

# Prayer During the Day

## Contents

- 20 Introduction
- 21 Structure
- 22 Notes
- 24 Psalm Tables for Psalm 119 and  
Psalms 121–131, 133 (the Psalms of Ascent)
- 25 **Prayer During the Day**
  - Sunday **25**
  - Monday **29**
  - Tuesday **33**
  - Wednesday **37**
  - Thursday **41**
  - Friday **45**
  - Saturday **49**
  
  - Advent **53**
  - Christmas Season **58**
  - Epiphany Season **62**
  - Lent **66**
  - Passiontide **71**
  - Easter Season **76**
  - From Ascension Day until the Day of Pentecost **81**
  - From All Saints' Day until the day before the First Sunday  
of Advent **86**

# Prayer During the Day

## ¶ Introduction

Prayer During the Day provides material for a number of patterns of prayer.

- ¶ It provides a framework for a daily Quiet Time and Bible study – an Office of Readings.
- ¶ It is a single order for those who wish to be united with the Church's daily corporate offering of prayer.
- ¶ It is a simple order for use during the day, with Night Prayer as a simple evening office.
- ¶ It is Midday Prayer for those who wish to supplement the saying of Morning and Evening Prayer.
- ¶ It is a model for prayer at the third, sixth and ninth hours – traditionally called Terce, Sext and None – as used by some religious communities and their associates.

## Using Prayer During the Day – a variety of patterns

Many people have evolved a daily Quiet Time, for reading Scripture and for praying. With this in mind, Prayer During the Day is offered as a framework for personal devotion; it follows a pattern which would be shared with others. In this way Christians can be united in their worship by making use of common lectionary resources and the overall shape of the Church's year.

Some will use Prayer During the Day as their sole act of prayer and praise. Others will use both Prayer During the Day and Night Prayer in a simple pattern of prayer at the beginning and end of the day.

There will be those who wish to say the offices of Morning and Evening Prayer each day but without lengthy readings. They will be looking to what is sometimes called the 'city' or 'cathedral' model of office – prayer and praise – rather than to what is sometimes called

the 'desert' or 'monastic' model of office – reading and meditation. For those who use Morning and Evening Prayer to focus on prayer and praise, Prayer During the Day will become a time for a greater concentration on Bible reading and meditation – an Office of Readings.

Others will use Morning and Evening Prayer with full Bible readings. Prayer During the Day will then become Midday Prayer, perhaps using the short Bible readings printed in the text of the service.

All of these patterns are variations on a common theme – praying the Bible together. A church in which people pray the Bible together becomes a church which is equipped for proclamation and service. It is in this hope that Prayer During the Day is offered as a simple starting point for common daily prayer. It is advisable, once choices have been made, to use them consistently for at least four weeks before any change is made.

## Prayer During the Day

### Structure

- † **Preparation**  
Opening responses, or another introduction. A Form of Penitence may be used here or in the Prayers.
- † **Praise**  
Either the printed text or another acclamation, hymn or song
- † **The Word of God**  
A psalm, and one or more Bible readings
- † **Response**  
The printed text, or a less formal response
- † **Prayers**  
Intercessions, a Collect and the Lord's Prayer
- † **The Conclusion**  
A closing prayer, dismissal, blessing, or other ending

## ¶ Notes to Prayer During the Day

A pattern for Prayer During the Day is provided for each day of the week. This may be used on that day of the week at any time of year. In addition there is a form of Prayer During the Day for each of the seasons of the Church's year. This may be used throughout the season or at certain high points: for example, the Easter form might be used on Easter Day, or for the first week of Eastertide, or throughout Eastertide.

### 1 Preparation

A versicle and response is the conventional opening for a short order of prayer of this kind. Alternatively people may like to begin by quietly meditating on a verse of scripture.

A Form of Penitence (pages 91–97) may be used here or in the Prayers.

### 2 Praise

Praise may include a hymn, song, canticle, extempore praise or the text provided. *Hymns for Prayer and Praise*, the *New English Hymnal* and other collections contain 'office hymns' which may be used here.

### 3 Psalmody

At least one psalm should be included on each occasion.

A daily or seasonal psalm and a four-week cycle are provided. Two tables making use of Psalm 119 (the great psalm of contemplation on God's word) and Psalms 121–131 and 133 (the Psalms of Ascent, used by pilgrims on the way up to Jerusalem) on a weekly, fortnightly and monthly pattern are also provided. These are especially appropriate when Prayer During the Day is being used alongside the other offices. Alternatively, part of the psalm provision for Morning or Evening Prayer in the *Common Worship Weekday Lectionary* may be used, or any section of Psalm 119 may be chosen.

### 4 Readings

One of the following is used:

- ¶ The short reading printed in the order.
- ¶ On weekdays one or more of the readings appointed for Morning or Evening Prayer or Holy Communion in the *Common Worship Weekday Lectionary*.

¶ On Sundays and Principal Holy Days, one or both of the readings appointed for the Third Service are used (if not used at another service that day).

Personal or corporate Bible study might also take place at this point.

## 5 Response

A versicle and response are provided for use after the reading. Other appropriate responses include silence, group discussion, responsive prayer and singing.

## 6 Prayers

The Prayers may include a litany, extempore prayer, or a pattern of intercessions. Forms of intercession are provided on pages 366–399. A General Thanksgiving (page 405) may also be used. This section should also include the Lord's Prayer and the prayer provided in the text, the Collect of the day, or some other prayer.

## 7 The Conclusion

The office concludes with a dismissal, a closing prayer, the Peace

The peace of the Lord be always with you

*All* **and also with you.**

*These words may be added*

Let us offer one another a sign of peace,  
God's seal on our prayers.

or another ending.

## ¶ Psalm Tables for Psalm 119 and Psalms 121–131, 133 (the Psalms of Ascent)

### Over a calendar month

Day 1	119.1-8
Day 2	119.9-16
Day 3	119.17-24
Day 4	119.25-32
Day 5	119.33-40
Day 6	119.41-48
Day 7	119.49-56
Day 8	119.57-64
Day 9	119.65-72
Day 10	119.73-80
Day 11	119.81-88
Day 12	119.89-96
Day 13	119.97-104
Day 14	119.105-112
Day 15	119.113-120
Day 16	119.121-128
Day 17	119.129-136
Day 18	119.137-144
Day 19	119.145-152
Day 20	119.153-160
Day 21	119.161-168
Day 22	119.169-end
Day 23	121, 122
Day 24	123, 124
Day 25	125, 126
Day 26	127
Day 27	128
Day 28	129
Day 29	130
Day 30	131
Day 31	133

### Over a week or a fortnight

*Psalm 119 and the Psalms of Ascent  
may be used over a fortnight as follows:*

Sunday	119.1-32
Monday	119.33-56
Tuesday	119.57-80
Wednesday	119.81-104
Thursday	119.105-128
Friday	119.129-152
Saturday	119.153-end
Sunday	121, 122
Monday	123, 124
Tuesday	125, 126
Wednesday	127
Thursday	128
Friday	129, 130
Saturday	131, 133

*Alternatively, Psalm 119 and the  
Psalms of Ascent may be used,  
together or alone, on a weekly cycle.*

## Prayer During the Day on Sunday

### Preparation

O God, make speed to save us.

*All* **O Lord, make haste to help us.**

My heart tells of your word, 'Seek my face.'

*All* **Your face, Lord, will I seek.**

*Psalm 27.10*

### Praise

*A hymn, song, canticle, extempore praise or*

We praise you, O God,  
we acclaim you as the 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.

*from Te Deum Laudamus*

# The Word of God

## Psalmody

*On any Sunday* Psalm 19

(or)

*Week 1* Psalm 20

*Week 3* Psalm 115.1-13

*Week 2* Psalm 34

*Week 4* Psalm 116

*When Morning and Evening Prayer are also celebrated, one of the cycles on page 24 may be followed here.*

*Each psalm or group of psalms may end with*

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

## Short readings

### *Week One*

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, 'Let there be light'; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

*Genesis 1.1-5*

### *Week Two*

If anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself.

