

INTRODUCTION

This is about praying together...

When Archbishop Thomas Cranmer compiled the Book of Common Prayer he sought to recover the church's ancient heritage of regular prayer, beautifully saturated with the Bible. He was convinced that the Scriptures *"ought to be much in our hands, in our eyes, in our ears, in our mouths, but most of all in our hearts."* So he created a framework, through Morning and Evening Prayer, for people to pray together regularly, fuelled by the Bible.

Building on that centuries long Anglican heritage, and using material derived from the BCP, *'Let us pray...'* is intended as a simple framework to help us pray together, connected both to one another and to the witness of saints who have gone before and now cheer us onto the finish line:

- Praying together **as a church family** - here are outlines which can be used whenever or wherever we meet with one another, for example, before or after sharing a meal, or over a coffee.
- Praying together **as church families** - here are resources which can be used for family prayers, perhaps over breakfast or supper.
- Praying together **as part of the church family** - here is a structure to use on your own, with the encouragement that you're joining with others who are also praying in the same way at a similar time.

The framework is structured around four possible times of prayer:

Morning - upon waking, or with breakfast

Mid-day - at noon, or with lunch

Evening - at the end of the working day, or with supper

Night-time - before sleep, or when heading for bed.

You don't need to pray every session! The prayers can be used on an *ad hoc* basis whenever you meet up with others in the church family.

'*Let us pray...*' can also be used as a resource for private devotion. As part of a personal spiritual discipline, praying at set times can help to build an individual habit of prayer. Choose a frequency that works for you and aim to stick with it. Begin where you are and look gradually to grow in your habit over time.

At a glance...

Each time of prayer includes:

Opening sentence - taken from scripture.

A Psalm. *Pray Daily* invites us to ponder, meditate and reflect deeply principally on Psalm 119.

Famously, Psalm 119 is the longest psalm in the Bible and almost every verse contains one of 8 words that are used again and again - pretty much interchangeably - to refer to God's written word. The basic theme of the song is that blessing comes from living in line with God's word, v1, *Blessed are those ... who walk in the law of the Lord*, v3, *who ... walk in his ways*.

But what the song explores and expresses at length is the experience and difficulty, the tension and struggle of seeking to live according to God's word, whilst dealing with the harsh and daily reality of sin within and a hostile world without.

'Let us pray...' invites us to use Psalm 119 as we live and breathe those tensions, to bring them to the Lord in words he has given us to express them to him in this psalm.

A Bible Reading.

Cranmer's intention in the Book of Common Prayer was to read the Old Testament once, the New Testament twice every year. The ACNA lectionary does the same (*this is available in downloadable booklet form from praydaily.com in 'supplementary resources'*). In addition to a 60 day cycle of Psalms, it suggests 4 readings which could be spread across the 4 sessions of 'Let us pray...'

Alternatively, you may like to focus on the gospels. Robert Sheehan has compiled J.C. Ryle's *Expository Thoughts on the Gospels* into morning readings from Matthew, Mark and Luke, and evening readings from John, for every day of the year. (*Daily Readings, published by Evangelical Press. ISBN: 978-1-78397-108-4*)

Or you could focus on the way the whole Bible points us to Jesus. Glen Scrivener's *Reading between the lines* takes you through both Old and New Testaments explaining how. (*Published by 10ofthose. ISBN: 978-1-912373-56-7 & 978-1-912373-59-8*). They are also available as 365 video clips on the Speak Life Youtube channel.

Or you could simply read a short passage or verse of your choice.

A 'Canticle', or song from Scripture, to help you respond to God's word in praise.

The Lord's Prayer. Jesus taught his disciples this prayer both as a prayer to pray and as a pattern or model to follow.

Collects. A collect is a short prayer that expresses an aspect of God's character or activity - who he is or what he has done - and responds to this with a corresponding request.

Personal Prayer. Each time of prayer includes a prompt to bring our own personal thanksgiving, concerns and requests to the Lord.

You could also include prayers for the church, the nation, and the world, for those in authority and those in need.

You may find the PrayerMate app a helpful aid (prayermate.net). Not only does the app help you to organise and keep track of the things for which you want to pray regularly, it also provides some fantastic resources, including biblical and historic prayers, as well as feeds from a wide range of Christian organisations.

'Let us pray' is available as a PrayerMate feed: Search 'Anchor Anglican'

There are also some suggestions for prayer towards the end of this book.

The Grace. Each time of prayer concludes a prayer (*from 2 Corinthians 13v14*) asking God's blessing on one another.

SUNDAY MORNING

OPENING SENTENCE *Philippians 1v2*

Grace to you and peace from God our Father and the Lord Jesus Christ

O Lord open our lips - and our mouth shall proclaim your praise.

PSALM 119

¹ Blessed are those who are undefiled in their ways,
and walk in the law of the Lord.

² Blessed are those who keep his testimonies
and seek him with their whole heart,

³ Even those who do no wickedness
and perfectly walk in his ways.

⁴ You have ordered your precepts
that we should diligently keep them.

⁵ O that my ways were made so direct
that I might keep your statutes!

⁶ Then would I not be put to shame
while I give heed unto all your commandments.

⁷ I will thank you with an upright heart,
when I have learned your righteous judgments.

⁸ I will keep your statutes;
O do not forsake me utterly.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Easter Anthems'. *1Cor5v7-8; Rom 6v9-11; 1Cor15v20-22*

[Alleluia] Christ our Passover has been sacrificed for us; therefore let us keep the feast, Not with the old leaven, the leaven of malice and evil, but with the unleavened bread of sincerity and truth. *[Alleluia]* Christ being raised from the dead will never die again; death no longer has dominion over him. The death that he died, he died to sin, once for all; but the life he lives, he lives to God. So also consider yourselves dead to sin, and alive to God in Jesus Christ our Lord. *[Alleluia]*

Christ has been raised from the dead, the firstfruits of those who have fallen asleep. For since by a man came death, by a man has come also the resurrection of the dead. For as in Adam all die, so also in Christ shall all be made alive. *[Alleluia]*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

O God our King, by the resurrection of your Son Jesus Christ on the first day of the week, you conquered sin, put death to flight, and gave us the hope of everlasting life: Redeem all our days by this victory; forgive our sins, banish our fears, make us bold to praise you and to do your will; and steel us to wait for the consummation of your kingdom on the last great Day; through Jesus Christ our Lord. *Amen.*

O God, the light of the minds that know you, the life of the souls that love you, and the strength of the wills that serve you: Help us so to know you that we may truly love you, and so to love you that we may fully serve you, whom to serve is perfect freedom; through Jesus Christ our Lord. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

SUNDAY MID-DAY

OPENING SENTENCE *Malachi 1v11*

From the rising of the sun to its setting my name will be great among the nations, and in every place incense will be offered to my name, and a pure offering. For my name will be great among the nations.

O God, make speed to save us - O Lord make haste to help us.

PSALM 119

⁹ How shall a young man cleanse his way?
By ruling himself according to your word.

¹⁰ With my whole heart I have sought you;
O let me not go astray from your commandments.

¹¹ Your words have I hidden within my heart,
that I may not sin against you.

¹² Blessed are you, O Lord;
teach me your statutes.

¹³ With my lips have I been telling
of all the judgments of your mouth.

¹⁴ I have had greater delight in the way of your testimonies
than in all manner of riches.

¹⁵ I will meditate on your commandments
and have respect for all your ways.

¹⁶ My delight will be in your statutes,
and I will not forget your word.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Te Deum'

We praise you, O God; we acclaim you as Lord; all creation worships you, the Father everlasting. To you all angels, all the powers of heaven, the cherubim and seraphim, sing in endless praise: Holy, Holy, Holy, Lord God of power and might, heaven and earth are full of your glory. The glorious company of apostles praise you. The noble fellowship of prophets praise you. The white-robed army of martyrs praise you. Throughout the world the holy Church acclaims you: Father, of majesty unbounded, your true and only Son, worthy of all praise, and the Holy Spirit, advocate and guide. You, Christ, are the king of glory, the eternal Son of the Father. When you took our flesh to set us free you humbly chose the Virgin's womb. You overcame the sting of death and opened the kingdom of heaven to all believers. You are seated at God's right hand in glory. We believe that you will come to be our judge. Come then, Lord, and help your people, bought with the price of your own blood, and bring us with your saints to glory everlasting. Save your people, Lord, and bless your inheritance; govern and uphold them now and always. Day by day we bless you; we praise your Name for ever. Keep us today, Lord, from all sin; have mercy on us, Lord, have mercy. Lord, show us your love and mercy, for we have put our trust in you. In you, Lord, is our hope; let us never be put to shame. Amen.

