

## Rhythms Of Life

### Celtic Daily Prayer from the Community of Aidan and Hilda

Written, compiled, and edited by Graham Booth, David Cole, Simon Reed, Ray Simpson, and Penny Warren.

With special thanks to Ray Simpson, founding Guardian of the Community of Aidan and Hilda, whose vision and writings form the basis of these prayers.

#### Daily Themes

Sunday	- Resurrection
Monday	- Creation
Tuesday	- Incarnation
Wednesday	- Holy Spirit
Thursday	- Unity and Community
Friday	- The Cross
Saturday	- The Kingdom

Morning and Evening Prayer have a choice of four psalms, and four Bible readings from the Old and New Testaments. These may be used in any combination or followed as a monthly cycle. The psalms and readings are linked to the theme of the day but any other psalms or readings may be used instead.

All psalms are taken from the *New Living Translation* of the Bible or paraphrased by Ray Simpson, apart from Sunday midday prayer and Saturday morning prayer from *The Revised Grail Psalms*, Tuesday evening prayer and Thursday morning prayer from the *USA Book Of Common Prayer*, and Wednesday and Saturday night prayer from *The Orthodox Study Bible*.

All Bible readings are taken from the *New Revised Standard Version*, unless otherwise noted, or paraphrased by the authors of this book.

## SUNDAY MORNING PRAYER

Rising from death, today Christ greets his people.

**Rising with all creation, we greet you as our King.**

*There may be singing.*

*Either*

*Psalm 24 is said as follows*

The earth is the Lord's, and everything in it.  
The world and all its people belong to him.

**For he laid the earth's foundation on the seas  
and built it on the ocean depths.**

Who may climb the mountain of the Lord?  
Who may stand in his holy place?

**Only those whose hands and hearts are pure,  
who do not worship idols  
and never tell lies.**

They will receive the Lord's blessing  
and have a right relationship with God their  
saviour.

**Such people may seek you  
and worship in your presence, O God of Jacob.**

Open up, ancient gates!  
Open up, ancient doors,  
and let the King of glory enter.

**Who is the King of glory?  
The Lord, strong and mighty;  
the Lord, invincible in battle.**

Open up, ancient gates!  
Open up, ancient doors,  
and let the King of glory enter.

**Who is the King of glory?  
The Lord of Heaven's Armies—  
he is the King of glory.**

*Or*

*Psalm 57, Psalm 95:1-7, Psalm 100, or the  
psalm of the day from a lectionary or reading  
scheme, or any other psalm.*

Let us recollect the presence of the Risen Christ  
with us now.

*Short silence*

Christ Jesus, in the light of your risen presence,  
and in union with your first frail apostles,  
we say sorry for the times when we have failed  
to follow you:  
**for not weighing your words,  
for not sharing your trials,  
for not believing your promises.**

*Things for which we are sorry may be recalled  
aloud or in silence.*

Risen Christ, disperse the sin from our souls as  
the mist departs from the hills.

**Be in what we do, inform what we say,  
redeem who we are. Amen.**

*Isaiah 25:6-9, Isaiah 35:1-10, Hosea 6:1-6,  
Micah 6:6-8, or the reading of the day from a*

*lectionary or reading scheme; or another Old  
Testament reading.*

*There may be singing, silence or the following:*

We believe, O God of all gods,  
that you are the eternal God of life.

**We believe, O God of all peoples,  
that you are the eternal God of love.**

We believe that you create earth and seas and  
skies,

**we believe that you create us in your image,  
and give us eternal worth.**

*Luke 24:1-12, Philippians 3:7-16, Colossians  
3:12-17, Revelation 1:12-20, or the reading of  
the day from a lectionary or reading scheme; or  
another New Testament reading.*

Jesus says:

I am the resurrection and the life.

**You break the power of sin and death.**

I am the bread of life.

**You feed and fill the hungry.**

I am the true vine.

**You make empty lives bear fruit.**

*There may be silence or singing.*

*Either*

*Use the following set of prayers pausing after  
each to invite the Risen Christ into specific  
situations, perhaps visualising his response.*

Risen Christ,  
you appeared to Mary in the garden at dawn;  
**Make yourself known to us in the dawns of our lives.**

You appeared to the fishermen as they toiled in vain;  
**Make yourself known to us in the long hours of our weekly work.**

You appeared to the walkers as they welcomed you into their home;  
**Make yourself known to us in our life journey and make welcoming our homes.**

You appeared to Thomas when he touched the scars in your body;  
**Make yourself known when we touch the wounds of the world.**

You appeared to many as they met beneath the skies;  
**Make yourself known to us in the wonder of your creation.**

*Or use the following set of prayers in which each of the themes may be used as a starting point for more extended intercessions.*

We pray for believers;  
**may their lives be signs of joyful service.**

We pray that our churches may bring honour to you;  
**and healing to the people.**

We pray for people in authority;  
**may they strive for justice and peace.**

We pray for our communities;  
**may refreshment be found by all who work.**

We pray for our homes;  
**may they be places of hospitality and hope.**

*There may be singing or the Lord's Prayer.*

**The Father of life go with us.  
The Risen Christ beside us.  
The vibrant Spirit within us.**

## SUNDAY MIDDAY PRAYER

Alleluia. Christ is risen.

**Alleluia. Christ is risen.**

*Either*

*Psalm 30:1-5 is said as follows.*

I will extol you, LORD, for you have raised me up,  
and have not let my enemies rejoice over me.

**O LORD my God, I cried to you for help,  
and you have healed me.**

O LORD, you have lifted up my soul from  
the grave,  
restored me to life from those who sink into  
the pit.

**Sing psalms to the LORD, you faithful ones;  
give thanks to his holy name.**

His anger lasts a moment;  
his favour all through life.