*2 Corinthians 5.17-19a*

### *Week Three*

The man went away and told the Jews that it was Jesus who had made him well. Therefore the Jews started persecuting Jesus, because he was doing such things on the sabbath. But Jesus answered them, 'My Father is still working, and I also am working.' For this reason the Jews were seeking all the more to kill him, because he was not only breaking the sabbath, but was also calling God his own Father, thereby making himself equal to God.

*John 5.15-18*

### *Week Four*

I, John, saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, 'See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.'

*Revelation 21.1-4*

### *Or, on any Sunday*

Wisdom says, 'I was beside him, like a master worker; and I was daily his delight, rejoicing before him always, rejoicing in his inhabited world and delighting in the human race.'

*Proverbs 8.30,31*

## **Response**

*Silence, study, song, or words from Scripture, such as*

Jesus said, I am the living bread that came down from heaven.

**All** **Whoever eats of this bread will live for ever.** *John 6.51a*

## Prayers

*Prayers may include these concerns:*

- ¶ *The universal Church*
- ¶ *Bishops, synods and all who lead the Church*
- ¶ *The leaders of the nations*
- ¶ *The natural world and the resources of the earth*
- ¶ *All who are in any kind of need*

*Forms of prayer can be found on pages 366–409.*

*The Collect of the day or the following prayer is said*

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.

*All* **Amen.**

*from St Patrick's Breastplate*

*The Lord's Prayer is said.*

## The Conclusion

May God who made both heaven and earth bless us.

*All* **Amen.**

## *Prayer During the Day on Monday*

### Preparation

○ God, make speed to save us.

*All* ○ **Lord, make haste to help us.**

Let the words of my mouth and the meditation of my heart

*All* **be acceptable in your sight, O Lord,  
my strength and my redeemer.**

*Psalm 19.14*

### Praise

*A hymn, song, canticle, extempore praise or*

I bind unto myself today  
the strong name of the Trinity,  
by invocation of the same,  
the Three in One, and One in Three.  
Of whom all nature hath creation;  
eternal Father, Spirit, Word:  
Praise to the Lord of my salvation,  
salvation is of Christ the Lord.

*from St Patrick's Breastplate*

# The Word of God

## Psalmody

*On any Monday* Psalm 126

(or)

*Week 1* Psalm 49

*Week 3* Psalm 104.26-end

*Week 2* Psalm 65

*Week 4* Psalm 50.1-15

*When Morning and Evening Prayer are also celebrated, one of the cycles on page 24 may be followed here.*

*Each psalm or group of psalms may end with*

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

## Short readings

### *Week One*

The Lord called me before I was born, while I was in my mother's womb he named me. He made my mouth like a sharp sword, in the shadow of his hand he hid me; he made me a polished arrow, in his quiver he hid me away. And he said to me, 'You are my servant, Israel, in whom I will be glorified.' But I said, 'I have laboured in vain, I have spent my strength for nothing and vanity; yet surely my cause is with the Lord, and my reward with my God.' *Isaiah 49.1b-4*

### *Week Two*

Do not be wise in your own eyes; fear the Lord, and turn away from evil. It will be a healing for your flesh and a refreshment for your body. Honour the Lord with your substance and with the first fruits of all your produce; then your barns will be filled with plenty, and your vats will be bursting with wine. My child, do not despise the Lord's discipline or be weary of his reproof, for the Lord reproves the one he loves, as a father the son in whom he delights.

*Proverbs 3.7-12*

### *Week Three*

Jesus said, 'The kingdom of God is as if someone would scatter seed on the ground, and would sleep and rise night and day, and the seed would sprout and grow, he does not know how. The earth produces of itself, first the stalk, then the head, then the full grain in the head. But when the grain is ripe, at once he goes in with his sickle, because the harvest has come.'

*Mark 4.26-29*

### *Week Four*

After a long time the master of those slaves came and settled accounts with them. Then the one who had received the five talents came forward, bringing five more talents, saying, 'Master, you handed over to me five talents; see, I have made five more talents.' His master said to him, 'Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.'

*Matthew 25.19-21*

### *Or, on any Monday*

Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.'

*Matthew 11.28*

## **Response**

*Silence, study, song, or words from Scripture, such as*

Jesus said, I am the true vine.

**All My Father is glorified by this, that you bear much fruit.**

*John 15.1a,8*

## Prayers

*Prayers may include these concerns:*

- ¶ *The media and the arts*
- ¶ *Farming and fishing*
- ¶ *Commerce and industry*
- ¶ *Those whose work is unfulfilling, stressful or fraught with danger*
- ¶ *All who are unemployed*

*Forms of prayer can be found on pages 366–409.*

*The Collect of the day or the following prayer is said*

Eternal light, shine into our hearts,  
eternal goodness, deliver us from evil,  
eternal power, be our support,  
eternal wisdom, scatter the darkness of our ignorance,  
eternal pity, have mercy upon us;  
that with all our heart and mind and soul and strength  
we may seek your face and be brought by your infinite mercy  
to your holy presence;  
through Jesus Christ our Lord.

*All* **Amen.**

*Alcuin of York (804)*

*The Lord's Prayer is said.*

## The Conclusion

May God bless the work of our hands.

*All* **Amen.**

## ¶ Prayer During the Day on Tuesday

### Preparation

○ God, make speed to save us.

*All* ○ **Lord, make haste to help us.**

To you, O Lord, I lift up my soul.

*All* ○ **my God, in you I trust.**

*Psalm 25.1a*

### Praise

*A hymn, song, canticle, extempore praise or*

I am giving you worship with all my life,  
I am giving you obedience with all my power,  
I am giving you praise with all my strength,  
I am giving you honour with all my speech.

I am giving you love with all my heart,  
I am giving you affection with all my sense,  
I am giving you my being with all my mind,  
I am giving you my soul, O most high and holy God.

Praise to the Father,  
Praise to the Son,  
Praise to the Spirit,  
The Three in One.

*adapted from Alexander Carmichael,  
Carmina Gadelica (1900)*

# The Word of God

## Psalmody

*On any Tuesday* Psalm 17.1-8

(or)

*Week 1* Psalm 16                      *Week 3* Psalm 36

*Week 2* Psalm 25                      *Week 4* Psalm 39

*When Morning and Evening Prayer are also celebrated, one of the cycles on page 24 may be followed here.*

*Each psalm or group of psalms may end with*

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

## Short readings

### *Week One*

If you will only obey the Lord your God, by diligently observing all his commandments that I am commanding you today, the Lord your God will set you high above all the nations of the earth; all these blessings shall come upon you and overtake you, if you obey the Lord your God: Blessed shall you be in the city, and blessed shall you be in the field. Blessed shall be the fruit of your womb, the fruit of your ground, and the fruit of your livestock, both the increase of your cattle and the issue of your flock. Blessed shall be your basket and your kneading-bowl. Blessed shall you be when you come in, and blessed shall you be when you go out.                      *Deuteronomy 28.1-6*

### Week Two

They shall see the glory of the Lord, the majesty of our God. Strengthen the weak hands, and make firm the feeble knees. Say to those who are of a fearful heart, 'Be strong, do not fear! Here is your God. He will come with vengeance, with terrible recompense. He will come and save you.' Then the eyes of the blind shall be opened, and the ears of the deaf unstopped; then the lame shall leap like a deer, and the tongue of the speechless sing for joy. For waters shall break forth in the wilderness, and streams in the desert.

*Isaiah 35.2c-6*

### Week Three

As Jesus walked along, he saw a man blind from birth. His disciples asked him, 'Rabbi, who sinned, this man or his parents, that he was born blind?' Jesus answered, 'Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world.'

*John 9.1-5*

### Week Four

Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city. On either side of the river is the tree of life with its twelve kinds of fruit, producing its fruit each month; and the leaves of the tree are for the healing of the nations.

*Revelation 22.1,2*

### Or, on any Tuesday

Great crowds came to Jesus, bringing with them the lame, the maimed, the blind, the mute, and many others. They put them at his feet, and he cured them.