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

Almighty and everlasting God, who alone works great marvels: Send down upon our clergy and the congregations committed to their charge the life-giving Spirit of your grace, shower them with the continual dew of your blessing, and ignite in them a zealous love of your Gospel; through Jesus Christ our Lord. *Amen.*

Almighty God our Saviour, you desire that none should perish, and you have taught us through your Son that there is great joy in heaven over every sinner who repents: Grant that our hearts may ache for a lost and broken world. May your Holy Spirit work through our words, deeds, and prayers, that the lost may be found and the dead made alive, and that all your redeemed may rejoice around your throne; through Jesus Christ our Lord. *Amen.*

PERSONAL PRAYERS

THE GRACE 2 Corinthians 13v14

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

SUNDAY EVENING

OPENING SENTENCE *John 8v12*

"I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life."

Praise the Lord - The Lord's name be praised.

PSALM 119

17 O do well unto your servant,
that I may live, and keep your word.

18 Open my eyes that I may see
the wondrous things of your law.

19 I am a sojourner on earth;
O hide not your commandments from me.

20 My soul is consumed with the fervent desire
that it always has for your judgments.

21 You have rebuked the proud,
and cursed are those who stray from your commandments.

22 O turn from me shame and contempt,
for I have kept your testimonies.

23 Though princes sit and speak against me,
yet will your servant meditate on your statutes;

24 For your testimonies are my delight,
and they are my counsellors.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Magnificat' *Luke 1v46-55*

My soul magnifies the Lord, and my spirit rejoices in God my Saviour; for he has regarded the lowliness of his handmaiden. For behold, from now on, all generations will call me blessed; for he that is mighty has magnified me, and holy is his Name. And his mercy is on those who fear him, throughout all generations. He has shown the strength of his arm; he has scattered the proud in the imagination of their hearts. He has brought down the mighty from their thrones, and has exalted the humble and meek. He has filled the hungry with good things, and the rich he has sent empty away. He, remembering his mercy, has helped his servant Israel, as he promised to our fathers, Abraham and his seed for ever. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

Lord God, whose Son our Saviour Jesus Christ triumphed over the powers of death and prepared for us our place in the new Jerusalem: Grant that we, who have this day given thanks for his resurrection, may praise you in that city of which he is the light, and where he lives and reigns for ever and ever. *Amen.*

O God of peace, who hast taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of thy Spirit lift us, we pray thee, to thy presence, where we may be still and know that thou art God; through Jesus Christ our Lord. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

SUNDAY NIGHT-TIME

OPENING SENTENCE *Jeremiah 14v9*

You, O LORD, are in the midst of us, and we are called by your name; do not leave us.

Our help is in the name of the Lord; the maker of heaven and earth.

PSALM 3

¹ Lord, how they are increased who trouble me;
many are those who rise against me.

² Many there are who say of my soul,
“There is no help for him in his God.”

³ But you, O Lord, are my defender;
you are my glory, and the one who lifts up my head.

⁴ I called upon the Lord with my voice,
and he heard me from his holy hill.

⁵ I lay down and slept, and rose up again,
for the Lord sustained me.

⁶ I will not be afraid of ten thousands of the people
who have set themselves against me round about.

⁷ Rise up, O Lord, and help me, O my God;
for you smite all my enemies on the cheek-bone;
you have broken the teeth of the ungodly.

⁸ Salvation belongs to the Lord;
may your blessing be upon your people.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Nunc Dimittis' *Luke 2v29-32*

Lord, now let your servant depart in peace, according to your word. For my eyes have seen your salvation, which you have prepared before the face of all people; to be a light to lighten the Gentiles, and to be the glory of your people Israel. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECT

○ God and Father of all, whom the whole heavens adore: Let the whole earth also worship you, all nations obey you, all tongues confess and bless you, and men, women, and children everywhere love you and serve you in peace; through Jesus Christ our Lord. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

MONDAY MORNING

OPENING SENTENCE *Psalm 122:1*

I was glad when they said to me, "Let us go to the house of the LORD!"

O Lord open our lips - and our mouth shall proclaim your praise.

PSALM 119

25 My soul cleaves to the dust;

O revive me, according to your word.

26 I have acknowledged my ways, and you heard me;

O teach me your statutes.

27 Make me to understand the way of your commandments,
and so shall I meditate on your wondrous works.

28 My soul melts away for heaviness;
comfort me according to your word.

29 Take from me the way of lying,
and graciously teach me your law.

30 I have chosen the way of truth,
and your judgments have I set before me.

31 I hold fast to your testimonies;
O Lord, let me not be put to shame.

32 I will run the way of your commandments
when you enlarge my heart with understanding.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Venite' *Psalms 95v1-7*

O come, let us sing unto the Lord; let us heartily rejoice in the strength of our salvation. Let us come before his presence with thanksgiving and show ourselves glad in him with psalms. For the Lord is a great God and a great King above all gods. In his hand are all the depths of the earth and the heights of the hills are his also. The sea is his, for he made it, and his hands prepared the dry land. O come, let us worship and fall down, and kneel before the Lord our Maker. For he is our God, and we are the people of his pasture, and the sheep of his hand. Today, if you will hear his voice, harden not your hearts. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

O God, the King eternal, whose light divides the day from the night and turns the shadow of death into the morning: Drive far from us all wrong desires, incline our hearts to keep your law, and guide our feet into the way of peace; that, having done your will with cheerfulness during the day, we may, when night comes, rejoice to give you thanks; through Jesus Christ our Lord. *Amen.*

Almighty and eternal God, so draw our hearts to you, so guide our minds, so fill our imaginations, so control our wills, that we may be wholly yours, utterly dedicated to you; and then use us, we pray, as you will, and always to your glory and the welfare of your people; through our Lord and Saviour Jesus Christ. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

MONDAY MID-DAY

OPENING SENTENCE *John 12:31–32*

Now is the judgment of this world; now will the ruler of this world be cast out. And I, when I am lifted up from the earth, will draw all people to myself.”

O God, make speed to save us - O Lord make haste to help us.

PSALM 119

33 Teach me, O Lord, the way of your statutes,
and I shall keep it to the end.

34 Give me understanding, and I shall keep your law;
indeed, I shall keep it with my whole heart.

35 Make me go in the path of your commandments,
for therein is my desire.

36 Incline my heart to your testimonies,
and not to covetous desires.

37 O turn away my eyes, lest they behold vanity,
and revive me in your ways.

38 Confirm your word to your servant,
and to all those who fear you.

39 Take away the reproach that I am afraid of,
for your judgments are good.

40 Behold, my delight is in your precepts;
O revive me in your righteousness.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The "Song of Christ's Glory" *Philippians 2v5-11*

Jesus Christ, in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself by becoming obedient to death, even death on a cross. Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh; and hasten the coming of your kingdom; through Jesus Christ our Lord. *Amen.*

Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is discord, union; where there is error, truth; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O divine Master, grant that I may seek not so much to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. *Amen. (Francis of Assisi)*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

MONDAY EVENING

OPENING SENTENCE *Psalm 141:2*

Let my prayer be counted as incense before you, and the lifting up of my hands as the evening sacrifice!

Praise the Lord - The Lord's name be praised.

PSALM 119

41 Let your loving mercy come to me, O Lord,
even your salvation, according to your word.

42 So shall I answer those who taunt me,
for my trust is in your word.

43 O do not take the word of your truth utterly out of my mouth,
for my hope is in your judgments.

44 So shall I always keep your law,
even for ever and ever;

45 And I will walk at liberty,
for I seek your commandments.

46 I will speak of your testimonies also, even before kings,
and will not be ashamed;

47 And my delight shall be in your commandments,
which I have loved exceedingly.

48 My hands also will I lift up to your commandments,
and I will meditate on your statutes.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Magnificat' *Luke 1v46-55*

My soul magnifies the Lord, and my spirit rejoices in God my Saviour; for he has regarded the lowliness of his handmaiden. For behold, from now on, all generations will call me blessed; for he that is mighty has magnified me, and holy is his Name. And his mercy is on those who fear him, throughout all generations. He has shown the strength of his arm; he has scattered the proud in the imagination of their hearts. He has brought down the mighty from their thrones, and has exalted the humble and meek. He has filled the hungry with good things, and the rich he has sent empty away. He, remembering his mercy, has helped his servant Israel, as he promised to our fathers, Abraham and his seed for ever. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

O God, the source of all holy desires, all good counsels, and all just works: Give to your servants that peace which the world cannot give, that our hearts may be set to obey your commandments, and that we, being defended from the fear of our enemies, may pass our time in rest and quietness; through the merits of Jesus Christ our Saviour. *Amen.*

Most loving Father, you will us to give thanks for all things, to dread nothing but the loss of you, and to cast all our care on the One who cares for us. Preserve us from faithless fears and worldly anxieties, and grant that no clouds of this mortal life may hide from us the light of that love which is immortal, and which you have manifested unto us in your Son, Jesus Christ our Lord. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

MONDAY NIGHT-TIME

OPENING SENTENCE *Matthew 11:28–30*

Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Our help is in the name of the Lord; the maker of heaven and earth.

