory?’

‘The Lord of hosts,

he is the King of glory.’

*All* **Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

*Psalm 24:7-10*

**Act of Penitence**

Christ came in humility to share our lives:

forgive our pride.

Lord, have mercy.

*All* **Lord have mercy.**

Christ came with good news for all people:

forgive our silence.

Christ, have mercy.

*All* **Christ, have mercy.**

Christ came in love to a world of suffering:

forgive our self-centredness.

Lord, have mercy.

*All* **Lord have mercy.**

*Absolution*

May God, who loved the world so much that he sent his Son to be our Saviour, forgive us our sins and make us holy to serve him in the world,

through Jesus Christ our Lord.

*All* **Amen.**

*Gospel Canticle The Magnificat*

**1** My soul proclaims the greatness of the Lord,

my spirit rejoices in God my Saviour;

he has looked with favour on his lowly servant.

**2 From this day all generations will call me blessed;**

**the Almighty has done great things for me**

**and holy is his name.**

**3** He has mercy on those who fear him,

from generation to generation.

**4 He has shown strength with his arm**

**and has scattered the proud in their conceit,**

**5** Casting down the mighty from their thrones

and lifting up the lowly.

**6 He has filled the hungry with good things**

**and sent the rich away empty**.

**7**He has come to the aid of his servant Israel,

to remember his promise of mercy,

**8 The promise made to our ancestors,**

**to Abraham and his children for ever.**

**Glory to the Father and to the Son**

**and to the Holy Spirit;**

**as it was in the beginning is now**

**and shall be for ever. Amen.**

**The Word of God**

*First reading: Micah 5: 2-5a*

“But you, Bethlehem Ephrathah,  
    though you are small among the clans of Judah,  
out of you will come for me  
    one who will be ruler over Israel,  
whose origins are from of old,  
    from ancient times.”

**3**Therefore Israel will be abandoned  
    until the time when she who is in labour bears a son,  
and the rest of his brothers return  
    to join the Israelites.

**4**He will stand and shepherd his flock  
    in the strength of the Lord,  
    in the majesty of the name of the Lord his God.  
And they will live securely, for then his greatness  
    will reach to the ends of the earth.

**5**And he will be our peace.

This is the word of the Lord.

**Thanks be to God**

*Psalm 80: 1-8*

**1**Hear us, Shepherd of Israel,  
   you who lead Joseph like a flock.  
You who sit enthroned between the cherubim,  
    shine forth

**2**before Ephraim, Benjamin and Manasseh.  
Awaken your might; come and save us.

**3**Restore us, O God; make your face shine on us,  
     that we may be saved.

**4**How long, Lord God Almighty, will your anger smoulder  
    against the prayers of your people?  
**5**You have fed them with the bread of tears;  
     you have made them drink tears by the bowlful.  
**6**You have made us an object of derisionto our neighbours,  
     and our enemies mock us.

**7**Restore us, God Almighty; make your face shine on us,  
      that we may be saved.

**8**You transplanted a vine from Egypt;

you drove out the nations and planted it.

*All* **Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

Faithful shepherd of your people,

as we look for the light of your countenance,

restore in us the image of your glory

and graft us into the risen life of your Son,

Jesus Christ our Lord.

*Second reading: Luke 1: 39-45*

### Mary Visits Elizabeth

**39**At that time Mary got ready and hurried to a town in the hill country of Judea, **40**where she entered Zechariah’s home and greeted Elizabeth. **41**When Elizabeth heard Mary’s greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. **42**In a loud voice she exclaimed: “Blessed are you among women, and blessed is the child you will bear! **43**But why am I so favoured, that the mother of my Lord should come to me? **44**As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy. **45**Blessed is she who has believed that the Lord would fulfill his promises to her!”

This is the word of the Lord.

***All*  Thanks be to God**

*We pause to reflect on the readings before turning to prayer.*

*“O Come, O Come, Emmanuel”*

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**Intercessions**

**Our souls rejoice in you, O Lord, and we seek your peace in our hearts**

Heavenly Father, we pray today that we may know in our lives the quality of peace that Mary knew as she accepted God’s will. May we also rest serene in the knowledge that God has a plan for us and is guiding our lives.  
**Our souls rejoice in you, O Lord, and we seek your peace in our hearts.**

Father, may your house be a haven of peace for those who struggle at this season; for those who slip in at quiet times when the carols are silent, because they long for the blessing of peace without the jollity; for those who lack the energy to rejoice because of bereavement or illness, but who desperately seek peace to still their souls and renew their strength. Today we remember ………  
**Our souls rejoice in you, O Lord, and we seek your peace in our hearts.**

Lord of all, we pray that all members of our community will feel included and involved in the events of this season; may the peace of the Christ-child enfold our neighbourhood and our town/village/city. And we pray for peace in a world where so many wars and conflicts continue; may the warmongers fail, and the peacemakers prevail.  
**Our souls rejoice in you, O Lord, and we seek your peace in our hearts.**

Heavenly Father, we pray for peace among people who may not get along with the company they are obliged to keep at Christmas. We pray for the peacekeepers, those who work hard to maintain the façade of family peace when it may be lacking. Father, please heal all divisions and let true peace be known among families and friends gathered round the table. As we ponder these thoughts, we pray for all who will be alone this Christmas, in a society in which extended families are fewer, and relationship breakdowns more numerous. May they know that you are with them and find peace in the knowledge of your presence.  
**Our souls rejoice in you, O Lord, and we seek your peace in our hearts.**

Finally, Lord, we rejoice with Mary in the unfolding of your will for her, and for the world, in the birth of Jesus Christ. May we all know the peace of that moment when your love became flesh on earth, for every year we can replay the miracle in our hearts and minds. Come to us again in this season of hustle and bustle; revisit us with the true meaning of Christmas, so that we may know your peace, the peace that surpasses all understanding.  
**Our souls rejoice in you, O Lord, and we seek your peace in our hearts.**

**Amen**

*Collect for Advent 4*

Eternal God,

as Mary waited for the birth of your Son,

so we wait for his coming in glory;

bring us through the birth pangs of this present age

to see, with her, our great salvation

in Jesus Christ our Lord.

*All* **Amen.**

*The Lord’s Prayer*

Awaiting his coming in glory,

as our Saviour taught us, so we pray

*All* **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 sins**

**as we forgive those who sin against us.**

**Lead us not into temptation**

**but deliver us from evil.**

**For the kingdom, the power,**

**and the glory are yours**

**now and for ever.**

**Amen.**

*Blessing*

Christ the Sun of Righteousness

shine upon us,

scatter the darkness from before our path,

and make us ready to meet him

when he comes in glory;

And the blessing of God almighty,

the Father, the Son, and the Holy Spirit,

be among us and remain with us

and those we love and pray for

now and always.

*All* **Amen**.

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**Wednesday 25th – Christmas Day**

Our Conference Call and Zoom service will take place at **9.00am**. **Please note this earlier time.**

**Contacting Church Office**

Monday, Wednesday and Friday 10.00am -12 noon

Email: [office@exevalleymissioncommunity.org](mailto:office@exevalleymissioncommunity.org) Tel:01884 250417 or 07733949295

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**Giving to the Exe Valley Mission Community**

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