*Matthew 15.30*

## Response

*Silence, study, song, or words from Scripture, such as*

Jesus said, I am the light of the world.

**All** **Whoever follows me will have the light of life.**

*John 8.12*

## Prayers

*Prayers may include these concerns:*

- ¶ *All who are sick in body, mind or spirit*
- ¶ *Those in the midst of famine or disaster*
- ¶ *Victims of abuse and violence, intolerance and prejudice*
- ¶ *Those who are bereaved*
- ¶ *All who work in the medical and healing professions*

*Forms of prayer can be found on pages 366–409.*

*The Collect of the day or the following prayer is said*

Eternal God,  
the light of the minds that know you,  
the joy of the hearts that love you,  
and the strength of the wills that serve you:  
grant us so to know you  
that we may truly love you,  
so to love you that we may truly serve you,  
whose service is perfect freedom;  
through Jesus Christ our Lord.

*All* **Amen.**

*after Augustine of Hippo (430)*

*The Lord's Prayer is said.*

## The Conclusion

May Christ our redeemer bring us healing and wholeness.

*All* **Amen.**

## Prayer During the Day on Wednesday

### Preparation

○ God, make speed to save us.

*All* ○ **Lord, make haste to help us.**

Make me to know your ways, ○ Lord,

*All* **and teach me your paths.**

*Psalm 25.3*

### Praise

*A hymn, song, canticle, extempore praise or*

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.

*from Te Deum Laudamus*

# The Word of God

## Psalmody

*On any Wednesday* Psalm 48

(or)

<i>Week 1</i>	Psalm 2	<i>Week 3</i>	Psalm 45
<i>Week 2</i>	Psalm 44	<i>Week 4</i>	Psalm 72.1-8

*When Morning and Evening Prayer are also celebrated, one of the cycles on page 24 may be followed here.*

*Each psalm or group of psalms may end with*

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

## Short readings

### *Week One*

The spirit of the Lord God is upon me, because the Lord has anointed me; he has sent me to bring good news to the oppressed, to bind up the broken-hearted, to proclaim liberty to the captives, and release to the prisoners; to proclaim the year of the Lord's favour, and the day of vengeance of our God; to comfort all who mourn; to provide for those who mourn in Zion – to give them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a faint spirit. *Isaiah 61.1-3a*

### Week Two

In days to come the mountain of the Lord's house shall be established as the highest of the mountains, and shall be raised up above the hills. Peoples shall stream to it, and many nations shall come and say: 'Come, let us go up to the mountain of the Lord, to the house of the God of Jacob; that he may teach us his ways and that we may walk in his paths.' For out of Zion shall go forth instruction, and the word of the Lord from Jerusalem. He shall judge between many peoples, and shall arbitrate between strong nations far away; they shall beat their swords into ploughshares, and their spears into pruning-hooks; nation shall not lift up sword against nation, neither shall they learn war any more; but they shall all sit under their own vines and under their own fig trees, and no one shall make them afraid.

*Micah 4.1-4a*

### Week Three

Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, 'The harvest is plentiful, but the labourers are few; therefore ask the Lord of the harvest to send out labourers into his harvest.'

*Matthew 9.35-end*

### Week Four

Pilate entered the headquarters again, summoned Jesus, and asked him, 'Are you the King of the Jews?' Jesus answered, 'My kingdom is not from this world. If my kingdom were from this world, my followers would be fighting to keep me from being handed over to the Jews. But as it is, my kingdom is not from here.' Pilate asked him, 'So you are a king?' Jesus answered, 'You say that I am a king. For this I was born, and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice.' Pilate asked him, 'What is truth?'

*John 18.33,36-38*

### Or, on any Wednesday

The earth will be filled with the knowledge of the glory of the Lord, as the waters cover the sea.

*Habakkuk 2.14*

## Response

*Silence, study, song, or words from Scripture, such as*

Jesus said, I am the way, and the truth, and the life.

**All** **No one comes to the Father except through me.** *John 14.6*

## Prayers

*Prayers may include these concerns:*

- ¶ *The social services*
- ¶ *All who work in the criminal justice system*
- ¶ *Victims and perpetrators of crime*
- ¶ *The work of aid agencies throughout the world*
- ¶ *Those living in poverty or under oppression*

*Forms of prayer can be found on pages 366–409.*

*The Collect of the day or the following prayer is said*

O Lord our God,  
grant us grace to desire you with our whole heart;  
that so desiring, we may seek and find you;  
and so finding, may love you;  
and so loving, may hate those sins from which  
you have delivered us;  
through Jesus Christ our Lord.

**All** **Amen.** *Anselm (1109)*

*The Lord's Prayer is said.*

## The Conclusion

May God grant to the world justice, truth and peace.

**All** **Amen.**

## ¶ Prayer During the Day on Thursday

### Preparation

O God, make speed to save us.

*All* **O Lord, make haste to help us.**

Teach me to do what pleases you, for you are my God;

*All* **let your kindly spirit lead me on a level path.** *Psalm 143.10*

### Praise

*A hymn, song, canticle, extempore praise or*

Come, my Way, my Truth, my Life:

Such a Way, as gives us breath:

Such a Truth, as ends all strife:

And such a Life, as killeth death.

Come, my Light, my Feast, my Strength:

Such a Light, as shows a Feast:

Such a Feast, as mends in length:

Such a Strength, as makes his guest.

Come, my Joy, my Love, my Heart:

Such a Joy, as none can move:

Such a Love, as none can part:

Such a Heart, as joys in Love.

*George Herbert (1633)*

# The Word of God

## Psalmody

*On any Thursday* Psalm 133

(or)

*Week 1* Psalm 81

*Week 3* Psalm 101

*Week 2* Psalm 90

*Week 4* Psalm 107.1-16

*When Morning and Evening Prayer are also celebrated, one of the cycles on page 24 may be followed here.*

*Each psalm or group of psalms may end with*

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

## Short readings

### *Week One*

If there is among you anyone in need, a member of your community in any of your towns within the land that the Lord your God is giving you, do not be hard-hearted or tight-fisted towards your needy neighbour. You should rather open your hand, willingly lending enough to meet the need, whatever it may be. Give liberally and be ungrudging when you do so, for on this account the Lord your God will bless you in all your work and in all that you undertake. Since there will never cease to be some in need on the earth, I therefore command you, 'Open your hand to the poor and needy neighbour in your land.'

*Deuteronomy 15.7,8,10,11*

### *Week Two*

Do not fear, for I am with you; I will bring your offspring from the east, and from the west I will gather you; I will say to the north, 'Give them up', and to the south, 'Do not withhold; bring my sons from far away and my daughters from the end of the earth – everyone who is called by my name, whom I created for my glory, whom I formed and made.'

*Isaiah 43.5-7*

### *Week Three*

You are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvellous light. Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy.

*1 Peter 2.9,10*

### *Week Four*

As you have sent me into the world, so I have sent them into the world. And for their sakes I sanctify myself, so that they also may be sanctified in truth. I ask not only on behalf of these, but also on behalf of those who will believe in me through their word, that they may all be one. As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me. The glory that you have given me I have given them, so that they may be one, as we are one, I in them and you in me, that they may become completely one, so that the world may know that you have sent me and have loved them even as you have loved me.

*John 17.18-23*

### *Or, on any Thursday*

Just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body.

*1 Corinthians 12.12,13a*

## **Response**

*Silence, study, song, or words from Scripture, such as*

Jesus said, I am the gate for the sheep.

**All I came that they may have life, and have it abundantly.**

*John 10.7,10b*

## Prayers

*Prayers may include these concerns:*

- ¶ *Local government, community leaders*
- ¶ *All who provide local services*
- ¶ *Those who work with young or elderly people*
- ¶ *Schools, colleges and universities*
- ¶ *Emergency and rescue organizations*

*Forms of prayer can be found on pages 366–409.*

*The Collect of the day or the following prayer is said*

O gracious and holy Father,  
give us wisdom to perceive you,  
diligence to seek you,  
patience to wait for you,  
eyes to behold you,  
a heart to meditate upon you,  
and a life to proclaim you,  
through the power of the Spirit  
of Jesus Christ our Lord.