PSALM 4

¹ Hear me when I call, O God of my righteousness; you set me free when I was in trouble; have mercy upon me, and hear my prayer.

² O you children of men, how long will you blaspheme my honour, and have such pleasure in vanity, and seek after falsehood?

³ Know this also, that the Lord has chosen for himself the one that is godly; when I call upon the Lord, he will hear me.

⁴ Stand in awe, and sin not;
commune with your own heart upon your bed, and be still.

⁵ Offer the sacrifice of righteousness
and put your trust in the Lord.

⁶ There are many that say, "Who will show us any good?"
Lord, lift up the light of your countenance upon us.

⁷ You have put gladness in my heart,
more than when others' grain and wine and oil increased.

⁸ I will lay me down in peace, and take my rest;
for you, Lord, only, make me dwell in safety.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Nunc Dimittis' *Luke 2v29-32*

Lord, now let your servant depart in peace, according to your word. For my eyes have seen your salvation, which you have prepared before the face of all people; to be a light to lighten the Gentiles, and to be the glory of your people Israel. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECT

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

TUESDAY MORNING

OPENING SENTENCE *Psalm 19:14*

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my rock and my redeemer.

O Lord open our lips - and our mouth shall proclaim your praise.

PSALM 119

49 O remember your word to your servant,
in which you have caused me to put my trust.

50 This is my comfort in my trouble,
for your word has given me life.

51 The proud have held me exceedingly in derision,
yet I have not turned aside from your law.

52 For I have remembered, O Lord, your judgments from of old,
and by them I have received comfort.

53 I am filled with indignation,
because of the ungodly who forsake your law.

54 Your statutes have been my songs
in the house of my pilgrimage.

55 I have thought upon your Name, O Lord, in the night season,
and I have kept your law.

56 This has been my reward,
because I have kept your commandments.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Jubilate' *Psalm 100*

O be joyful in the Lord, all you lands; serve the Lord with gladness, and come before his presence with a song. Be assured that the Lord, he is God; it is he that has made us, and not we ourselves; we are his people, and the sheep of his pasture. O go your way into his gates with thanksgiving, and into his courts with praise; be thankful unto him, and speak good of his Name. For the Lord is gracious, his mercy is everlasting, and his truth endures from generation to generation. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

O God, the author of peace and lover of concord, to know you is eternal life and to serve you is perfect freedom: Defend us, your humble servants, in all assaults of our enemies; that we, surely trusting in your defence, may not fear the power of any adversaries, through the might of Jesus Christ our Lord. *Amen.*

O God, grant that we may desire you, and desiring you seek you, and seeking you find you, and finding you be satisfied in you for ever. *Amen. (Francis Xavier)*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

TUESDAY MID-DAY

OPENING SENTENCE *2 Corinthians 5:17–18*

If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation.

O God, make speed to save us - O Lord make haste to help us.

PSALM 119

57 You are my portion, O Lord;

I have promised to keep your law.

58 I made my humble petition in your presence with my whole heart; O be merciful to me, according to your word.

59 I have called my ways to remembrance and turned my feet to your testimonies.

60 I made haste and did not delay to keep your commandments.

61 The cords of the ungodly have encircled me, but I have not forgotten your law.

62 At midnight I will rise to give thanks to you, because of your righteous judgments.

63 I am a companion of all those who fear you and keep your commandments.

64 The earth, O Lord, is full of your mercy; O teach me your statutes.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Song of Redemption' *Colossians 1v13-20*

Christ is the image of the invisible God, the firstborn over all creation. For in him all things were created, things in heaven and on earth, visible and invisible: all things have been created through him and for him. He is before all things, and in him all things hold together. He is the head of the body, the church. He is the beginning, and the firstborn from the dead, so that in everything he might have the supremacy. For God was pleased to have all his fullness dwell in him, and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood shed on the cross. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

Lord Jesus Christ, you stretched out your arms of love on the hard wood of the Cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honour of your Name. *Amen.*

Thanks be to thee, my Lord Jesus Christ, for all the pains and insults thou hast borne for me, and all the benefits thou hast given me. O most merciful Redeemer, Friend, and Brother: Grant that I may see thee more clearly, love thee more dearly, and follow thee more nearly, day by day. *Amen. (Richard of Chichester)*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

TUESDAY EVENING

OPENING SENTENCE *Psalm 96:9*

Worship the LORD in the splendour of holiness; tremble before him, all the earth!

Praise the Lord - The Lord's name be praised.

PSALM 119

65 O Lord, you have dealt graciously with your servant,
according to your word.

66 O teach me true understanding and knowledge,
for I have believed your commandments.

67 Before I was afflicted I went astray,
but now I keep your word.

68 You are good and gracious;
O teach me your statutes.

69 The proud have slandered me with lies,
but I will keep your commandments with my whole heart.

70 Their heart has become gross with fatness,
but my delight is in your law.

71 It is good for me that I have been afflicted,
that I may learn your statutes.

72 The law of your mouth is dearer to me
than thousands in gold and silver.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Magnificat' *Luke 1v46-55*

My soul magnifies the Lord, and my spirit rejoices in God my Saviour; for he has regarded the lowliness of his handmaiden. For behold, from now on, all generations will call me blessed; for he that is mighty has magnified me, and holy is his Name. And his mercy is on those who fear him, throughout all generations. He has shown the strength of his arm; he has scattered the proud in the imagination of their hearts. He has brought down the mighty from their thrones, and has exalted the humble and meek. He has filled the hungry with good things, and the rich he has sent empty away. He, remembering his mercy, has helped his servant Israel, as he promised to our fathers, Abraham and his seed for ever. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

Lighten our darkness, we beseech you, O Lord; and by your great mercy defend us from all perils and dangers of this night; for the love of your only Son, our Saviour Jesus Christ. *Amen.*

O Lord, support us all the day long through this trouble-filled life, until the shadows lengthen, and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then in your mercy grant us a safe lodging, and a holy rest, and peace at the last. *Amen. (John Henry Newman)*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

TUESDAY NIGHT-TIME

OPENING SENTENCE 1 Peter 5:8–9

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.

Our help is in the name of the Lord; the maker of heaven and earth.

PSALM 31:1-6

¹ In you, O Lord, have I put my trust;
let me never be put to confusion; deliver me in your righteousness.

² Bow down your ear to me,
make haste to deliver me,

³ And be my strong rock and house of defence,
that you may save me.

⁴ For you are my strong rock and my castle;
be also my guide, and lead me for your Name's sake.

⁵ Draw me out of the net that they have laid secretly for me,
for you are my strength.

⁶ Into your hands I commend my spirit,
for you have redeemed me, O Lord, O God of truth.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Nunc Dimittis' *Luke 2v29-32*

Lord, now let your servant depart in peace, according to your word. For my eyes have seen your salvation, which you have prepared before the face of all people; to be a light to lighten the Gentiles, and to be the glory of your people Israel. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECT

○ God, you manifest in your servants the signs of your presence: Send forth upon us the Spirit of love, that in companionship with one another your abounding grace may increase among us; through Jesus Christ our Lord. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

WEDNESDAY MORNING

OPENING SENTENCE *Malachi 1:11*

From the rising of the sun to its setting my name will be great among the nations, and in every place incense will be offered to my name, and a pure offering. For my name will be great among the nations, says the LORD of hosts.

O Lord open our lips - and our mouth shall proclaim your praise.

PSALM 119

73 Your hands have made me and fashioned me;
O give me understanding, that I may learn your commandments.

74 Those who fear you will be glad when they see me,
because I have put my trust in your word.

75 I know, O Lord, that your judgments are right,
and that in your faithfulness you have caused me to be afflicted.

76 O let your merciful kindness be my comfort,
according to your word to your servant.

77 O let your loving mercies come to me, that I may live,
for your law is my delight.

78 Let the proud be put to shame, for they go about wickedly to
destroy me; but I will meditate on your commandments.

79 Let those who fear you turn to me,
even those who know your testimonies.

80 O let my heart be sound in your statutes,
that I may never be put to shame

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Benedictus' *Luke 1v68-79*

Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty saviour, born of the house of his servant David. Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant. This was the oath he swore to our father Abraham, to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life. You, my child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins. In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and in the shadow of death, and to guide our feet into the way of peace.
Amen.