**At night come tears, but dawn brings joy.**

*Or*

*Alleluias may be sung.*

We welcome your presence in the midst  
of the day;  
**a day for rest and renewal,  
a day for worship and wellbeing  
a day for sharing food and friendship.**

*A candle may be lit.*

*Before food one of the following prayers may  
be said*

*Either*

I would prepare a feast  
and be host to the great High King,  
with all the company of heaven.  
The nourishment of pure love be in my house,  
and the roots of repentance.  
May we have baskets of love to give,  
with cups of mercy for everybody.  
**Sweet Jesus, be here for us,  
with all the company of heaven.  
May this meal be full of cheerfulness,  
for this is a feast of the great High King,  
who is our host for all eternity.\***

*Or*

May the abundance and joy of creation be with  
us as we eat.  
**May the abundance and joy of Christ be with  
us as we meet.**

*Or*

The food which we are to eat  
is earth, water and sun  
coming to us through pleasing plants.  
**The food which we are to eat  
is the fruit of much labour.  
We are thankful for it.**

**May it give us health, strength, joy,  
and may it increase our love.**

Risen Christ of the miraculous catching of fish  
and the perfect lakeside meal,  
**be with us as we share this meal.**

Generous God, as once you multiplied the five  
loaves and two fishes,  
**multiply the gifts each of us brings  
that from our sharing together blessings  
may flow.**

I know what it is to have little, and I know what  
it is to have plenty. In any and all circumstances  
I have learned the secret of being well-fed and  
of going hungry, of having plenty and of being  
in need. I can do all things through him who  
strengthens me.

*Philippians 4:12-13*

*There may be meditation and singing.*

Rejoicing in your new creation,  
let us pray as you have taught us.

**Our Father . . .**

Keep us in the beautiful attitudes,  
**simple, joyful and gentle.**

Let us bless the Lord.  
**Thanks be to God.**

\* Prayer attributed to St Brigid.

## SUNDAY EVENING PRAYER

Spirit of the Risen Christ,  
as the lamps light up the evening,  
shine into our hearts and kindle in us the fire  
of your love.

*A candle may be lit.*

Jesus Christ is the Light of world;  
**a light that no darkness can quench.**

The long reign of sin has ended.  
A new age has dawned.  
A broken world is being renewed.  
and we are once again made whole.  
**Alleluia!**

*There may be singing.*

*Either*

*Psalm 92 is said as follows.*

It is good to give thanks to the Lord,  
to sing praises to the Most High.  
It is good to proclaim your unfailing love in the  
morning,  
your faithfulness in the evening,  
accompanied by a ten-stringed instrument, a  
harp, and the melody of a lyre.

**You thrill me, Lord, with all you have done for  
me!  
I sing for joy because of what you have done.  
O Lord, what great works you do!  
And how deep are your thoughts.**

Only a simpleton would not know,  
and only a fool would not understand this:  
Though the wicked sprout like weeds  
and evildoers flourish,  
they will be destroyed forever.  
But you, O Lord, will be exalted forever.  
Your enemies, Lord, will surely perish;  
all evildoers will be scattered.

**But you have made me as strong as a wild ox.  
You have anointed me with the finest oil.  
My eyes have seen the downfall of my  
enemies;  
my ears have heard the defeat of my wicked  
opponents.**

But the godly will flourish like palm trees  
and grow strong like the cedars of Lebanon.  
For they are transplanted to the Lord's own  
house.  
They flourish in the courts of our God.  
Even in old age they will still produce fruit;  
they will remain vital and green.

**They will declare, "The Lord is just!  
He is my rock! There is no evil in him!"**

*Or*

*Psalm 27, Psalm 84, Psalm 138, or the psalm of  
the day from a lectionary or reading scheme, or  
any other psalm.*

We offer to you, Lord, the concerns of this day;  
we lay down our burdens at your feet.

*Short silence.*

Forgive us our sins, give us your peace,  
and help us to receive your Word.  
**In the name of Christ. Amen.**

*Exodus 3:1-15, Isaiah 55:1-13, Ezekiel 47:1-12  
Zechariah 10:6-12, or the reading of the day  
from a lectionary or reading scheme; or  
another Old Testament reading.*

*There may be singing, silence or the following:*

Risen Christ, you turned Mary's tears into joy:  
**turn our tears into joy.**  
Risen Christ, you turned the travellers' despair  
into hope:  
**turn our despair into hope.**  
Risen Christ, you turned the disciples' fears into  
boldness;  
**turn our fears into boldness.**  
Risen Christ, you turned Thomas' unbelief into  
trust:  
**turn our unbelief into trust.**

*John 20:1-18, 1 Corinthians 15:20-28, Hebrews  
4:1-11, 1 Peter 1:3-9, or the reading of the day  
from a lectionary or reading scheme; or  
another New Testament reading.*

*Silent reflection, teaching or singing, or the  
Magnificat (Song of Mary) may be said as  
follows.*

My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Saviour;

he has looked with favour on his lowly servant.

**From this day all generations will call me  
blessed;  
the Almighty has done great things for me  
and holy is his name.**

He has mercy on those who fear him,  
from generation to generation.

**He has shown strength with his arm  
and has scattered the proud in their conceit,**

Casting down the mighty from their thrones  
and lifting up the lowly.

**He has filled the hungry with good things  
and sent the rich away empty.**

He has come to the aid of his servant Israel,  
to remember his promise of mercy,

**The promise made to our ancestors,  
to Abraham and his children for ever.**

We give you thanks, our Provider, that you are  
always present, in all things, each day and each  
night.

We give you thanks for your gifts of creation,  
life and friendship.

We give you thanks for the particular blessings  
of this day . . .

*Blessings may be named in silence or aloud.*

*Specific people or situations may be named in  
each prayer (. . .).*

Risen Christ, into your hands we place our  
families, our neighbours, our fellow believers,

and all with whom we have connected today ...  
Risen Christ,  
**enfold them in your will.**

Risen Christ, into your hands we place all who  
are victims of prejudice, oppression or neglect;  
the frail, the unwanted . . .

Risen Christ,  
**may everyone be cherished from conception  
to the grave.**

Risen Christ, into your hands we place all who  
are restless, sick, or prey to the powers of evil  
...

Risen Christ,  
**tenderly watch over and care for them.**

Risen Christ, bring renewal to the land and to  
the church; to ordained ministries and to  
religious communities.

Risen Christ,  
**raise up new callings and communities that  
meet the need of our times.**

*There may be singing or the Lord's Prayer.*

Lord Jesus Christ, Light of the world,  
by your cross you have overcome all darkness  
that oppresses.

**Come and shine on us here  
that we may grow and live together in your  
love  
which makes us one with all humanity.**

**The grace of our Lord Jesus Christ,**

**the love of God,  
and the fellowship of the Holy Spirit  
be with us all evermore. Amen.**

## SUNDAY NIGHT PRAYER

Risen Saviour,  
as we settle to rest this night,  
we rest in the knowledge of your victory  
over darkness.