*All* **Amen.**

*Benedict of Nursia (c.550)*

*The Lord's Prayer is said.*

## The Conclusion

May God kindle in us the fire of love.

*All* **Amen.**

## *Prayer During the Day on Friday*

### Preparation

O God, make speed to save us.

*All* **O Lord, make haste to help us.**

Make me a clean heart, O God,

*All* **and renew a right spirit within me.**

*Psalm 51.11*

### Praise

*A hymn, song, canticle, extempore praise or*

Jesus, Saviour of the world,  
come to us in your mercy:  
we look to you to save and help us.

By your cross and your life laid down,  
you set your people free:  
we look to you to save and help us.

When they were ready to perish, you saved your disciples:  
we look to you to come to our help.

In the greatness of your mercy, loose us from our chains,  
forgive the sins of all your people.

Make yourself known as our Saviour and mighty deliverer;  
save us and help us that we may praise you.

Come now and dwell with us, Lord Christ Jesus:  
hear our prayer and be with us always.

And when you come in your glory:  
make us to be one with you  
and to share the life of your kingdom.

# The Word of God

## Psalmody

*On any Friday* Psalm 23

(or)

*Week 1* Psalm 112      *Week 3* Psalm 123

*Week 2* Psalm 120      *Week 4* Psalm 124

*When Morning and Evening Prayer are also celebrated, one of the cycles on page 24 may be followed here.*

*Each psalm or group of psalms may end with*

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

## Short readings

### *Week One*

When I shut up the heavens so that there is no rain, or command the locust to devour the land, or send pestilence among my people, if my people who are called by my name humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

*2 Chronicles 7.13, 14*

### Week Two

Thus says the high and lofty one who inhabits eternity, whose name is Holy: I dwell in the high and holy place, and also with those who are contrite and humble in spirit, to revive the spirit of the humble, and to revive the heart of the contrite. For I will not continually accuse, nor will I always be angry; for then the spirits would grow faint before me, even the souls that I have made. Because of their wicked covetousness I was angry; I struck them, I hid and was angry; but they kept turning back to their own ways. I have seen their ways, but I will heal them; I will lead them and repay them with comfort, creating for their mourners the fruit of the lips. Peace, peace, to the far and the near, says the Lord; and I will heal them. *Isaiah 57.15-19*

### Week Three

Now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, so that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father.

*Ephesians 2.13-18*

### Week Four

Jesus said to the disciples, 'The Son of Man must undergo great suffering, and be rejected by the elders, chief priests, and scribes, and be killed, and on the third day be raised.' Then he said to them all, 'If any want to become my followers, let them deny themselves and take up their cross daily and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will save it. What does it profit them if they gain the whole world, but lose or forfeit themselves?'

*Luke 9.22-25*

### Or, on any Friday

Jesus said, 'Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you.' *Luke 6.27b,28*

## Response

*Silence, study, song, or words from Scripture, such as*

Jesus said, I am the good shepherd.

**All** **The good shepherd lays down his life for the sheep.**

*John 10.11*

## Prayers

*Prayers may include these concerns:*

¶ *The Queen, members of parliament and the armed forces*

¶ *Peace and justice in the world*

¶ *Those who work for reconciliation*

¶ *All whose lives are devastated by war and civil strife*

¶ *Prisoners, refugees and homeless people*

*Forms of prayer can be found on pages 366–409.*

*The Collect of the day or the following prayer is said*

Lord Jesus Christ, we thank you  
for all the benefits that you have won for us,  
for all the pains and insults that you have borne for us.  
Most merciful redeemer,  
friend and brother,  
may we know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day.

**All** **Amen.**

*after Richard of Chichester (1253)*

*The Lord's Prayer is said.*

## The Conclusion

May Christ our Saviour give us peace.

**All** **Amen.**

## ¶ Prayer During the Day on Saturday

### Preparation

O God, make speed to save us.

**All** O Lord, make haste to help us.

Your love, O Lord, reaches to the heavens

**All** and your faithfulness to the clouds.

*Psalm 36.5*

### Praise

*A hymn, song, canticle, extempore praise or*

What shall I give you, Lord, in return for all your kindness?

Glory to you for your love.

Glory to you for your patience.

Glory to you for forgiving us all our sins.

Glory to you for coming to save our souls.

Glory to you for your incarnation in the virgin's womb.

Glory to you for your bonds.

Glory to you for receiving the cut of the lash.

Glory to you for accepting mockery.

Glory to you for your crucifixion.

Glory to you for your burial.

Glory to you for your resurrection.

Glory to you that you were preached to all.

Glory to you in whom they believed.

*Ephrem the Syrian (373)*

# The Word of God

## Psalmody

*On any Saturday* Psalm 63.1-8

(or)

*Week 1* Psalm 130      *Week 3* Psalm 138

*Week 2* Psalm 131      *Week 4* Psalm 139

*When Morning and Evening Prayer are also celebrated, one of the cycles on page 24 may be followed here.*

*Each psalm or group of psalms may end with*

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

## Short readings

### *Week One*

The wolf shall live with the lamb, the leopard shall lie down with the kid, the calf and the lion and the fatling together, and a little child shall lead them. The cow and the bear shall graze, their young shall lie down together; and the lion shall eat straw like the ox. The nursing child shall play over the hole of the asp, and the weaned child shall put its hand on the adder's den. They will not hurt or destroy on all my holy mountain; for the earth will be full of the knowledge of the Lord as the waters cover the sea.      *Isaiah 11.6-9*

### Week Two

For this reason I bow my knees before the Father, from whom every family in heaven and earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

*Ephesians 3.14-19*

### Week Three

When Jesus arrived, he found that Lazarus had already been in the tomb for four days. Now Bethany was near Jerusalem, some two miles away, and many of the Jews had come to Martha and Mary to console them about their brother. When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. Martha said to Jesus, 'Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of him.' Jesus said to her, 'Your brother will rise again.' Martha said to him, 'I know that he will rise again in the resurrection on the last day.' Jesus said to her, 'I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die.'

*John 11.17-26a*

### Week Four

When the Lamb had taken the scroll, the four living creatures and the twenty-four elders fell before the Lamb, each holding a harp and golden bowls full of incense, which are the prayers of the saints. They sing a new song: 'You are worthy to take the scroll and to open its seals, for you were slaughtered and by your blood you ransomed for God saints from every tribe and language and people and nation; you have made them to be a kingdom and priests serving our God, and they will reign on earth.'

*Revelation 5.8-10*

### Or, on any Saturday

We look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal.

*2 Corinthians 4.18*

## Response

*Silence, study, song, or words from Scripture, such as*

Jesus said, I am the resurrection and the life.

**All** **Those who believe in me will never die.**

*cf John 11.25,26*

## Prayers

*Prayers may include these concerns:*

¶ *Our homes, families, friends and all whom we love*

¶ *Those whose time is spent caring for others*

¶ *Those who are close to death*

¶ *Those who have lost hope*

¶ *The worship of the Church*

*Forms of prayer can be found on pages 366–409.*

*The Collect of the day or the following prayer is said*

God be in my head, and in my understanding;

God be in my eyes, and in my looking;

God be in my mouth, and in my speaking;

God be in my heart, and in my thinking;

God be at mine end, and at my departing.

**All** **Amen.**

*Sarum Primer*

*The Lord's Prayer is said.*

## The Conclusion

May Christ dwell in our hearts by faith.

**All** **Amen.**

# ¶ Prayer During the Day Advent

## Preparation

O God, make speed to save us.

**All** O Lord, make haste to help us.

Your words have I hidden within my heart,

**All** that I should not sin against you.

*Psalm 119.11*

## Praise

*A hymn, song, canticle, extempore praise or*

Saviour eternal,  
life of the world unending,  
light everlasting  
and our true redemption.

Taking our humanity  
in your loving freedom,  
you rescued our lost earth  
and filled the world with joy.