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

O Lord, our heavenly Father, almighty and everlasting God, you have brought us safely to the beginning of this day: Defend us by your mighty power, that we may not fall into sin nor into any danger; and that, guided by your Spirit, we may do what is righteous in your sight; through Jesus Christ our Lord. *Amen.*

O God, without whose beauty and goodness our souls are unfed, without whose truth our reason withers: Consecrate our lives to your will, giving us such purity of heart, such depth of faith, and such steadfastness of purpose, that in time we may come to think your own thoughts after you; through Jesus Christ our Saviour. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

WEDNESDAY MID-DAY

OPENING SENTENCE 1 Peter 1:3

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead.

O God, make speed to save us - O Lord make haste to help us.

PSALM 119

81 My soul has longed for your salvation,
and I have a good hope because of your word.

82 My eyes long sorely for your word,
saying, "O when will you comfort me?"

83 For I have become like a wineskin in the smoke,
yet I do not forget your statutes.

84 How many are the days of your servant?
When will you execute judgment on those who persecute me?

85 The proud have dug pits for me;
they do not walk after your law.

86 All your commandments are true.
They persecute me falsely; O Lord, be my help.

87 They had almost made an end of me on earth,
but I have not forsaken your commandments.

88 O revive me with your loving-kindness,
and so shall I keep the testimonies of your mouth.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

A 'Song of the New Jerusalem' *Isaiah 60:1-3, 19*

Arise, shine, for your light has come, and the glory of the Lord has dawned upon you. For behold, darkness covers the land; deep gloom enshrouds the peoples. But over you the Lord will rise, and his glory will appear upon you. Nations will stream to your light, and kings to the brightness of your dawning. The sun will no more be your light by day; by night you will not need the brightness of the moon. The Lord will be your everlasting light, and your God will be your glory. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

Almighty Saviour, who at mid-day called your servant Saint Paul to be an apostle to the Gentiles: We pray you to illumine the world with the radiance of your glory, that all nations may come and worship you; for you live and reign with the Father and the Holy Spirit, one God, for ever and ever. *Amen.*

Teach me to seek you, and as I seek you, show yourself to me; for I cannot seek you unless you show me how, and I will never find you unless you show yourself to me. Let me seek you by desiring you, and desire you by seeking you; let me find you by loving you, and love you in finding you. *Amen. (Anselm of Canterbury)*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

WEDNESDAY EVENING

OPENING SENTENCE *Psalm 16:8-9*

I have set the LORD always before me; because he is at my right hand, I shall not be shaken. Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure.

Praise the Lord - The Lord's name be praised.

PSALM 119

89 O Lord, your word endures for ever;
it stands fast in heaven.

90 Your faithfulness remains from one generation to another;
you have laid the foundation of the earth, and it abides.

91 Surely your ordinances stand firm this day,
for all things are your servants.

92 If my delight had not been in your law,
I should have perished in my affliction.

93 I will never forget your commandments,
for with them you have enlivened me.

94 I am yours; O save me!
For I have sought your commandments.

95 The ungodly lie in wait for me to destroy me,
but I will consider your testimonies.

96 I see that all things come to an end,
but your commandment has no bounds.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Magnificat' *Luke 1v46-55*

My soul magnifies the Lord, and my spirit rejoices in God my Saviour; for he has regarded the lowliness of his handmaiden. For behold, from now on, all generations will call me blessed; for he that is mighty has magnified me, and holy is his Name. And his mercy is on those who fear him, throughout all generations. He has shown the strength of his arm; he has scattered the proud in the imagination of their hearts. He has brought down the mighty from their thrones, and has exalted the humble and meek. He has filled the hungry with good things, and the rich he has sent empty away. He, remembering his mercy, has helped his servant Israel, as he promised to our fathers, Abraham and his seed for ever. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

O God, the life of all who live, the light of the faithful, the strength of those who labour, and the repose of the dead: We thank you for the blessings of the day that is past, and humbly ask for your protection through the coming night. Bring us in safety to the morning hours; through him who died and rose again for us, your Son our Saviour Jesus Christ. *Amen.*

Father, in your mercy dispel the darkness of this night, and let your servant sleep in peace, that at the dawn of a new day I may wake with joy in your Name; through Christ our Lord. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

WEDNESDAY NIGHT-TIME

OPENING SENTENCE *Isaiah 26:3–4*

You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the LORD forever, for the LORD GOD is an everlasting rock.

Our help is in the name of the Lord; the maker of heaven and earth.

PSALM 121

¹ I will lift up my eyes unto the hills;
from whence comes my help?

² My help comes from the Lord,
who has made heaven and earth.

³ He will not let your foot be moved,
and he who keeps you will not sleep.

⁴ Behold, he who keeps Israel
shall neither slumber nor sleep.

⁵ The Lord himself is your keeper;
the Lord is your defence upon your right hand,

⁶ So that the sun shall not burn you by day,
neither the moon by night.

⁷ The Lord shall preserve you from all evil;
indeed, it is he who shall keep your soul.

⁸ The Lord shall preserve your going out and your coming in,
from this time forth for evermore.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Nunc Dimittis' *Luke 2v29-32*

Lord, now let your servant depart in peace, according to your word. For my eyes have seen your salvation, which you have prepared before the face of all people; to be a light to lighten the Gentiles, and to be the glory of your people Israel. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECT

Visit this place, O Lord, and drive far from it all snares of the enemy; let your holy angels dwell with us to preserve us in peace; and let your blessing be upon us always; through Jesus Christ our Lord. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

THURSDAY MORNING

OPENING SENTENCE *Psalm 43:3*

Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling!

O Lord open our lips - and our mouth shall proclaim your praise.

PSALM 119

97 Lord, what love I have for your law;
all the day long I meditate on it.

98 You, through your commandment, have made me wiser than my
enemies, for it is always with me.

99 I have more understanding than my teachers,
for your testimonies are my study.

100 I am wiser than the aged,
because I keep your commandments.

101 I have restrained my feet from every evil way,
that I may keep your word.

102 I have not turned aside from your judgments,
for you yourself have taught me.

103 Oh how sweet are your words to my taste;
indeed, sweeter than honey to my mouth.

104 Through your commandments I get understanding;
therefore I hate all evil ways.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Song of the Redeemed' *Revelation 15v3-4*

O ruler of the universe, Lord God, great deeds are they that you have done, surpassing human understanding. Your ways are ways of righteousness and truth, O King of all the ages. Who can fail to do you homage, Lord, and sing the praises of your Name? For you only are the Holy One. All nations will draw near and fall down before you, because your just and holy works have been revealed.

Amen.

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen.

Go before us, O Lord, in all our doings with your most gracious favour, and further us with your continual help; that in all our works begun, continued, and ended in you, we may glorify your holy Name, and finally, through your mercy, obtain everlasting life; through Jesus Christ our Lord. Amen.

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

THURSDAY MID-DAY

OPENING SENTENCE *Ephesians 1:3*

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places.

O God, make speed to save us - O Lord make haste to help us.

PSALM 119

105 Your word is a lantern to my feet
and a light upon my path.

106 I have sworn and am steadfastly purposed
to keep your righteous judgments.

107 I am troubled above measure;
revive me, O Lord, according to your word.

108 Let the freewill offerings of my mouth please you, O Lord;
and teach me your judgments.

109 My life is always in my hand,
yet I do not forget your law.

110 The ungodly have laid a snare for me,
yet I have not strayed from your commandments.

111 Your testimonies have I claimed as my heritage for ever,
and why? They are the very joy of my heart.

112 I have applied my heart to fulfil your statutes always,
even unto the end.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Cantate Domino' *Psalm 98*

O sing unto the Lord a new song, for he has done marvellous things. With his own right hand, and with his holy arm, he has won for himself the victory. The Lord declared his salvation; his righteousness he has openly shown in the sight of the nations. He has remembered his mercy and truth toward the house of Israel, and all the ends of the world have seen the salvation of our God. Show yourselves joyful unto the Lord, all you lands; sing, rejoice, and give thanks. Praise the Lord with the harp; sing with the harp a psalm of thanksgiving. With trumpets also and horns, O show yourselves joyful before the Lord, the King. Let the sea make a noise, and all that is in it, the round world, and those that dwell therein. Let the rivers clap their hands, and let the hills be joyful together before the Lord, for he has come to judge the earth. With righteousness shall he judge the world and the peoples with equity. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

Pour your grace into our hearts, O Lord, that we who have known the incarnation of your Son Jesus Christ, announced by an angel to the Virgin Mary, may by his Cross and passion be brought to the glory of his resurrection; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

Gracious and holy Father, please give me intellect to understand you, reason to discern you, diligence to seek you, wisdom to find you, a spirit to know you, a heart to meditate upon you, ears to hear you, eyes to see you, a tongue to proclaim you, a way of life pleasing to you, patience to wait for you, and perseverance to look for you. Grant me a perfect end, your holy presence, a blessed resurrection, and life everlasting. *Amen. (Benedict of Nursia)*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

THURSDAY EVENING

OPENING SENTENCE *Mark 13:35–36*

Stay awake - for you do not know when the master of the house will come, in the evening, or at midnight, or when the cock crows, or in the morning - lest he come suddenly and find you asleep.