**Lighten our darkness,  
as a full moon brightens the darkness of night.  
Lighten our darkness,  
as the stars shine in the clear night sky.  
Lighten our darkness,  
and bring us peace this night.**

*Psalm 16 is said as follows.*

Keep me safe, O God,  
for I have come to you for refuge.

**I said to the Lord, “You are my Master!  
Every good thing I have comes from you.”**

The godly people in the land  
are my true heroes!  
I take pleasure in them!

**Troubles multiply for those who chase after  
other gods.**

**I will not take part in their sacrifices of blood  
or even speak the names of their gods.**

Lord, you alone are my inheritance,  
my cup of blessing.  
You guard all that is mine.

**The land you have given me is a pleasant land.  
What a wonderful inheritance!**

I will bless the Lord who guides me;  
even at night my heart instructs me.

**I know the Lord is always with me.  
I will not be shaken, for he is right beside me.**

No wonder my heart is glad, and I rejoice.  
My body rests in safety.  
For you will not leave my soul among the dead  
or allow your holy one to rot in the grave.

**You will show me the way of life,  
granting me the joy of your presence  
and the pleasures of living with you forever.**

May that part of me that did not grow at  
morning, grow at nightfall . . . *(Pause.)*

The Light of Christ shines upon us this night,  
driving all darkness from our hearts, our minds,  
our souls.

The Light of Christ shines upon us this night,  
bringing the Divine presence  
with its glorious beams.

*1 John 1:1-5 is read.*

We declare to you what was from the  
beginning, what we have heard, what we have  
seen with our eyes, what we have looked at  
and touched with our hands, concerning the  
word of life— this life was revealed, and we  
have seen it and testify to it, and declare to you  
the eternal life that was with the Father and  
was revealed to us— we declare to you what  
we have seen and heard so that you also may  
have fellowship with us; and truly our  
fellowship is with the Father and with his Son

Jesus Christ. We are writing these things so  
that our joy may be complete. This is the  
message we have heard from him and proclaim  
to you, that God is light and in him there is no  
darkness at all.

*There may be singing, or open or silent prayer*

Risen Christ,  
**Shine upon me this night  
that your glory guide me, lead me,  
hold me.  
Shine upon me this night  
that I will be made new.  
Shine upon me this night  
that others will see you shining from me  
as I rise tomorrow.**

We end this day knowing Christ’s rising,  
the end of the reign of darkness  
in our world, in our hearts and in our minds.  
**May Divine Light bathe us in glory and enfold  
us in love.**

## MONDAY MORNING PRAYER

God of life, you summon the day to dawn  
and call us to create with you.

**You are the Rock from whom all earth is  
formed.**

**You are the Food from whom all souls are fed.**

**You are the Force from whom all powers flow.**

**You are the Source who is creation's head.**

*There may be singing.*

*Either*

*Verses from Psalm 104 are said by alternating  
voices.*

*First*

Creator God, how great you are!  
You clothe yourself in light;  
you stretch out the skies like a tent.

*Second*

Winds are your messengers,  
flames are your servants.  
You water the earth until it gives us food.

*First*

How abundant are your works, O God,  
in wisdom have you made them all.

*Second*

The creatures teeming the earth,  
the sea, vast and wide -  
innumerable things, small and great, live within  
it.

**All these look to you for their food in due  
season.**

**When you send forth your Spirit they are  
created  
and you renew the face of the earth.**

*First*

May your glory last for ever,  
may you always have joy in what you have  
created.

*Second*

May our thoughts always give you pleasure,  
may we always rejoice in you.

**Glory to you, the Source of all being,  
Eternal Word and Holy Spirit,  
as it was in the beginning, is now and ever  
shall be. Amen.**

*Or*

*Psalm 19, Psalm 96, Psalm 148, or the psalm of  
the day from a lectionary, or any other psalm.*

**Glory to you, the Source of all being,  
Eternal Word and Spirit of life,  
as it was in the beginning, is now and ever  
shall be. Amen.**

*Pause.*

**Creator and Saviour,  
we have exploited earth for our selfish ends,  
turned our backs on the cycles of life  
and forgotten we are your stewards.  
Now soils become barren,**

**air and water become unclean, species  
disappear,  
and humans are diminished.  
In penitence we come to you.**

*Pause.*

Creator have mercy.  
**Redeemer have mercy.**  
Sustainer have mercy.

*There may be silence, or a declaration of  
forgiveness.*

*Genesis 1:1-5 and 20-31, Job 38:1-30, Isaiah  
40:12-23, Jeremiah 10:6-16, or the reading of  
the day from a lectionary or reading scheme; or  
another Old Testament reading.*

For earth and sea and sky in the harmony of  
colour,  
**we give you thanks, O God.**  
For the air of the eternal seeping through the  
physical,  
**we give you thanks, O God.**  
For the everlasting glory dipping into time,  
**we give you thanks, O God.**  
For nature resplendent, growing beasts,  
emergent crops, the energies of the city,  
**we give you thanks, O God.**  
For the Person you sent to restore us when we  
fell away from the goodness of your creation,  
**we give you thanks, O God.**  
For harmony restored through your Spirit  
moving upon the turbulent waters of our lives,

**we give you thanks, O God.**

For the honour you give us of lives that flow in  
the rhythm of your tides,

**we give you thanks, O God.**

For setting each of us, like the stars upon their  
courses, within the orbit of your love,

**we give you thanks, O God.**

*Matthew 6:25-34, Acts 14:8-18, Colossians 1:9-20, Revelation 22:1-7, or the reading of the day from a lectionary or reading scheme; or another New Testament reading.*

*This may be followed by teaching, creative activity or the following.*

This we know, the earth does not belong to us;

**the earth is God's and we will serve it.**

This we know, we did not weave the web of  
life;

**the earth is God's and we will serve it.**

Whatever befalls the earth befalls the sons and  
daughters of the earth;

**the earth is God's and we will serve it.**

*The following prayers may be used.*

Caring Father God, we offer to you

the fuels and forests,

the seas and soil,

the air and animals,

the textiles and technology of the world.

**May we joy in your creation and steward it for  
future generations.**

Worker Christ, we offer to you our workplace,  
may we embody your presence in it.