By your first advent justify us,  
by your second, set us free:  
that when the great light dawns  
and you come as judge of all,  
we may be robed in immortality  
and ready, Lord, to follow  
in your footsteps blest, wherever they may lead.

*Salus Aeterna*

# The Word of God

## Psalmody

*On any day* Psalm 80.1-8

(or)

<i>Sunday</i>	Psalm 82	<i>Thursday</i>	Psalm 70
<i>Monday</i>	Psalm 13	<i>Friday</i>	Psalm 75
<i>Tuesday</i>	Psalm 14	<i>Saturday</i>	Psalm 85
<i>Wednesday</i>	Psalm 54		

*When Morning and Evening Prayer are also celebrated, one of the cycles on page 24 may be followed here.*

*Each psalm or group of psalms may end with*

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

## Short readings

### *Sunday*

The Spirit and the bride say, 'Come.' And let everyone who hears say, 'Come.' And let everyone who is thirsty come. Let anyone who wishes take the water of life as a gift. The one who testifies to these things says, 'Surely I am coming soon.' Amen. Come, Lord Jesus! The grace of the Lord Jesus be with all the saints. Amen.

*Revelation 22.17,20,21*

### *Monday*

A shoot shall come out from the stock of Jesse, and a branch shall grow out of his roots. The spirit of the Lord shall rest on him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord. His delight shall be in the fear of the Lord. He shall not judge by what his eyes see, or decide by what his ears hear; but with righteousness he shall judge the poor, and decide with equity for the meek of the earth; he shall strike the earth with the rod of his mouth, and with the breath of his lips he shall kill the wicked.

*Isaiah 11.1-4*

### *Tuesday*

The beginning of the good news of Jesus Christ, the Son of God. As it is written in the prophet Isaiah, 'See, I am sending my messenger ahead of you, who will prepare your way; the voice of one crying out in the wilderness: "Prepare the way of the Lord, make his paths straight."' John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. And people from the whole Judean countryside were going out to him, and were baptized by him in the river Jordan, confessing their sins.

*Mark 1.1-5*

### *Wednesday*

Jesus said to his disciples, 'Be dressed for action and have your lamps lit; be like those who are waiting for their master to return from the wedding banquet, so that they may open the door for him as soon as he comes and knocks. Blessed are those slaves whom the master finds alert when he comes; truly I tell you, he will fasten his belt and have them sit down to eat, and he will come and serve them.'

*Luke 12.35-37*

### *Thursday*

Jesus said to Peter, James, John and Andrew, 'It is like a man going on a journey, when he leaves home and puts his slaves in charge, each with his work, and commands the doorkeeper to be on the watch. Therefore, keep awake – for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say to you I say to all: Keep awake.'

*Mark 13.34-end*

### Friday

You know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armour of light; let us live honourably as in the day, not in revelling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires. *Romans 13.11-end*

### Saturday

The angel said to Mary, 'The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be holy; he will be called Son of God.' Then Mary said, 'Here am I, the servant of the Lord; let it be with me according to your word.' Then the angel departed from her.

*Luke 1.35,38*

### Or, on any day in Advent

Comfort, O comfort my people, says your God.

*Isaiah 40.1*

## Response

*Silence, study, song, or words from Scripture, such as*

Blessed are those who hunger and thirst for righteousness,

**All for they will be filled.**

*Matthew 5.6*

## Prayers

*Prayers may include these concerns:*

- ¶ *The Church, that she may be ready for the coming of Christ*
- ¶ *The leaders of the Church*
- ¶ *The nations, that they may be subject to the rule of God*
- ¶ *Those who are working for justice in the world*
- ¶ *The broken, that they may find God's healing*

*A form of prayer can be found on page 377.*

*The Collect of the day or the following prayer is said*

Keep us, O Lord,  
while we tarry on this earth,  
in a serious seeking after you,  
and in an affectionate walking with you,  
every day of our lives;  
that when you come,  
we may be found not hiding our talent,  
nor serving the flesh,  
nor yet asleep with our lamp unfurnished,  
but waiting and longing for our Lord,  
our glorious God for ever.

*All*    **Amen.**

*Richard Baxter (1691)*

*The Lord's Prayer is said.*

## **The Conclusion**

May the Lord make us ready for his coming in glory.

*All*    **Amen.**

## ¶ Prayer During the Day Christmas Season

### Preparation

O God, make speed to save us.

**All** O Lord, make haste to help us.

I will give thanks to you, Lord, with my whole heart;

**All** I will tell of all your marvellous works.

*Psalm 9.1*

### Praise

*A hymn, song, canticle, extempore praise or*

Glory to God in the highest,  
and peace to his people on earth.

Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.

*from Gloria in Excelsis*

### The Word of God

#### *Psalmody*

*On Christmas Day and any day* Psalm 8

*(or)*

*Sunday* Psalm 113

*Thursday* Psalm 127

*Monday* Psalm 87

*Friday* Psalm 128

*Tuesday* Psalm 97

*Saturday* Psalm 150

*Wednesday* Psalm 110

*When Morning and Evening Prayer are also celebrated, one of the cycles on page 24 may be followed here.*

*Each psalm or group of psalms may end with*

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

### *Short readings*

#### *Sunday*

The Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth. From his fullness we have all received, grace upon grace. The law indeed was given through Moses; grace and truth came through Jesus Christ. No one has ever seen God. It is God the only Son, who is close to the Father's heart, who has made him known.

*John 1.14,16-18*

#### *Monday*

The people who walked in darkness have seen a great light; those who lived in a land of deep darkness – on them light has shined. For a child has been born for us, a son given to us; authority rests upon his shoulders; and he is named Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace. His authority shall grow continually, and there shall be endless peace for the throne of David and his kingdom. He will establish and uphold it with justice and with righteousness from this time onwards and for evermore. The zeal of the Lord of hosts will do this.

*Isaiah 9.2,6,7*

#### *Tuesday*

An angel of the Lord appeared to Joseph in a dream and said, 'Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit. She will bear a son, and you are to name him Jesus, for he will save his people from their sins.' All this took place to fulfil what had been spoken by the Lord through the prophet: 'Look, the virgin shall conceive and bear a son, and they shall name him Emmanuel', which means, 'God is with us.'

*Matthew 1.20b-23*

### *Wednesday*

The shepherds went with haste and found Mary and Joseph, and the child lying in the manger. When they saw this, they made known what had been told them about this child; and all who heard it were amazed at what the shepherds told them. But Mary treasured all these words and pondered them in her heart. The shepherds returned, glorifying and praising God for all they had heard and seen, as it had been told them. *Luke 2.16-20*

### *Thursday*

When the fullness of time had come, God sent his Son, born of a woman, born under the law, in order to redeem those who were under the law, so that we might receive adoption as children. And because you are children, God has sent the Spirit of his Son into our hearts, crying, 'Abba! Father!' So you are no longer a slave but a child, and if a child then also an heir, through God. *Galatians 4.4-7*

### *Friday*

The grace of God has appeared, bringing salvation to all, training us to renounce impiety and worldly passions, and in the present age to live lives that are self-controlled, upright, and godly, while we wait for the blessed hope and the manifestation of the glory of our great God and Saviour, Jesus Christ. He it is who gave himself for us that he might redeem us from all iniquity and purify for himself a people of his own who are zealous for good deeds. *Titus 2.11-14*

### *Saturday*

Long ago God spoke to our ancestors in many and various ways by the prophets, but in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds. He is the reflection of God's glory and the exact imprint of God's very being, and he sustains all things by his powerful word. *Hebrews 1.1-3a*

### *Or, on any day of Christmas*

In him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it. *John 1.4,5*

## Response

*Silence, study, song, or words from Scripture, such as*

*All* Blessed are the pure in heart,  
**for they will see God.**

*Matthew 5.8*

## Prayers

*Prayers may include these concerns*

- ¶ The Church, especially in places of conflict*
- ¶ The Holy Land, for peace with justice, and reconciliation*
- ¶ Refugees and asylum seekers*
- ¶ Homeless people*
- ¶ Families with young children*

*A form of prayer can be found on page 378.*

*The Collect of the day or the following prayer is said*

Almighty and everlasting God,  
who stooped to raise fallen humanity  
through the child-bearing of blessed Mary;  
grant that we, who have seen your glory  
    revealed in our human nature  
and your love made perfect in our weakness,  
may daily be renewed in your image  
and conformed to the pattern of your Son  
Jesus Christ our Lord.