Praise the Lord - The Lord's name be praised.

PSALM 119

113 I hate those who are double-minded,
but your law do I love.

114 You are my defence and shield,
and my trust is in your word.

115 Away from me, you wicked.

I will keep the commandments of my God.

116 Establish me according to your word, that I may live,
and let me not be disappointed in my hope.

117 Hold me up, and I shall be safe;
indeed, my delight shall be ever in your statutes.

118 You have trodden down all those who depart from your
statutes, for they only imagine deceit.

119 You put away all the ungodly of the earth like dross;
therefore I love your testimonies.

120 My flesh trembles for fear of you,
and I am afraid of your judgments.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Magnificat' *Luke 1v46-55*

My soul magnifies the Lord, and my spirit rejoices in God my Saviour; for he has regarded the lowliness of his handmaiden. For behold, from now on, all generations will call me blessed; for he that is mighty has magnified me, and holy is his Name. And his mercy is on those who fear him, throughout all generations. He has shown the strength of his arm; he has scattered the proud in the imagination of their hearts. He has brought down the mighty from their thrones, and has exalted the humble and meek. He has filled the hungry with good things, and the rich he has sent empty away. He, remembering his mercy, has helped his servant Israel, as he promised to our fathers, Abraham and his seed for ever. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, and awaken hope, that we may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love. *Amen.*

Holy Spirit, breath of God and fire of love, I cannot pray without your aid: Kindle in me the fire of your love, and illumine me with your light; that with a steadfast will and holy thoughts I may approach the Father in spirit and in truth; through Jesus Christ my Lord, who reigns with you and the Father in eternal union. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

THURSDAY NIGHT-TIME

OPENING SENTENCE *Isaiah 30:15*

Thus said the Lord GOD, the Holy One of Israel, "In returning and rest you shall be saved; in quietness and in trust shall be your strength."

Our help is in the name of the Lord; the maker of heaven and earth.

PSALM 127

¹ Unless the Lord builds the house,
their labour is in vain who build it.

² Unless the Lord keeps the city,
the watchman keeps vigil in vain.

³ It is in vain that you rise up early, and take rest so late, and eat
the bread of toil, for he gives to his beloved sleep.

⁴ Behold, children are a heritage from the Lord,
and the fruit of the womb is a gift that comes from him.

⁵ Like arrows in the hand of a warrior,
so are the children of one's youth.

⁶ Happy is the man who has his quiver full of them; he shall not be
ashamed when he speaks with his enemies in the gate.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Nunc Dimittis' *Luke 2v29-32*

Lord, now let your servant depart in peace, according to your word. For my eyes have seen your salvation, which you have prepared before the face of all people; to be a light to lighten the Gentiles, and to be the glory of your people Israel. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECT

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

FRIDAY MORNING

OPENING SENTENCE *Mark 8:34*

"If anyone would come after me, let him deny himself and take up his cross and follow me."

O Lord open our lips - and our mouth shall proclaim your praise.

PSALM 119

121 I have done that which is lawful and right;

O give me not over to my oppressors.

122 Be surety for your servant's good;

O let not the arrogant oppress me.

123 My eyes have wasted away with looking for your salvation,
and for the word of your righteousness.

124 O deal with your servant according to your loving mercy,
and teach me your statutes.

125 I am your servant; O grant me understanding,
that I may know your testimonies.

126 It is time for you, O Lord, to act,
for they have broken your law.

127 For I love your commandments above all things,
more than gold and precious stones.

128 Therefore I hold all your commandments to be right,
and all false ways I utterly abhor.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

A 'Song to the Lamb' *Revelation 4v11, 5v9-10,13*

Splendour and honour and kingly power are yours by right, O Lord our God, for you created everything that is, and by your will they were created and have their being; And yours by right, O Lamb that was slain, for with your blood you have redeemed for God, from every family, language, people, and nation, a kingdom of priests to serve our God. And so, to him who sits upon the throne, and to Christ the Lamb, be worship and praise, dominion and splendour, for ever and for evermore. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the Cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord. *Amen.*

Lord Jesus, Master Carpenter of Nazareth, on the Cross through wood and nails you wrought our full salvation: Wield well your tools in this, your workshop, that we who come to you rough-hewn may be fashioned into a truer beauty by your hand; who with the Father and the Holy Spirit live and reign, one God, world without end. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

FRIDAY MID-DAY

OPENING SENTENCE *Colossians 3:1–3*

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God.

O God, make speed to save us - O Lord make haste to help us.

PSALM 119

129 Your testimonies are wonderful;
therefore does my soul keep them.

130 When your word goes forth it gives light
and understanding to the simple.

131 I opened my mouth, and drew in my breath,
for my delight was in your commandments.

132 O look upon me, and be merciful unto me,
as you always do for those who love your Name.

133 Order my steps according to your word,
and so shall no wickedness have dominion over me.

134 O deliver me from those who deal wrongfully,
and so shall I keep your commandments.

135 Show the light of your countenance upon your servant,
and teach me your statutes.

136 My eyes gush out water
because of those who do not keep your law.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Ecce Deus' *Isaiah 12v2-6*

Surely, it is God who saves me; I will trust in him and not be afraid. For the Lord is my stronghold and my sure defence, and he will be my Saviour. Therefore you shall draw water with rejoicing from the springs of salvation. And on that day you shall say, Give thanks to the Lord and call upon his Name; Make his deeds known among the peoples; see that they remember that his Name is exalted. Sing the praises of the Lord, for he has done great things, and this is known in all the world. Cry aloud, inhabitants of Zion, ring out your joy, for the great one in the midst of you is the Holy One of Israel. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

Blessed Saviour, at this hour you hung upon the Cross, stretching out your loving arms: Grant that all the peoples of the earth may look to you and be saved; for your tender mercies' sake. *Amen.*

O God, of your goodness, give me yourself, for you are enough for me. I can ask for nothing less that is completely to your honour, and if I do ask anything less, I shall always be in want. Only in you I have all. *Amen. (Julian of Norwich)*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

FRIDAY EVENING

OPENING SENTENCE 1 John 1:8–9

If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Praise the Lord - The Lord's name be praised.

PSALM 119

137 Righteous are you, O Lord,
and true are your judgments.

138 The testimonies that you have commanded
are exceedingly righteous and true.

139 My zeal has even consumed me,
because my enemies have forgotten your words.

140 Your word is tested to the uttermost,
and therefore your servant loves it.

141 I am small, and of no reputation,
yet I do not forget your commandments.

142 Your righteousness is an everlasting righteousness,
and your law is the truth.

143 Trouble and heaviness have taken hold of me,
yet my delight is in your commandments.

144 The righteousness of your testimonies is everlasting;
O grant me understanding, and I shall live.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Magnificat' *Luke 1v46-55*

My soul magnifies the Lord, and my spirit rejoices in God my Saviour; for he has regarded the lowliness of his handmaiden. For behold, from now on, all generations will call me blessed; for he that is mighty has magnified me, and holy is his Name. And his mercy is on those who fear him, throughout all generations. He has shown the strength of his arm; he has scattered the proud in the imagination of their hearts. He has brought down the mighty from their thrones, and has exalted the humble and meek. He has filled the hungry with good things, and the rich he has sent empty away. He, remembering his mercy, has helped his servant Israel, as he promised to our fathers, Abraham and his seed for ever. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

Lord Jesus Christ, by your death you took away the sting of death: Grant to us your servants so to follow in faith where you have led the way, that we may at length fall asleep peacefully in you and wake up in your likeness; for your tender mercies' sake. *Amen.*

Dear Lord and Saviour Jesus Christ: I hold up all my weakness to your strength, my failure to your faithfulness, my sinfulness to your perfection, my loneliness to your compassion, my little pains to your great agony on the Cross. I pray that you will cleanse me, strengthen me, guide me, so that in all ways my life may be lived as you would have it lived, without cowardice and for you alone. Show me how to live in true humility, true contrition, and true love. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

FRIDAY NIGHT-TIME

OPENING SENTENCE *Ephesians 4:26–27*

Be angry and do not sin; do not let the sun go down on your anger, and give no opportunity to the devil.

Our help is in the name of the Lord; the maker of heaven and earth.

PSALM 134

¹ Behold now, praise the Lord,
all you servants of the Lord,

² You that stand by night in the house of the Lord,
even in the courts of the house of our God.