Grace us to speak your peace and perfect order  
into its atmosphere.

May we know your wisdom in all that will be  
thought, decided and accomplished.

**Give us a fresh inspiration of truth and beauty  
on which to draw as we work.**

Energising Spirit, we offer to you

our caring professions,

our emergency services,

our charities and voluntary helpers,

and all in need of your healing love.

**May this day be graced by our attentive  
presence,**

**our careful listening and our loving service.**

*There may be open prayer.*

In our dependence on the God of life,

may we cherish the precious earth;

**the earth of the God of life,**

**the earth of the Christ of love,**

**the earth of the Spirit Holy.**

God bless the sky that is above us,

**the earth that is beneath us,**

your image deep within us,

**the day that lies before us.**

## MONDAY MIDDAY PRAYER

Great Spirit, whose breath is felt in the soft breeze,  
and whose life surges through socket and screen;  
we seek your strength in the midst of the day.  
May we, and the peoples of the world,  
work in dignity and walk in the beauty of the day.

**Blessed be God the birther of life.**

**Blessed be God the giver of light.**

**Blessed be God the bestower of skills.**

*Psalm 67 is said as follows, or another psalm.*

May God be merciful and bless us.  
May his face smile with favour on us.

**May your ways be known throughout the earth,  
your saving power among people everywhere.**

May the nations praise you, O God.  
**Yes, may all the nations praise you.**

Let the whole world sing for joy,  
**because you govern the nations with justice  
and guide the people of the whole world.**

May the nations praise you, O God.  
**Yes, may all the nations praise you.**

Then the earth will yield its harvests,  
and God, our God, will richly bless us.  
**Yes, God will bless us,  
and people all over the world will fear him.**

O Son of God, change our hearts.  
Your Spirit composes the songs of the birds,  
your creation is billions of wondrous miracles.

**Your creation is beautiful to look upon.**

**We ask of you just one more miracle:  
beautify our souls.**

O God, you called all life into being;  
your presence is around us now,  
your Spirit enlivens all who work.

**May your kingdom come on earth.**

Impart to us wisdom to understand your ways,  
**to manage well the tasks of this day.**

Make us co-creators with you  
**that when day fades we may come to you  
without shame.**

We pray for this world you have given us;  
**for the planting of seeds  
and for the nurturing of life  
in the soils and commerce of the world.**

Sustain those who extract minerals, create  
textiles, farm the land or develop technology.  
**Encircle those who can neither sow nor reap  
because human ills have drained them.**

Listen to the words of Christ:

Happy you who are gentle;  
the earth belongs to you. *Matthew 5:5*

You will labour,  
**but God will bless your work.**  
You will walk,  
**but God will bless your footsteps.**  
You will suffer,  
**but God will bless your tears.**

Dwelling in the earth are the seeds of all.  
**Dwelling in the soul is the Son of God.**

*There may be singing or free prayer.*

Bless all work done today  
that enables the human family  
to be clothed, fed and housed,  
to travel and learn,  
to communicate respectfully  
and exchange wisely,  
to craft and celebrate,  
in everything reflecting your glory.  
**Good God, be with us in every experience of  
life.**

*There may be singing.*

May you, our God, who dances with creation,  
plants your likeness in all people,  
and works to restore all things,  
**send us out to fill the world with love.  
Amen.**

## MONDAY EVENING PRAYER

We bless you, O God and forget not all your benefits.

**We bless you for your creation which is alive with your glory.**

You nod and beckon to us through every stone and star.

**As the sun sets in the west may we settle down with you.**

*There may be singing or else silent reflection on God's creation.*

*Either*

*Verses from Psalm 50 are said as follows.*

The mighty God calls to the earth from sun's rising to its sleep.  
God the Eternal Source shines forth perfect in glorious beauty.

**With fiery skies and raging storms  
God calls to heaven, to earth:  
'Bring to me those faithful souls  
who give their hearts to me.'**

The Mighty God requires our eyes and beckons us to listen:  
'You cannot earn a place near me,  
for all that lives is mine:

**The cattle on a thousand hills,  
the wildlife, trees and birds.  
If I hungered, I'd not tell you  
for all that lives is mine.**

So call to me in trial, in joy,  
and give to me your thanks.  
Worship by the way you live;  
let gratitude abound.'

**Glory to you, the Source of all being,  
Eternal Word and Holy Spirit,  
as it was in the beginning, is now and ever  
shall be. Amen.**

*Or*

*Psalm 29, Psalm 65, Psalm 136:1-9, or the psalm of the day from a lectionary, or any other psalm.*

**Glory to you, the Source of all being,  
Eternal Word and Spirit of life,  
as it was in the beginning, is now and ever  
shall be. Amen.**

*Genesis 2:4-9 and 18-25, Genesis 9:8-17, Isaiah 65:17-25, Hosea 2:14-23, or the reading of the day from a lectionary or reading scheme; or another Old Testament reading.*

*There may be silence.*

Lord, you are my island,  
**in your bosom I nest.**  
You are the calm of the sea,  
**in that peace I rest.**  
You are the waves on the shore's glistening stones,  
**their sound is my hymn.**  
You are the song of the birds,

**their tune I sing.**

You are the sea breaking on rock,

**I praise you with the swell.**

You are the ocean that laps my being,  
**in you I dwell.**

*Mark 4:26-32, Luke 8:22-25, Acts 17:16-31, Romans 8:18-30, or the reading of the day from a lectionary or reading scheme; or another New Testament reading.*

*There may be silence or teaching, or the following.*

We bless you, Lord,  
**for the beauty of the trees,  
the softness of the air,  
the fragrance of the grass.**

We bless you, Lord,  
**for the soaring of the skies,  
the rhythms of the earth,  
the stillness of the night.**

We bless you, Lord,  
**for the twinkling of the stars,  
the freshness of the morning,  
the dewdrops on the flower.**

We bless you, Lord,  
**for the taste of good food,  
the trail of the sun,  
and the life that never goes away.\***

We give thanks for the moments of creation and grace we have seen in this day . . .  
*(Examples may be named)*

\* Inspired by words of Chief Dan George (1889-1981),  
Tseil-Waututh Nation, Canada.

Generosity of God, spilling over into creation,  
we bless you for flowers and their wealth  
of beauty,  
for creatures and their glorious variety,  
for seas and seasons and scents.