*All* **Amen.**

*Collect of the Blessed Virgin Mary*

*The Lord's Prayer is said.*

## The Conclusion

May the grace of Christ our Saviour be with us all.

*All* **Amen.**

## ¶ Prayer During the Day Epiphany Season

### Preparation

O God, make speed to save us.

*All* O Lord, make haste to help us.

With you, O God, is the well of life

*All* and in your light shall we see light.

*cf Psalm 36.9*

### Praise

*A hymn, song, canticle, extempore praise or*

Christ Jesus was revealed in the flesh  
and vindicated in the spirit.

He was seen by angels  
and proclaimed among the nations.

Believed in throughout the world,  
he was taken up in glory.

This will be made manifest at the proper time  
by the blessed and only Sovereign,

Who alone has immortality,  
and dwells in unapproachable light.

To the King of kings and Lord of lords  
be honour and eternal dominion. Amen.

*1 Timothy 3.16; 6.15,16*

# The Word of God

## Psalmody

*On the Feast of the Epiphany and any day* Psalm 72.10-15

(or)

<i>Sunday</i>	Psalm 67	<i>Thursday</i>	Psalm 132.10-19
<i>Monday</i>	Psalm 99	<i>Friday</i>	Psalm 138
<i>Tuesday</i>	Psalm 100	<i>Saturday</i>	Psalm 149
<i>Wednesday</i>	Psalm 122		

*When Morning and Evening Prayer are also celebrated, one of the cycles on page 24 may be followed here.*

*Each psalm or group of psalms may end with*

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

## Short readings

### *Sunday*

From the rising of the sun to its setting my name is great among the nations, and in every place incense is offered to my name, and a pure offering; for my name is great among the nations, says the Lord of hosts.

*Malachi 1.11*

### *Monday*

The steward said to the bridegroom, 'Everyone serves the good wine first, and then the inferior wine after the guests have become drunk. But you have kept the good wine until now.' Jesus did this, the first of his signs, in Cana of Galilee, and revealed his glory; and his disciples believed in him.

*John 2.10,11*

### *Tuesday*

Arise, shine; for your light has come, and the glory of the Lord has risen upon you. For darkness shall cover the earth, and thick darkness the peoples; but the Lord will arise upon you, and his glory will appear over you. Nations shall come to your light, and kings to the brightness of your dawn. *Isaiah 60.1-3*

### *Wednesday*

We do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. For it is the God who said, 'Let light shine out of darkness,' who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. *2 Corinthians 4.5,6*

### *Thursday*

You did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, 'Abba! Father!' it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ – if, in fact, we suffer with him so that we may also be glorified with him. *Romans 8.15-17*

### *Friday*

With all wisdom and insight the Father has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. *Ephesians 1.8b-10*

### *Saturday*

In the midst of the lampstands I saw one like the Son of Man, clothed with a long robe and with a golden sash across his chest. His head and his hair were white as white wool, white as snow; his eyes were like a flame of fire, his feet were like burnished bronze, refined as in a furnace, and his voice was like the sound of many waters. In his right hand he held seven stars, and from his mouth came a sharp, two-edged sword, and his face was like the sun shining with full force. *Revelation 1.13-16*

### *Or, on any day in Epiphany*

Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.' *John 8.12*

## Response

*Silence, study, song, or words from Scripture, such as*

**All** Blessed are the meek,  
**for they will inherit the earth.**

*Matthew 5.5*

## Prayers

*Prayers may include these concerns:*

- ¶ *The unity of the Church*
- ¶ *The peace of the world*
- ¶ *The healing of the sick*
- ¶ *The revelation of Christ to those from whom his glory is hidden*
- ¶ *All who travel*

*A form of prayer can be found on page 379.*

*The Collect of the day or the following prayer is said*

O good Jesus,  
Word of the Father and  
    brightness of his glory,  
whom angels desire to behold:  
teach me to do your will  
that, guided by your Spirit,  
I may come to that blessed city of  
    everlasting day,  
where all are one in heart and mind,  
where there is safety and eternal peace,  
happiness and delight,  
where you live with the Father and the Holy Spirit,  
world without end.

**All** **Amen.**

*after Gregory the Great (604)*

*The Lord's Prayer is said.*

## The Conclusion

May the light of Christ our Lord shine in all our hearts.

**All** **Amen.**

## ¶ *Prayer During the Day* *Lent*

### Preparation

O God, make speed to save us.

*All* **O Lord, make haste to help us.**

Hear my prayer, O Lord, and give ear to my cry;

*All* **hold not your peace at my tears.**

*Psalm 39.13*

### Praise

*A hymn, song, canticle, extempore praise or*

Jesus, like a mother you gather your people to you;  
you are gentle with us as a mother with her children.

Despair turns to hope through your sweet goodness;  
through your gentleness we find comfort in fear.

Your warmth gives life to the dead,  
your touch makes sinners righteous.

Lord Jesus, in your mercy heal us;  
in your love and tenderness remake us.

In your compassion bring grace and forgiveness,  
for the beauty of heaven may your love prepare us.

*Anselm (1109)*

# The Word of God

## Psalmody

*On Ash Wednesday and any day* Psalm 51.1-10

(or)

<i>Sunday</i>	Psalm 51.11-end	<i>Thursday</i>	Psalm 12
<i>Monday</i>	Psalm 3	<i>Friday</i>	Psalm 32
<i>Tuesday</i>	Psalm 6	<i>Saturday</i>	Psalm 61
<i>Wednesday</i>	Psalm 11		

*When Morning and Evening Prayer are also celebrated, one of the cycles on page 24 may be followed here.*

*Each psalm or group of psalms may end with*

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

## Short readings

### *Sunday*

Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his.

*Romans 6.3-5*

### *Monday*

Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain-offering and a drink-offering for the Lord, your God?

*Joel 2.12-14*

### *Tuesday*

Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable garland, but we an imperishable one. So I do not run aimlessly, nor do I box as though beating the air; but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

*1 Corinthians 9.24-end*

### *Wednesday*

I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

*Romans 7.21-25a*

### *Thursday*

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rearguard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.

*Isaiah 58.6-9a*

### *Friday*

Jesus said to the disciples, 'Beware of practising your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.'

*Matthew 6.1-4*

### *Saturday*

Jesus entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to Jesus and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.' *Luke 10.38-end*

### *Or, on any day in Lent*

Jesus said, 'There will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who need no repentance.' *Luke 15.7*

## **Response**

*Silence, study, song, or words from Scripture, such as*

*All* Blessed are the merciful,  
**for they will receive mercy.** *Matthew 5.7*

## **Prayers**

*Prayers may include these concerns*

- ¶ *Those preparing for baptism and confirmation*
- ¶ *Those serving through leadership*
- ¶ *Those looking for forgiveness*
- ¶ *Those misled by the false gods of this present age*
- ¶ *All who are hungry*

*A form of prayer can be found on page 380.*

*The Collect of the day or the following prayer is said*

Teach us, good Lord, to serve you as you deserve;  
to give and not to count the cost;  
to fight and not to heed the wounds;  
to toil and not to seek for rest;  
to labour and not to seek for any reward,  
save that of knowing that we do your will.

*All* **Amen.**

*Ignatius of Loyola (1556)*

*The Lord's Prayer is said.*

## **The Conclusion**

May God bless us and show us compassion and mercy.

*All* **Amen.**

# ¶ Prayer During the Day

## Passiontide

### Preparation

O God, make speed to save us.

**All** O Lord, make haste to help us.

My trust is in you, O Lord.