³ Lift up your hands in the sanctuary
and sing praises unto the Lord.

⁴ The Lord who made heaven and earth
give you blessing out of Zion.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Nunc Dimittis' *Luke 2v29-32*

Lord, now let your servant depart in peace, according to your word. For my eyes have seen your salvation, which you have prepared before the face of all people; to be a light to lighten the Gentiles, and to be the glory of your people Israel. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECT

Be present, O merciful God, and protect us through the hours of this night, so that we who are wearied by the changes and chances of this life may rest in your eternal changelessness; through Jesus Christ our Lord. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

SATURDAY MORNING

OPENING SENTENCE *Isaiah 57:15*

Thus says the One who is high and lifted up, who inhabits eternity, whose name is Holy: "I dwell in the high and holy place, and also with him who is of a contrite and lowly spirit, to revive the spirit of the lowly, and to revive the heart of the contrite.

O Lord open our lips - and our mouth shall proclaim your praise.

PSALM 119

145 I call with my whole heart.

Hear me, O Lord; I will keep your statutes.

146 Even unto you do I call;

help me, and I shall keep your testimonies.

147 Early in the morning do I cry unto you,
for in your word is my trust.

148 My eyes open before the night watches,
that I may meditate on your words.

149 Hear my voice, O Lord, according to your loving-kindness;
give me life according to your judgments.

150 They draw nigh who in malice persecute me,
and are far from your law.

151 Be near at hand, O Lord,
for all your commandments are true.

152 Concerning your testimonies, I have known long ago
that you have founded them for ever.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

'Seek the Lord' *Isaiah 55v6-11*

Seek the Lord while he wills to be found; call upon him when he draws near. Let the wicked forsake their ways and the evil ones their thoughts; and let them turn to the Lord, and he will have compassion, and to our God, for he will richly pardon. For my thoughts are not your thoughts, nor your ways my ways, says the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts. For as rain and snow fall from the heavens and return not again, but water the earth, bringing forth life and giving growth, seed for sowing and bread for eating, So is my word that goes forth from my mouth; it will not return to me empty; but it will accomplish that which I have purposed, and prosper in that for which I sent it. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

O Almighty God, your pour out on all who desire it the spirit of grace and of supplication: Deliver us, when we draw near to you, from coldness of heart and wanderings of mind, that with steadfast thoughts and kindled affections we may worship you in spirit and in truth; through Jesus Christ our Lord. *Amen.*

O God, by whom the meek are guided in judgment, and light rises up in darkness for the godly: Grant us, in all our doubts and uncertainties, the grace to ask what you would have us do, that the Spirit of wisdom may save us from all false choices; that in your light we may see light, and in your straight path we may not stumble; through Jesus Christ our Lord. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

SATURDAY MID-DAY

OPENING SENTENCE *Colossians 1:12–14*

Give thanks to the Father, who has qualified you to share in the inheritance of the saints in light. He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.

O God, make speed to save us - O Lord make haste to help us.

PSALM 119

153 O consider my adversity and deliver me,
for I do not forget your law.

154 Plead my cause and deliver me;
give me life according to your word.

155 Salvation is far from the ungodly,
for they do not regard your statutes.

156 Great is your mercy, O Lord;
give me life according to your judgments.

157 Many there are who trouble me and persecute me,
yet I do not swerve from your testimonies.

158 It grieves me when I see the transgressors,
because they do not keep your law.

159 Consider, O Lord, how I love your commandments;
O give me life according to your loving-kindness.

160 Your word is true from everlasting;
all the judgments of your righteousness endure for evermore.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Deus Miserator' *Psalm 67*

May God be merciful unto us, and bless us, and show us the light of his countenance, and be merciful unto us. Let your way be known upon earth, your saving health among all nations. Let the peoples praise you, O God; indeed, let all the peoples praise you. O let the nations rejoice and be glad, for you shall judge the peoples righteously, and govern the nations upon earth. Let the peoples praise you, O God; let all the peoples praise you. Then shall the earth bring forth her increase, and God, even our own God, shall give us his blessing. God shall bless us, and all the ends of the world shall fear him. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

Father of all mercies, you revealed your boundless compassion to your apostle Saint Peter in a three-fold vision: Forgive our unbelief, we pray, and so strengthen our hearts and enkindle our zeal, that we may fervently desire the salvation of all people, and diligently labour in the extension of your kingdom; through him who gave himself for the life of the world, your Son our Saviour Jesus Christ. *Amen.*

Give me, O Lord, a steadfast heart, which no unworthy thought can drag down; an unconquered heart, which no tribulation can wear out; an upright heart, which no unworthy purpose can tempt aside. Bestow upon me understanding to know you, diligence to seek you, wisdom to find you, and faithfulness that finally may embrace you. *Amen. (Thomas Aquinas)*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

SATURDAY EVENING

OPENING SENTENCE *Proverbs 3:19–20*

The LORD by wisdom founded the earth; by understanding he established the heavens; by his knowledge the deeps broke open, and the clouds drop down the dew.

Praise the Lord - The Lord's name be praised.

PSALM 119

161 Princes have persecuted me without a cause,
but my heart stands in awe of your word.

162 I am as glad of your word
as one who finds great spoils.

163 As for lies, I hate and abhor them,
but your law do I love.

164 Seven times a day do I praise you,
because of your righteous judgments.

165 Great is the peace they have who love your law
and find in it no stumbling block.

166 Lord, I have looked for your saving health
and have done your commandments.

167 My soul has kept your testimonies,
and I have loved them exceedingly.

168 I have kept your commandments and testimonies,
for all my ways are before you.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Magnificat' *Luke 1v46-55*

My soul magnifies the Lord, and my spirit rejoices in God my Saviour; for he has regarded the lowliness of his handmaiden. For behold, from now on, all generations will call me blessed; for he that is mighty has magnified me, and holy is his Name. And his mercy is on those who fear him, throughout all generations. He has shown the strength of his arm; he has scattered the proud in the imagination of their hearts. He has brought down the mighty from their thrones, and has exalted the humble and meek. He has filled the hungry with good things, and the rich he has sent empty away. He, remembering his mercy, has helped his servant Israel, as he promised to our fathers, Abraham and his seed for ever. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECTS

O God, your unfailing providence sustains the world we live in and the life we live: Watch over those, both night and day, who work while others sleep, and grant that we may never forget that our common life depends upon each other's toil; through Jesus Christ our Lord. *Amen.*

Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, and awaken hope, that we may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*

SATURDAY NIGHT-TIME

OPENING SENTENCE *1 Thessalonians 5:23–24*

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it.

Our help is in the name of the Lord; the maker of heaven and earth.

PSALM 119

169 Let my complaint come before you, O Lord;
give me understanding, according to your word.

170 Let my supplication come before you;
deliver me, according to your word.

171 My lips shall pour forth your praise,
when you have taught me your statutes.

172 Surely my tongue shall sing of your word,
for all your commandments are righteous.

173 Let your hand be strong to help me,
for I have chosen your commandments.

174 I have longed for your saving health, O Lord,
and in your law is my delight.

175 O let my soul live, and it shall praise you;
and let your judgments help me.

176 I have gone astray like a sheep that is lost;
O seek your servant, for I do not forget your commandments.

A BIBLE READING

This is the Word of the Lord - Thanks be to God.

RESPONDING TO GOD'S WORD

The 'Nunc Dimittis' *Luke 2v29-32*

Lord, now let your servant depart in peace, according to your word. For my eyes have seen your salvation, which you have prepared before the face of all people; to be a light to lighten the Gentiles, and to be the glory of your people Israel. *Amen.*

THE LORD'S PRAYER

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our sins as 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.*

COLLECT

Look down, O Lord, from your heavenly throne, illumine this night with your celestial brightness, and from the children of light banish the deeds of darkness; through Jesus Christ our Lord. *Amen.*

PERSONAL PRAYERS

THE GRACE *2 Corinthians 13v14*

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

RESOURCES FOR PRAYER

A CONFESSION

Most merciful God, we confess that we have sinned against you in thought, word and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, who died for us, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your name. *Amen.*

THE GENERAL THANKSGIVING

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving-kindness to us and to all whom you have made. We bless you for our creation, preservation, and all the blessings of this life; but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we pray, give us such an awareness of your mercies, that with truly thankful hearts we may show forth your praise, not only with our lips, but in our lives, by giving up our selves to your service, and by walking before you in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honour and glory throughout all ages. *Amen.*

SEASONAL PRAYERS

Advent: Almighty God, give us grace to cast away the works of darkness, and put on the armour of light, now in the time of this mortal life in which your Son Jesus Christ came to visit us in great humility; that in the last day, when he shall come again in his glorious majesty to judge both the living and the dead, we may rise to the life immortal; through him who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