**May we, too, reflect something of your  
glorious generosity.**

We pray for the well-being of the creation,  
the healthfulness of the air,  
the richness of the earth and its provisions,  
and the beauty of the whole world.

**Creator, make us co-workers with you that the  
earth and all who live upon it may reap a full  
harvest.**

Show us how to reflect your rhythms in our life  
and work and to conserve the world's rich  
resources.

**Help us to give all creatures their due respect,  
to tend cattle and crops with care.**

Guide science along wise and considerate ways  
that we may fashion agriculture that truly  
enhances  
and that we may sustain a vibrant  
environment.

**May we too shine with the vibrancy of your  
love.**

Peace to the land and all that grows on it.

**Peace to the sea and all that swims in it.**

Peace to the air and all that flies through it.

**Peace with our God who calls us to serve.**

## MONDAY NIGHT PRAYER

As the light fades and the work of the day is done, as the flowers and the laptops close, as the sun goes down and the world becomes still let us draw near to the Son of God.

**Lord God, King of the Universe  
Blessed be all creation,  
for all life comes from you.  
Blessed be the earth,  
may it support our bed tonight.**

*There may be singing or playing of a creation themed song.*

*Psalm 121 is said as follows.*

I look up to the mountains—  
does my help come from there?  
**My help comes from the Lord,  
who made heaven and earth!**

He will not let you stumble;  
the one who watches over you will not slumber.

**Indeed, he who watches over Israel  
never slumbers or sleeps.**

The Lord himself watches over you!  
The Lord stands beside you as your protective shade.

**The sun will not harm you by day,  
nor the moon at night.**

The Lord keeps you from all harm  
and watches over your life.

**The Lord keeps watch over you as you come  
and go,  
both now and forever.**

**We give you thanks that you are always  
present, in all things, each day and each night.  
We give you thanks for your gifts of creation,  
life and friendship.  
We give you thanks for the blessings of this  
day . . .**

*(Blessings may be named in silence or aloud.)*

When we are calm and still we can sense you,  
our Maker, we can feel your presence with us.  
All that has been made stirs within us  
creation's song of praise.

**We give you thanks for work completed. We  
give you thanks for rest at night.**

*Isaiah 40:28-31 is read.*

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.

Guardian of the planets, Kindler of the stars,  
**we pass into the darkness encompassed by  
you.**

*There may be silence or singing, or a pause to  
reflect upon the past day.*

**We offer you our concerns and the needs of  
your creation.**

*There may be open prayer for the needs of  
creation and current ecological issues.*

Thank you for your love for us, strong and  
nurturing;

**we give back our lives to you.**

Thank you for our minds, bodies and souls;  
**we give back our lives to you.**

Thank you for the past day;

**we give back our lives to you.**

After creating all things God rested;

**we give back our lives to you.**

Protect us through the hours of this night, be  
they silent or stormy, that we who are wearied  
by the changes and chances of a restless world  
may rest upon you eternally.

**You created the world out of love; we return  
love to you. Let us rest in God this night and  
awake in newness of life. Amen.**

## TUESDAY MORNING PRAYER

Glory to the Most High God who has come to live among us,  
**he has come to make peace in a hostile world.**

Christ, born of the loveliest Mary,  
**you are with us in our birth.**

Christ, brought up as a carpenter,  
**you are with us in our work.**

Christ, friend of seeker and outcast,  
**you are with us in our friendships.**

Christ, noble in suffering and death,  
**you are with us in our trials.**

Christ, eternal Son of God,  
**you are with us evermore.**

*There may be singing.*

*Either*

*Psalm 8 is said as follows.*

O Lord, our Lord, your majestic name fills the earth!

Your glory is higher than the heavens.

You have taught children and infants to tell of your strength,  
silencing your enemies and all who oppose you.

**When I look at the night sky and see the work of your fingers—  
the moon and the stars you set in place—  
what are mere mortals that you should think about them,  
human beings that you should care for them?**

Yet you made them only a little lower than God and crowned them with glory and honour.

You gave them charge of everything you made, putting all things under their authority—the flocks and the herds and all the wild animals,

the birds in the sky, the fish in the sea, and everything that swims the ocean currents.

**O Lord, our Lord, your majestic name fills the earth!**

**Glory to God, creator, redeemer, sustainer, forever.**

*Or*

*Psalm 20, Psalm 18:1-9, Psalm 45:1-7, or the psalm of the day from a lectionary, or any other psalm.*

**Glory to God, creator, redeemer, sustainer, forever.**

Dear Son of Mary, you took flesh to redeem us,  
**change our hearts.**

Dear Son of God,  
you came to us with sacrificial love,  
**change our hearts.**

*There may be silence or these words of forgiveness.*

The Son of God bounds towards us reaching out a hand of reconciliation.

Let us take it, and listen to God's Word.

*Isaiah 42:1-9, Hosea 11:1-9, Zephaniah 3:14-20  
Joshua 5:13-15, or day or the reading of the day from a lectionary or reading scheme; or another Old Testament reading.*

We bless you, our great God,  
**for you have set your people free.**

You have raised up for us a mighty Saviour,  
**born of your servant David's family.**

Through your holy prophets you promised of old

**that you would save us from all who hate us.**

You promised to show mercy to our forebears  
**and to remember your holy covenant.**

You vowed to our ancestor Abraham  
**to set us free to worship you without fear.**

The dawn from on high shall break upon us  
**to shine on those in darkness and to guide us into peace.**

*Philippians 2:5-11, Hebrews 4:14-5:10,  
Matthew 20:24-28, Romans 1:1-12, or the reading of the day from a lectionary or reading scheme; or another New Testament reading.*

*There may be meditation or singing.*

Babe of heaven, defenceless Love,  
you had to travel far from your home.  
**Strengthen us on our pilgrimage of trust on earth.**

King of glory, you accepted such humbling.  
**Clothe us with the garments of humility.**

Child of Mary, your birth shows us the simplicity of the Father's love.

**Keep us in the simplicity of that love.**

Child of Glory, your coming shows us the wonder of being human.