**All** I have said, 'You are my God.'

*Psalm 31.14*

### Praise

*A hymn, song, canticle, extempore praise or*

We adore you, O Christ, and we bless you,  
because by your holy cross you have redeemed the world.

Holy God,  
holy and strong,  
holy and immortal,  
have mercy upon us.

We glory in your cross, O Lord,  
and praise and glorify your holy resurrection:  
for by virtue of the cross  
joy has come to the whole world.

*from the Liturgy of Good Friday*

## The Word of God

### *Psalmody*

*On Good Friday and any day* Psalm 22.1-11

*(or)*

<i>Sunday</i>	Psalm 27.1-8	<i>Thursday</i>	Psalm 23
<i>Monday</i>	Psalm 43	<i>Friday</i>	Psalm 69.1-13
<i>Tuesday</i>	Psalm 142	<i>Saturday</i>	Psalm 130
<i>Wednesday</i>	Psalm 143		

*When Morning and Evening Prayer are also celebrated, one of the cycles on page 24 may be followed here.*

*Each psalm or group of psalms may end with*

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

### *Short readings*

#### *Sunday*

It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. For the one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to call them brothers and sisters, saying, 'I will proclaim your name to my brothers and sisters, in the midst of the congregation I will praise you.'

*Hebrews 2.10-12*

### *Monday*

Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.' He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it.'

*Mark 8.31-35*

### *Tuesday*

Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. All we like sheep have gone astray; we have all turned to our own way, and the Lord has laid on him the iniquity of us all.

*Isaiah 53.4-6*

### *Wednesday*

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling-block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

*1 Corinthians 1.18,22-25*

### *Thursday*

Christ himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed. For you were going astray like sheep, but now you have returned to the shepherd and guardian of your souls.

*1 Peter 2.24,25*

### *Friday*

While we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person – though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. *Romans 5.6-8*

### *Saturday*

Jesus answered Andrew and Philip, ‘The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.’ *John 12.23-26*

### *Or, on any day in Passiontide*

I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me. *Galatians 2.19b,20a*

## **Response**

### *Silence, study, song, or words from Scripture, such as*

Blessed are those who are persecuted for righteousness’ sake,

*All* **for theirs is the kingdom of heaven.** *Matthew 5.10*

## Prayers

*Prayers may include these concerns*

- ¶ *The persecuted Church*
- ¶ *The oppressed peoples of the world*
- ¶ *All who are lonely*
- ¶ *All who are near to death*
- ¶ *All who are facing loss*

*A form of prayer can be found on page 381.*

*The Collect of the day or the following prayer is said*

Soul of Christ, sanctify me,  
body of Christ, save me,  
blood of Christ, inebriate me,  
water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me:  
hide me within your wounds  
and never let me be separated from you.  
From the wicked enemy defend me,  
in the hour of my death, call me  
and bid me come to you,  
so that with your saints I may praise you  
for ever and ever.

*All* **Amen.**

*Anima Christi (14th century)*

*The Lord's Prayer is said.*

## The Conclusion

May Christ our Saviour give us peace.

*All* **Amen.**

# ¶ Prayer During the Day

## Easter Season

### Preparation

O God, make speed to save us.

*All* O Lord, make haste to help us.

If I climb up to heaven, you are there;

*All* if I make the grave my bed, you are there also. *Psalm 139.7*

### Praise

*A hymn, song, canticle, extempore praise or*

Yesterday I was crucified with Christ;  
today I am glorified with him.

Yesterday I was dead with Christ;  
today I am sharing in his resurrection.

Yesterday I was buried with him;  
today I am waking with him from the sleep of death.

*Gregory of Nazianzus (389)*

### The Word of God

#### *Psalmody*

*On Easter Day and any day* Psalm 118.14-24

*(or)*

*Sunday* Psalm 114

*Thursday* Psalm 111

*Monday* Psalm 30

*Friday* Psalm 145.1-8

*Tuesday* Psalm 66.1-11

*Saturday* Psalm 146

*Wednesday* Psalm 106.1-12

*When Morning and Evening Prayer are also celebrated, one of the cycles on page 24 may be followed here.*

*Each psalm or group of psalms may end with*

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

### *Short readings*

#### *Sunday*

Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who are being protected by the power of God through faith for a salvation ready to be revealed in the last time. *1 Peter 1.3-5*

#### *Monday*

Sing aloud, O daughter Zion; shout, O Israel! Rejoice and exult with all your heart, O daughter Jerusalem! The Lord has taken away the judgements against you, he has turned away your enemies. The king of Israel, the Lord, is in your midst; you shall fear disaster no more. On that day it shall be said to Jerusalem: Do not fear, O Zion; do not let your hands grow weak. The Lord, your God, is in your midst, a warrior who gives victory; he will rejoice over you with gladness, he will renew you in his love; he will exult over you with loud singing as on a day of festival. I will remove disaster from you, so that you will not bear reproach for it. *Zephaniah 3.14-18*

#### *Tuesday*

So it is with the resurrection of the dead. What is sown is perishable, what is raised is imperishable. It is sown in dishonour, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a physical body, it is raised a spiritual body. The first man was from the earth, a man of dust; the second man is from heaven. As was the man of dust, so are those who are of the dust; and, as is the man of heaven, so are those who are of heaven. Just as we have borne the image of the man of dust, we will also bear the image of the man of heaven. *1 Corinthians 15.42-44a,47-49*

### *Wednesday*

If 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. When Christ who is your life is revealed, then you also will be revealed with him in glory.

*Colossians 3.1-4*

### *Thursday*

As the two disciples came near the village to which they were going, Jesus walked ahead as if he were going on. But they urged him strongly, saying, 'Stay with us, because it is almost evening and the day is now nearly over.' So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, 'Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?'

*Luke 24.28-32*

### *Friday*

Job said, 'O that my words were written down! O that they were inscribed in a book! O that with an iron pen and with lead they were engraved on a rock for ever! For I know that my Redeemer lives, and that at the last he will stand upon the earth; and after my skin has been thus destroyed, then in my flesh I shall see God, whom I shall see on my side, and my eyes shall behold, and not another.'

*Job 19.23-27a*

### *Saturday*

I turned to see whose voice it was that spoke to me, and on turning I saw seven golden lampstands, and in the midst of the lampstands I saw one like the Son of Man, clothed with a long robe and with a golden sash across his chest. When I saw him, I fell at his feet as though dead. But he placed his right hand on me, saying, 'Do not be afraid; I am the first and the last, and the living one. I was dead, and see, I am alive for ever and ever; and I have the keys of Death and of Hades.'

*Revelation 1.12,13,17,18*

### *Or, on any day in Easter*

Jesus said, 'This is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day.'

*John 6.39*

## Response

*Silence, study, song, or words from Scripture, such as*

Blessed are the peacemakers,  
**All for they will be called children of God.** *Matthew 5.9*

## Prayers

*Prayers may include these concerns:*

- ¶ *The people of God, that they may proclaim the risen Lord*
- ¶ *God's creation, that the peoples of the earth may meet their responsibility to care*
- ¶ *Those in despair and darkness, that they may find the hope and light of Christ*
- ¶ *Those in fear of death, that they may find faith through the resurrection*
- ¶ *Prisoners and captives*

*A form of prayer can be found on page 382.*

*The Collect of the day or the following prayer is said*

Christ yesterday and today,  
the beginning and the end,  
Alpha and Omega,  
all time belongs to you,  
and all ages;  
to you be glory and power  
through every age and for ever.

**All Amen**

*from the Easter Vigil*

*The Lord's Prayer is said.*

## The Conclusion

May the risen Christ give us his peace.

**All Alleluia. Amen.**

## ¶ *Prayer During the Day from Ascension Day until the Day of Pentecost*

### **Preparation**

O God, make speed to save us.

*All* **O Lord, make haste to help us.**

Gladden the soul of your servant,

*All* **for to you, O Lord, I lift up my soul.**

*Psalm 86.4*

### **Praise**

*A hymn, song, canticle, extempore praise or*

Blessed are you, the God of our ancestors,  
worthy to be praised and exalted for ever.