Christmas: Almighty God, you have given your only-begotten Son to take our nature upon him, and to be born of a pure virgin: Grant that we, who have been born again and made your children by adoption and grace, may daily be renewed by your Holy Spirit; through Jesus Christ our Lord, to whom with you and the same Spirit be honour and glory, now and for ever. *Amen.*

Epiphany: O God, by the leading of a star you manifested your only Son to the peoples of the earth: Lead us, who know you now by faith, to your presence, where we may see your glory face to face; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

Lent: Almighty and everlasting God, you hate nothing you have made, and you forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Holy Week: Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he

was crucified: Mercifully grant that we, walking in the way of the Cross, may find it none other than the way of life and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Maundy Thursday: Lord Jesus Christ, you humbled yourself in taking the form of a servant, and in obedience died on the cross for our salvation: give us the mind to follow you and to proclaim you our Lord and King to the glory of God the Father. *Amen.*

Good Friday: Almighty God, we beseech you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed and given into the hands of sinners, and to suffer death upon the Cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Easter: O God, who for our redemption gave your only begotten Son to die upon the Cross, and by his glorious resurrection delivered us from the devil and the power of death: Grant us grace to die daily to sin, that we may live with him in the joy of his resurrection; who lives and reigns with you and the Holy Spirit, now and for ever. *Amen.*

Ascension: Almighty God, whose only-begotten Son our Lord Jesus Christ ascended into heaven: May our hearts and minds also there ascend, and with him continually dwell; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

Pentecost: Almighty God, through the outpouring of the Holy Spirit, you revealed the way of eternal life to every race and nation: Pour out this gift anew, that by the preaching of the Gospel your salvation may reach to the ends of the earth; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. *Amen*

THANKSGIVINGS

Peter Adam

Monday: Heavenly Father, I praise and thank you for family and friends: [for my spouse], [for my children], for my parents, for all their love, care, generosity, patience and forbearance; for siblings and family; for good friends: for enjoyment, generosity, and love, for times of joy, and burdens shared; for all who have forgiven me, coped with me, worked with me, carried me, and exhorted me; and for all who have prayed for me and encouraged me so faithfully, and for those who continue to do so.

Tuesday: Heavenly Father, I praise and thank you for all who have enriched my life: for your gifts of creation and common grace in them, and for your salvation and transforming grace in believers; for parents, family and friends; for teachers, composers, musicians, authors, artists, architects, builders, craftsmen, farmers, gardeners, doctors and nurses, scientists, those who uphold justice and defend us, those who provide goods and services and all other workers.

Wednesday: Heavenly Father, I praise and thank you for faith in Christ, salvation, forgiveness, assurance, for the Bible, for other believers, for all who have prayed for me, for all who have ministered to me, including personal encouragement and example, preachers, teachers and writers, and for all the saints, past and present, whose lives have enriched me. Thank you for all that has and continues to encourage me to turn to you and trust you day by day.

Thursday: Heavenly Father, I praise and thank you for your gifts in creation: for this world, for food and drink, for your daily provision of life and health; for the beauty of this world, for earth, sky and sea, for music, books, plants, animals, and birds.

Friday: Heavenly Father, I praise and thank you for the privilege of partnership in the gospel: for opportunities to live for Jesus and speak for Jesus in the company of others, to demonstrate the love of Christ to those around me in humble service and for open doors for his word to proclaim him faithfully.

Saturday: Heavenly Father, I thank you for the simple pleasures of daily life: for waking and sleeping: for mind, heart, body and energy; for a bed, a home, for fresh water, for food and drink, for family, neighbours and friends, for plants, trees, flowers, and grasses, for earth, sky and sea, for sunshine, clouds, and rain, for books and music; for past and present homes.

16 THINGS TO PRAY FOR UNBELIEVERS

Tim Challies

1. **Pray that God would give them a heart of flesh.** The Bible contrasts a heart of flesh, a heart that is alive and responsive to God, to a heart of stone, a heart that is cold and unyielding. Pray that God would work within these unbelievers to change their hearts. *“And I will give them one heart, and a new spirit I will put within them. I will remove the heart of stone from their flesh and give them a heart of flesh...”* (Ezekiel 11:19).

2. **Pray that God would put his Spirit within them.** The great joy of salvation is being indwelt by God himself. Pray that God would grant this honour to those unbelievers, that he would choose to take up residence within them. *“And I will put my Spirit within you, and cause you to walk in my statutes and be careful to obey my rules”* (Ezekiel 36:27).

3. **Pray that they would come to Christ.** If unbelievers are to come to salvation, there is just one way. They must come through Christ and Christ alone. *“Jesus said to him, ‘I am the way, and the truth, and the life. No one comes to the Father except through me’”* (John 14:6). Remember, too, that he is the one who calls them to come and to be relieved of the burden of their sin (see Matthew 11:28-30).

4. **Pray that God would open their hearts to believe the gospel.** Once more, God must initiate and people must respond. So pray that God would open the hearts of these unbelievers so they can in turn believe, just as Lydia did. *“The Lord opened her heart to pay attention to what was said by Paul”* (Acts 16:14).

5. **Pray that God would free them from the slavery of sin.** Unbelievers may believe they are free, but they are in fact enslaved. They are slaves to sin, bound by their sin and sinfulness. Pray that God would liberate them by his gospel. *“But thanks be to God, that you who were once slaves of sin have become obedient from the heart to the standard of teaching to which you were committed” (Romans 6:17).*

6. **Pray that God would remove Satan’s blinding influence.** Unbelievers have been blinded by Satan and will only ever be able to see and appreciate the gospel if God works within them. So pray that God would give them sight—spiritual sight. *“In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God” (2 Corinthians 4:4).*

7. **Pray that God would grant them repentance.** Unbelievers cannot repent without the enabling grace of God. So pray that God would grant them repentance, that this repentance would lead them to a knowledge of the truth. Pray as well that they would come to their senses and that they would escape from the devil’s snare. *“God may perhaps grant them repentance leading to a knowledge of the truth, and they may come to their senses and escape from the snare of the devil, after being captured by him to do his will” (2 Timothy 2:25-26).*

8. **Pray that you will develop relationship with them.** For people to be saved they must first hear the good news of the gospel. For them to hear the good news of the gospel, they must first encounter Christians—Christians like you. Pray that you would develop deeper, more significant relationship with them so you can, in turn, speak truth. *“How then will they call on him in whom they have not believed? And how are they to believe in him of whom*

they have never heard? And how are they to hear without someone preaching?" (Romans 10:14).

9. **Pray for opportunities to minister to them.** Many people come to faith after seeing Christ's love displayed through the ministry of Christians. Pray for opportunities to minister to unbelievers so that your ministry can have an evangelistic effect. *"In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven"* (Matthew 5:16).

10. **Pray for them faithfully and persistently.** Our temptation is to grow discouraged in prayer, to pray for a while and, when we see no visible results, to give up. But God calls us to persevere in prayer. *"Continue steadfastly in prayer, being watchful in it with thanksgiving"* (Colossians 4:2). (See also the parable of the persistent widow in Luke 18:1-8.)

11. **Pray for a burden to plead for their souls.** Paul was willing to tell the church at Rome of his great longing to see the salvation of the lost. Do you share this deep longing? Pray that God would give you a great burden for souls. *"Brothers, my heart's desire and prayer to God for them is that they may be saved"* (Romans 10:1).

12. **Pray for boldness in generating and taking opportunities to speak the gospel.** Even Paul longed for this boldness and for the confidence that he was speaking the right and best words. Pray that God would give you the boldness and, that when you take the opportunities, that he would then guide your words. *"[Pray] also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel..."* (Ephesians 6:19).