**Help us to cherish every human life.**

Christ who was heralded as Prince of Peace, you came to remove the wall that divides one people from another. May walls of hostility come tumbling down, especially . . . *(situations may be named)*

Christ who comes with justice and peace, we pray for the peace and well-being of the whole world, and of all the churches, especially . . . *(situations may be named)*

*The Lord's Prayer may be said or there may be singing.*

May God help us to live simply, laugh often, and love deeply.

May we see the face of Christ in everyone we meet.

**May everyone we meet see the face of Christ in us.**

Deep peace of the quiet earth to you,  
**deep peace of the still air to you,**  
deep peace of the forgiving heart to you,  
**deep peace of the Son of peace.**

## TUESDAY MIDDAY PRAYER

O Christ, you came among us to restore our ancient beauty.

**You became poor that we may become rich.**

In the whirling wheels of the world,  
**you are with us.**

When our day takes its toll,  
**you are with us.**

In the clamour of voices,  
**you are with us.**

When the sun shines on us,  
**you are with us.**

When the world turns sour,  
**you are with us.**

*On suitable occasions anyone may add a sentence:*

When . . .

**You are with us.**

*There may be singing.*

Make us aware, dear God,  
**of the eye that beholds us,**  
**the hand that holds us,**  
**the heart that loves us,**  
**the Presence that enfolds us.**

*Psalm 117 is said as follows, or another psalm.*

Praise the Lord, all you nations.

**Praise him, all you people of the earth.**

For his unfailing love for us is powerful;

**the Lord's faithfulness endures forever.**

## Praise the Lord!

*The following may be said or sung:*

**Glory to you, O God of life,  
Source of our being,  
eternal Word and Holy Spirit.**

*These or other words of Christ are read:*

Happy are you who are peacemakers.  
You will be called God's children.

*Matthew 5:9*

My peace I give to you,  
not as the world gives do I give to you.

*John 14:27*

*Silence, music or singing*

Circle us, O God, for the rest of the day;  
keep harm without,  
keep good within.

*Any may pray*

Circle . . .  
keep . . . without,  
keep . . . within.

Lead us from fear to trust.

**Lead us from despair to hope.**

Lead us from hate to love.

**Lead us from war to peace.**

Deep peace of the Son of peace

**fill our hearts, our workplace, our world.**

*The final prayer may also be sung (Celtic Hymn Book, no. 132).*

**May the eternal Glory shine upon us,  
may the Son of Mary stay beside us,  
may the life-giving Spirit be a canopy over us,  
may the eternal Three be ever with us.**

## TUESDAY EVENING PRAYER

The peace of Christ has come into the world.  
**The peace of Christ has come into the world.**

*Mary's Song may be said or sung twice to the tune 'Amazing Grace.'*

**Magnificat, magnificat,  
praise God my soul, praise God.  
The proud are downed, the poor raised up,  
Magnificat my soul.**

*Either*

*Verses from Psalm 132 are said as follows.*

Lord, remember David,  
and all the hardships he endured;  
How he swore an oath to the Lord  
and vowed a vow to the Mighty One of Jacob.

**"I will not come under the roof of my house,  
nor climb up into my bed;  
I will not allow my eyes to sleep,  
nor let my eyelids slumber;  
until I find a place for the Lord,  
a dwelling for the Mighty One of Jacob."**

Let us go to God's dwelling place;  
let us fall upon our knees before his footstool.

**Arise, O Lord, into your resting-place,  
you and the ark of your strength.**

Let your priests be clothed with righteousness;  
let your faithful people sing with joy.

**The Lord has sworn an oath to David;**

**in truth, he will not break it.**

"A son, the fruit of your body, will I set upon  
your throne.

If your children keep my covenant and my  
testimonies that I shall teach them,  
their children will sit upon your throne for  
evermore."

**Glory to God, creator, redeemer, sustainer,  
forever.**

*Or*

*Psalm 21:1-7, Psalm 72:1-19, Psalm 89:1-4 and  
19-29, the psalm of the day from a lectionary,  
or any other psalm.*

**Glory to God, creator, redeemer, sustainer,  
forever.**

We offer to you, Lord, the troubles of this day;  
we lay down our burdens at your feet.

*There may be a pause.*

Forgive us our sins, give us your peace,  
and help us to receive your Word.

**In the name of Christ. Amen.**

*Proverbs 8:1 and 22-31, Daniel 7:9-14, Genesis  
18:1-15, Leviticus 26:1-13, or the reading of the  
day from a lectionary or reading scheme; or  
another Old Testament reading.*

When the day takes its toll,

**Christ bounds down the mountains towards  
us.**

When we cry out in pain,

**Christ bounds down the mountains towards  
us.**

When all's well with the world,

**Christ bounds down the mountains towards  
us.**

When we need strength to do right,

**Christ bounds down the mountains towards  
us.**

*Hebrews 1:1-4, John 19:1-7, Ephesians 2:12-22  
2 Corinthians 8:1-9, or the reading of the day  
from a lectionary or reading scheme; or  
another New Testament reading.*

We give you thanks, our God, that you are  
always present, in all things, each day and each  
night.

We give you thanks for your gifts of creation,  
life and friendship.

We give you thanks for the particular blessings  
of this day . . .

*There may be a brief pause, the naming of  
blessings, singing in tongues or a sung  
response.*

Christ, the peace of things above, and the  
peace of those below, establish your peace in  
all creation and your universal Church.

**Banish wars from the ends of the earth and  
disperse those who delight in terror.**

\* *The Celtic Hymn Book* (Kevin Mayhew Publishing)  
no.40.

Child of glory, Child of Mary, born in a stable,  
King of all, you came to our wasteland; in our  
place suffered. By choosing to be born as a  
child you teach us to revere every human life.  
**May we never despise, degrade or destroy it.**  
**Rather, help us sustain and preserve it.**

Child of humanity, Trinity's only Son,  
gentle and strong, from whose line we come,  
bring your peace to your warring children.  
**Peace between rich and poor,**  
**peace between races and religions,**  
**peace between parents and children.**

Bring your peace to those we name before you  
now . . .

*There may be singing.*

Help us, Lord, to guard our words,  
to overcome hostility with love,  
to make peace  
in love of the King of Life.

*The final prayer may also be sung.\**

Deep peace of the running wave to you,  
**deep peace of the flowing air to you,**  
deep peace of the quiet earth to you,  
**deep peace of the shining stars to you,**  
deep peace of the Son of Peace to you,  
**deep peace, deep peace.**

## TUESDAY NIGHT PRAYER

Peace to us and to all who seek good.