Blessed is your holy and glorious name,  
worthy to be praised and exalted for ever.

Blessed are you, in your holy and glorious temple,  
worthy to be praised and exalted for ever.

Blessed are you who look into the depths,  
worthy to be praised and exalted for ever.

Blessed are you, enthroned on the cherubim,  
worthy to be praised and exalted for ever.

Blessed are you on the throne of your kingdom,  
worthy to be praised and exalted for ever.

Blessed are you in the heights of heaven,  
worthy to be praised and exalted for ever.

*The Song of the Three 29-34*

# The Word of God

## Psalmody

*On Ascension Day and on any day* Psalm 47

(or)

<i>Sunday</i>	Psalm 104.26-32	<i>Thursday</i>	Psalm 84
<i>Monday</i>	Psalm 21.1-7	<i>Friday</i>	Psalm 93
<i>Tuesday</i>	Psalm 29	<i>Saturday</i>	Psalm 98
<i>Wednesday</i>	Psalm 46		

*When Morning and Evening Prayer are also celebrated, one of the cycles on page 24 may be followed here.*

*Each psalm or group of psalms may end with*

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

## Short readings

*Ascension Day or on any day after Ascension*

Christ did not enter a sanctuary made by human hands, a mere copy of the true one, but he entered into heaven itself, now to appear in the presence of God on our behalf. *Hebrews 9.24*

*Friday after Ascension*

As it is, we do not yet see everything in subjection to human beings, but we do see Jesus, who for a little while was made lower than the angels, now crowned with glory and honour because of the suffering of death, so that by the grace of God he might taste death for everyone. It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings.

*Hebrews 2.8b-10*

### *Saturday after Ascension*

I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. *Romans 8.38,39*

### *Sunday after Ascension*

On the last day of the festival, the great day, while Jesus was standing there, he cried out, 'Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said, "Out of the believer's heart shall flow rivers of living water." ' Now he said this about the Spirit, which believers in him were to receive.

*John 7.37-39a*

### *Monday*

Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

*Isaiah 40.28-end*

### *Tuesday*

Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good.

*1 Corinthians 12.4-7*

### *Wednesday*

I will pour out my spirit on all flesh; your sons and your daughters shall prophesy, your old men shall dream dreams, and your young men shall see visions. Even on the male and female slaves, in those days, I will pour out my spirit.

*Joel 2.28,29*

### Thursday

Jesus said, 'Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asks for a fish, will give a snake instead of a fish? Or if the child asks for an egg, will give a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!'

*Luke 11.9-13*

### Friday

In Christ every one of God's promises is a 'Yes'. For this reason it is through him that we say the 'Amen', to the glory of God. But it is God who establishes us with you in Christ and has anointed us, by putting his seal on us and giving us his Spirit in our hearts as a first instalment.

*2 Corinthians 1.20-22*

### Saturday

The Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit.

*2 Corinthians 3.17,18*

### The Day of Pentecost

Jesus said, 'Peace be with you. As the Father has sent me, so I send you.' When he had said this, he breathed on them and said to them, 'Receive the Holy Spirit.'

*John 20.21,22*

## Response

*Silence, study, song, or words from Scripture, such as*

*All* **Blessed are those who mourn,  
for they will be comforted.**

*Matthew 5.4*

## Prayers

*Prayers may include these concerns:*

- ¶ God's royal priesthood, that it may be empowered by the Spirit
- ¶ Those who wait on God, that they may find renewal
- ¶ All people, that they may acknowledge the kingdom of the ascended Christ
- ¶ The earth, for productivity and for fruitful harvests
- ¶ All who are struggling with broken relationships

*A form of prayer can be found on page 383.*

*The Collect of the day or the following prayer is said*

O King enthroned on high,  
Comforter and Spirit of truth,  
you that are in all places and fill all things,  
the treasury of blessings and the giver of life,  
come and dwell with us,  
cleanse us from every stain  
and save our souls, O gracious one.

*All* **Amen.**

*an Orthodox prayer*

*The Lord's Prayer is said.*

## The Conclusion

May the grace of the Holy Spirit enlighten our hearts and minds.

*All* **Alleluia. Amen.**

# ¶ *Prayer During the Day from All Saints' Day until the day before the First Sunday of Advent*

## Preparation

O God, make speed to save us.

*All* **O Lord, make haste to help us.**

You have been my helper

*All* **and under the shadow of your wings will I rejoice.** *Psalm 63.8*

## Praise

*A hymn, song, canticle, extempore praise or*

For the gift of his Spirit:  
blessed be Christ.

For the catholic Church:  
blessed be Christ.

For the means of grace:  
blessed be Christ.

For the hope of glory:  
blessed be Christ.

For the triumphs of his gospel:  
blessed be Christ.

For the lives of his saints:  
blessed be Christ.

In joy and in sorrow:  
blessed be Christ.

In life and in death:  
blessed be Christ.

Now and to the end of the ages:  
blessed be Christ.

*from A Litany of the Resurrection*

# The Word of God

## Psalmody

*On All Saints' Day and on any day* Psalm 24.1-6

(or)

<i>Sunday</i>	Psalm 2	<i>Thursday</i>	Psalm 121
<i>Monday</i>	Psalm 15	<i>Friday</i>	Psalm 125
<i>Tuesday</i>	Psalm 42.1-7	<i>Saturday</i>	Psalm 133
<i>Wednesday</i>	Psalm 96		

*When Morning and Evening Prayer are also celebrated, one of the cycles on page 24 may be followed here.*

*Each psalm or group of psalms may end with*

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

## Short readings

### *Sunday*

Whenever the living creatures give glory and honour and thanks to the one who is seated on the throne, who lives for ever and ever, the twenty-four elders fall before the one who is seated on the throne and worship the one who lives for ever and ever; they cast their crowns before the throne, singing, 'You are worthy, our Lord and God, to receive glory and honour and power, for you created all things, and by your will they existed and were created.'

*Revelation 4.9-end*

### *Monday*

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

*Philippians 4.4-7*

### *Tuesday*

You have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

*Hebrews 12.22-24*

### *Wednesday*

Then the sign of the Son of Man will appear in heaven, and then all the tribes of the earth will mourn, and they will see 'the Son of Man coming on the clouds of heaven' with power and great glory. And he will send out his angels with a loud trumpet call, and they will gather his elect from the four winds, from one end of heaven to the other.

*Matthew 24.30,31*

### *Thursday*

The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ.

*Ephesians 4.11-13*

### *Friday*

Since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

*Hebrews 12.1,2*

### *Saturday*

Many of those who sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting contempt. Those who are wise shall shine like the brightness of the sky, and those who lead many to righteousness, like the stars for ever and ever.

*Daniel 12.2,3*

### *Or, on any day from All Saints to Advent*

Our citizenship is in heaven, and it is from there that we are expecting a Saviour, the Lord Jesus Christ.

*Philippians 3.20*

## Response

*Silence, study, song, or words from Scripture, such as*

**All** Blessed are the poor in spirit,  
**for theirs is the kingdom of heaven.**

*Matthew 5.3*

## Prayers

*Prayers may include these concerns*

¶ *The saints on earth, that they may live as citizens of heaven*

¶ *All people, that they may hear and believe the word of God*

¶ *All who fear the winter months*

¶ *All sovereigns and political leaders, that they may imitate  
the righteous rule of Christ*

¶ *All who grieve or wait with the dying*

*A form of prayer can be found on page 384.*

*The Collect of the day or the following prayer is said*

Bring us, O Lord God, at our last awakening  
into the house and gate of heaven,  
to enter that gate and dwell in that house,  
where there shall be no darkness nor dazzling,  
but one equal light;  
no noise nor silence, but one equal music;  
no fears nor hopes, but one equal possession;  
no ends or beginnings, but one equal eternity;  
in the habitations of your glory and dominion,  
world without end.

**All** **Amen.**

*Eric Milner-White (1963)  
after John Donne (1631)*

*The Lord's Prayer is said.*

## The Conclusion

May God give us grace to follow his saints in glory.

**All** **Amen.**