13. **Pray for them to encounter other believers.** God almost always uses a succession of people to share the gospel with people before they are saved. Pray, then, that God would lead other

Christians into the lives of the unbelievers you love, that they too would provide an example of Christian living and that they too would speak the gospel. *"I planted, Apollos watered, but God gave the growth" (1 Corinthians 3:6).*

14. **Pray that God would use any circumstance to do his work in them.** We pray to a God who is sovereign and who sovereignly works his good will. Often he saves people through difficult circumstances, through bringing them to the very end of themselves. Pray, then, that God would arrange circumstances, whether easy or difficult, to lead them to salvation. *"Before I was afflicted I went astray, but now I keep your word" (Psalm 119:67). As you pray for the unbelievers you love, always pray to God: "your will be done, on earth as it is in heaven" (Matthew 6:10).*

15. **Pray that God would extend his mercy to them.** God assures us that he wishes for all people to turn to him in repentance and faith. He receives no joy from seeing people perish. Pray, then, that God would be glorified in the salvation of these people. *"The Lord is not slow to fulfil his promise as some count slowness, but is patient toward you, not wishing that any should perish, but that all should reach repentance" (2 Peter 3:9).*

16. **Pray with confidence.** Finally, pray with confidence. God expects we will pray, God invites us to pray, God commands us to pray. Why? Because God loves to hear us pray and God loves to respond to our prayers. So as you pray for unbelievers, pray with confidence that God hears your prayers. *"The prayer of a righteous person has great power as it is working" (James 5:16).*

18 THINGS TO PRAY FOR YOUR CHURCH

Jonathan Leeman, The Gospel Coalition

1. That we would have unity amid diversity - loving those with whom we have nothing in common but the gospel.
2. That a culture of discipling would form in which making disciples is viewed as an ordinary part of the Christian life.
3. That faithful elders would use Scripture to equip partners to do the work of ministry.
4. That a hunger for studying the gospel would form among partners so that they can guide and guard one another in it.
5. That transparent, meaningful relationships would become normal and remaining anonymous strange.
6. The preaching of God's Word - that it would be biblically careful and Holy Spirit imbued.
7. That elders would remain above reproach, kept from temptation, complacency, idols, and worldliness.
8. That the church's songs would teach members to biblically confess, lament, and praise.
9. That the church's prayers would be infused with biblical ambitions, honesty, and humility.
10. That adult partners would work to disciple teenagers and not just leave it to programming.
11. That the church's primary teachers grow in dedication to God's Word even when no one's watching.
12. That it would grow in being distinct from the world in love and holiness, even as it engages outsiders.

13. That partners would share the gospel this week - and see more conversions!
14. That partners would be prepared for persecution, remembering to love, not curse, their persecutors.
15. That hopes for societal and political change would be outstretched by the hope of heaven.
16. That giving would be faithful, as well as joyful, consistent, and sacrificial.
17. That more partners would use their careers to take the gospel to places it has never been.
18. That partners would be good and do good in their workplaces this week.

PRAYERS FOR THOSE IN AUTHORITY

1. **Pray that they would have wisdom.** This was Solomon's prayer as he ruled the nation of Israel – that he would have “an understanding mind to govern the people” (1 Kings 3:9). Pray that our leaders would have wisdom to know right and the strength to do it.

2. **Pray that they would have discernment.** This is the ability to know right from wrong; to know God's leading as opposed to the leading of the enemy (1 Kings 3:9). Pray that God would protect them from lies and deception.

3. **Pray that they would be instruments of God.** This was Paul's instruction in Romans 13:4; that rulers, authorities, and governing bodies were actually “servants of God”. Pray that our leaders would lead a society marked by tranquility, godliness, and dignity (1 Timothy 2:2).

4. **Pray for the appointment of such people.** If it is God's will that our society be marked by peace, dignity, and righteousness, we must pray for people who support this to be elected or appointed. Pray for God to raise these people up, and for our nation to embrace those who will promote honour, righteousness, and justice.

5. **Pray for God's will to be done.** Jesus, in his instructional prayer to the disciples, said, “Your Kingdom come, Your will be done, on earth as it is in heaven” (Matthew 6:10). God's governing and ruling will flows from heaven to earth. He is in complete control.

PRAYERS FOR GODLINESS

Tim Challies (from 1 Timothy 3:2-7, Titus 1:6-9)

Above Reproach: I pray that I would have an unquestionable character; that I would maintain a credible reputation and be an example worthy of following; that my life would be so consistent that there are no opportunities for blame or disgrace to be attached to it; that I would walk in blamelessness before you and my neighbour. Make my conduct match my profession, so that my life does not display even a trace of hypocrisy; that when I sin I would be quick to seek your forgiveness and the forgiveness of those I sinned against; that through the power of the Holy Spirit I would identify, battle, and kill sin wherever it exists in my life.

Sober-Minded: I pray that I would be well-balanced, moderate, and free from excesses in my ideas and convictions; that I would be watchful, observant and thoughtful about what goes on around me; that I would not be the kind of person who misses what is crucial while focusing on what is of little importance.

Self-Controlled: I pray that I would be a sound, reasonable thinker; that the pride in me would be tempered by a sobering awareness of sin and personal frailty; that I would demonstrate a thoughtful restraint and modesty in all areas of my life.

Respectable: I pray that my life would be disciplined and orderly rather than slipshod, scattered, or disorganised; that I would be responsible, completing all my tasks and finishing what I begin; that I would be wise and level-headed in all my dealings; that I would practice prudence, recognising and applying biblical principles when making decisions; that I would display a sanctified common sense; that there would be an appropriate kind of dignity about me.

Hospitable: I pray that I would be warm, friendly, and welcoming; that I would open my home to friends and strangers alike; that you would fill me with your Spirit so that my life bears fruit through good deeds that benefit others; that I would hold loosely to all you have given me and know that my home, my food, my time, and everything else belong to you. Help me faithfully steward all of them; that my motivation in hospitality would be to glorify you by showing others your perfect love. Please give me great joy and freedom in hospitality.

Temperate: I pray that you would deepen my convictions about alcohol so that I can partake (or abstain) with freedom and confidence. Help me to never violate my conscience, never unfairly pass judgment on others, and never flaunt my freedom; that you would make me more like Christ, who was around alcohol and those who consumed it but never overindulged and always obeyed the Father; that I would be able to enjoy your gifts without becoming enslaved to them. I pray that you would give me victory over all drunkenness, indulgence, and addiction. I pray that you would help me to never relax my guard but always be vigilant.

Upright: I pray that I would be equitable in my decisions and counsel; that I would be fair in all my dealings; that I would treat all people equally; that I would not overlook those who are unlike me or who are easily missed.

Eager to See the Good: I pray that I would take delight in whatever delights God; that I would willingly avoid whatever has an evil influence over me or those I care for; that I would not be known only for the evils I am against but also for the good I am for.

Gentle: I pray that you would make me more like Christ, so that I may be gentle just like he is gentle; that I would regularly consider all the ways you have been so patient and gentle with me; that I

would not be pugnacious, combative, or prone to lash out at others; that I would be approachable even to people who disagree with me or who wish to confront me; that I would be kind and patient in dealing with others; that I would be sensitive to the feelings of others so my words and actions reflect tenderness and promote healing.

Peacemaking: I pray that I would not be contentious or eager for a fight; that I would always seek to make peace with others; that I would be quick to apologise to those I've offended and quick to overlook offences committed against me; that I would eagerly and joyfully cooperate with others rather than being quarrelsome or competitive; that I would not be easily drawn into arguments or into playing devil's advocate.

Not a Lover of Money: I pray that I would not make material possessions the ambition of my life; that I would refuse to pursue financial gain above eternal things, preferring to store up treasure in heaven than on earth; that I would not sacrifice my family or my spiritual health on the "altar" of my job; that I would not be greedy or covetous, but instead be generous and quick to give to those in need; that I would give a generous portion of my income to the church and rejoice when doing so.

Humble: I pray that I would be flexible in dealing with people and with ideas not clearly revealed in Scripture; that I would not be stubborn and insistent on getting my own way in matters of wisdom or personal preference; that I would not be so wrapped up in my own ideas that I become insensitive to the thoughts and feelings of others; that you would expose the blind spots in my life and give me grace to turn from my sin; that I would not be so headstrong that I run over other people or fail to hear their wisdom and

opinions; that I would put others first so that I do not think of myself more highly than I ought to think.

Reputation: I pray that I would be known by people outside the church and that they would respect me for my godly conduct and consistency of life; that I would have good reputation with neighbours, relatives, and colleagues; that I would be submissive to authority in the church, at work, and in government; that my name would be without blemish in my community; that I would be a model of good works at home, at work, and in my neighbourhood so that by doing good to others God will be glorified.

Conviction: I pray that the Scriptures would be my standard for living; that I would have an obvious desire to be like Jesus Christ; that I would constantly and obviously battle against sin and seek to please God; that I would have control over my passions and emotions.

Growth: I pray that I would show continual growth in my character and conduct; that I would resist temptation and endure tests to prove my faith is genuine; that I would grow in my knowledge of the Scriptures and their application to my life; that I would not allow any kind of prominence or position to incite pride within me; that I would carefully seek out blind spots in my life to ensure I am not overlooking any area of remaining sin.

Faithful in marriage/singleness: I pray that you would purify my heart so that the sin of adultery - expressed even in lustful thoughts and glances - would lose all of its power over me (Matthew 5:27–30); that I would be appropriately discreet in my relationships with members of the opposite sex and that I would never be flirtatious, promiscuous, or involved in any questionable relationship; [that I would be exemplary in love and faithfulness to my spouse; that I would be devoted to my spouse, nurturing and cherishing them].