**The peace of the Spirit be mine this night,  
the peace of the Son be mine this night,  
the peace of the Father be mine this night,  
the peace of all peace be mine this night,  
each morning and evening of my life.**

*There may be singing or music played*

We offer to you, Lord, the troubles of this day;  
we lay down our burdens at your feet.

*There may be a pause.*

Forgive us our sins, give us your peace,  
and help us to receive your Word.

**In the name of Christ. Amen.**

*Verses from Psalm 4 are read.*

Many people say, 'If only we might see some  
good! Let some light from your face shine  
upon us, O God!'

You have put gladness in my heart more than  
when all their material benefits abound.

I will lie down and sleep in peace; for you  
alone, O God, make me lie down in safety.

May fears of the day recede, may treasures of  
night draw near.

**O Christ, Son of the living God,  
may your holy angels guard our sleep;  
may they hover around our beds  
and watch over us as we rest.**

Let them reveal to us in our dreams visions of  
your glorious truth.

**May no fears or worries delay a prompt  
repose.**

*The following or other words of Christ are read.*

Jesus said: "Are you tired? Worn out? . . .  
Come to me. Get away with me and you'll  
recover your life. I'll show you how to take a  
real rest. Walk with me and work with me—  
watch how I do it. Learn the unforced rhythms  
of grace. I won't lay anything heavy or ill-fitting  
on you. Keep company with me and you'll  
learn to live freely and lightly."

*Matthew 11:28-30 (The Message)*

*There may be meditation or sharing of  
thoughts.*

Gracious God, bless and keep our dear ones,  
wherever they are, especially . . .

*(name openly or silently those you wish God to  
bless...)*

**May heaven's peacekeepers encircle us all  
with their outstretched arms; to protect us  
from the hostile powers, to put balm into our  
dreams to give us contented, sweet repose.**

We lie down in peace knowing our sins are  
forgiven;

**we lie down in peace knowing death has no  
fear.**

We lie down in peace knowing strength in our  
weakness;

**we lie down in peace knowing Jesus is near.**

Peace to you.

**We bless you now in the name of the Lord.**

Peace to you.

**We bless you now in the name of the Prince of  
Peace.**

Peace to you.

**Amen.**

## WEDNESDAY MORNING PRAYER

Come, Creator Spirit, fresh as the morning dew;  
**revive us and make us new.**

Let us arise today in the Spirit's power.

In the place of fear;

**God's strength to uphold me.**

In the place of emptiness;

**God's love to fill me.**

In the place of confusion;

**God's eye for my seeing,**

**God's wisdom to save me from false agendas  
that harm both body and soul.**

*There may be singing.*

*Either*

*Psalm 32 is said as follows.*

Oh what joy for those whose disobedience is forgiven,  
whose sin is put out of sight!

**Yes, what joy for those whose record the Lord  
has cleared of guilt,  
whose lives are lived in complete honesty!**

When I refused to confess my sin, my body  
wasted away,  
and I groaned all day long.

**Day and night your hand of discipline was  
heavy on me.**

**My strength evaporated like water in the  
summer heat.**

Finally, I confessed all my sins to you and  
stopped trying to hide my guilt.

I said to myself, "I will confess my rebellion to  
the Lord."

And you forgave me! All my guilt is gone.

**Therefore, let all the godly pray to you while  
there is still time,  
that they may not drown in the floodwaters of  
judgment.**

For you are my hiding place; you protect me  
from trouble.

You surround me with songs of victory.

**The Lord says, "I will guide you along the best  
pathway for your life.**

**I will advise you and watch over you.**

Do not be like a senseless horse or mule  
that needs a bit and bridle to keep it under  
control."

**Many sorrows come to the wicked,  
but unfailing love surrounds those who trust  
the Lord.**

So rejoice in the Lord and be glad, all you who  
obey him!

Shout for joy, all you whose hearts are pure!

**Glory to God, Creator, Redeemer, Sustainer  
for ever.**

*Or*

*Psalm 63:1-8, Psalm 119:73-80, Psalm 147, or  
the psalm of the day from a lectionary, or any  
other psalm.*

**Glory to God, Creator, Redeemer, Sustainer  
for ever.**

From false desires and selfish deeds,

**all-knowing One, deliver us.**

From unworthy thoughts and prideful claims,

**all-seeing One, deliver us.**

From unclean hearts and petty ways,

**all-cleansing One, deliver us.**

*Ezekiel 36:22-27, 1 Samuel 16:1-13, 2 Kings 2:1-  
15, Haggai 2:1-8, or the reading of the day  
from a lectionary or reading scheme; or  
another Old Testament reading.*

Healer from heaven,

**renew our bodies.**

Healer from heaven,

**revive our hearts.**

Healer from heaven,

**restore our souls.**

God becomes one with us,

**that we may be one with God.**

*Matthew 28:16-20, Acts 10:34-48, Ephesians  
3:14-21, 1 Peter 4:12-19 or the reading of the  
day from a lectionary or reading scheme; or  
another New Testament reading.*

*There may be meditation and singing.*

Come like fire and warm our hearts.

**Come like wind and refresh our frames.**

Come like water and revive our souls.

**Come like the earth and nourish our being.**

May our hearts beat this day with the wings of  
the Wild Goose.

Holy Spirit refine us,  
**that we may be just and true.**  
Sending Spirit, release us,  
**that we may touch lives for you.**  
Disturbing Spirit recharge us,  
**that our jaded lives become new.**

\* From *The Alternative Service Book 1980*,  
the Church of England.

*The following prayer may be sung or said.*

On those whose day is drab,  
**come, Holy Spirit.**  
On those who harbour fear,  
**come, Holy Spirit.**  
On a parched land,  
**come, Holy Spirit.**  
On . . .  
**come, Holy Spirit.**

*There may be free prayer.*

Eternal God and Father,  
you create us by your power  
and redeem us by your love:  
guide and strengthen us by your Spirit,  
that we may give ourselves in love and service  
to one another and to you.\*

*There may be singing.*

Lord, may your Church grow in holiness  
and in number.  
**Peace and blessing from the Spirit  
and from the Three who are ever One.**

## WEDNESDAY MIDDAY PRAYER

Holy Spirit,  
come as a gentle breeze  
that cools in the heat of the day,  
come as the calming Presence  
that restores stillness to our being.

**Wind of heaven,  
blow away dross and deceits,  
refresh our battered souls,  
brace us for what is to come.**

*There may be silence or singing.*

*Psalm 23 may be said in the following way or a  
hymn version may be sung*

God is my shepherd,  
who refreshes me in green pastures,  
restores me by quiet waters,  
and leads me to the right ways.

**With God I lack nothing I truly need.**

Even though I walk through the valley  
of the shadow of death

I will fear no evil, for you are with me,  
your protecting staff comforts me.

**With God I lack nothing I truly need.**

You prepare a feast for me  
even when hostile people surround me,  
you anoint me with oil and my life overflows.

**With God I lack nothing I truly need.**

Surely goodness and mercy shall follow me  
all the days of my life  
and I will dwell in your presence for ever.

**With God I lack nothing I truly need.**

Perfect Comforter! Wonderful Refreshment!  
You make peace to dwell in our soul.  
In our labour, you offer rest;  
in temptation, strength.  
From heaven shine forth with your glorious  
light.

*Silence or singing*

When the day is dull,  
**may your Spirit open our eyes to hidden  
glories.**

When we are tired and weary,  
**may your Spirit open our hearts to peace.**

When the world is harsh and barren,  
**may your Spirit open our lives to bring life and  
healing.**

The Spirit will show you what to say.

*Luke 12:12*

The Holy Spirit joins with our spirit to affirm  
that we are children of God.

*Romans 8:16*

The fruit of the Spirit is love, joy, peace,  
patience, kindness, generosity,  
faithfulness, gentleness, and self-control. There  
is no law against such things.

*Galatians 5:22-23*

Alleluia.

**Alleluia.**

*There may be singing, free prayer or the Lord's  
Prayer.*

Holy Spirit, for the rest of the day renew in us,  
**joy in our work,  
life in our being,  
love in our relationships.**

## WEDNESDAY EVENING PRAYER

Kindling Spirit, come,  
in flame our waiting hearts.  
**Consoling Spirit, come,  
you know our every need.**

*There may be singing.*

*Either*

*Verses from Psalm 143 are said as follows.*

Hear my prayer, O Lord; listen to my plea!  
Answer me because you are faithful and  
righteous.

**Don't put your servant on trial,  
for no one is innocent before you.**

I am losing all hope;  
I am paralyzed with fear.

**I remember the days of old.**

**I ponder all your great works and think about  
what you have done.**

I lift my hands to you in prayer.

I thirst for you as parched land thirsts for rain.

**Come quickly, Lord, and answer me,  
for my depression deepens.**

**Don't turn away from me, or I will die.**

Let me hear of your unfailing love each  
morning, for I am trusting you.

Show me where to walk, for I give myself to  
you.

**Rescue me from my enemies, Lord;**

**I run to you to hide me.**

Teach me to do your will, for you are my God.

May your gracious Spirit lead me forward

on a firm footing.

**For the glory of your name, O Lord, preserve  
my life.**

**Because of your faithfulness, bring me out of  
this distress.**

**Glory to God, Creator, Redeemer, Sustainer  
for ever.**

*Or*

*Psalm 33:1-12, Psalm 81:1-10, Psalm 86:1-13,  
the psalm of the day from a lectionary, or any  
other psalm.*

**Glory to God, Creator, Redeemer, Sustainer  
for ever.**

*There may be a pause.*

*Jeremiah 31:31-34, Ezekiel 11:14-25, Isaiah  
44:1-8, 2 Chronicles 15:1-12 or the reading of  
the day from a lectionary or reading scheme; or  
another Old Testament reading.*

*The following may be said, or sung to the tune  
'Veni Creator Spiritus,' or another suitable song  
may be sung.*

Come, Holy Spirit, our souls inspire,  
and lighten with eternal fire.  
Implant in us your grace from above,  
enter our minds and hearts with love.

**O come, anointing Spirit of peace,  
wellspring of life and gentleness.  
Past ages called you the Paraclete;**

**with sevenfold gifts you make us complete.**

You are the Power of God's right hand,  
promise of God to Church and land.  
Life-giving words to us impart;  
illumine and transform our heart.

**Into our souls your love now pour;  
refresh our weak frame with strength and  
power.**

**Give grace and courage to endure;  
cast far away our deadly foe.**

Grant us your peace through every day,  
with you as Guide upon the way  
evil no more our souls shall harm,  
we shall know as we are known.

**Teach us the Trinity to know;  
Father, Son and Spirit, too:  
the Three in One and One in Three,  
now and ever, eternally.**

*John 3:1-10, Romans 5:1-5, Galatians 3:1-5,  
Jude 17-25 or the reading of the day from a  
lectionary or reading scheme; or another New  
Testament reading.*

*There may be meditation and singing.*

Spirit of Truth, look down upon a world  
in thrall to lies and illusions,  
**work in the darkness to bring all things into  
light.**

Anointing Spirit, distribute among us your gifts:  
**wisdom, understanding and strength,  
knowledge, reverence and insight.**

*There may be silence, open prayer, the use of spiritual gifts or singing.*

Great Creator of the glowing moon and shining stars,  
Great Saviour of the miraculous birth and rising from death,  
Great Spirit of the seers and sacred words;  
**Work through our minds,  
work through our dreams,  
work through our mouths,  
that we may become a sign of your presence.**

*There may be free prayer.*

Comforting Spirit, come to all who pass through trial and to those we love, especially ...  
*(people and situations may be named.)*

*There may be singing.*

Send us out in the power of the Spirit,  
**to kindle many flames of love.**

## WEDNESDAY NIGHT PRAYER

**We gather in the presence  
of the God of wholeness,  
in the presence of Compassion's Son,  
in the presence of the healing Spirit.  
Tonight may we be one.**

As we settle down this night,  
we draw to mind the things of the day.

*Time of silent recollection.*

*Psalm 103:1-5 is read.*

Bless the Lord, O my soul,  
and everything within me, bless His holy name.  
**Bless the Lord, O my soul,  
and forget not all his rewards:**  
who is merciful to all your transgressions,  
who heals all your diseases,  
**who redeems your life from corruption,  
who crowns you with mercy and compassion,**  
Who satisfies your desire with good things;  
And your youth is renewed like the eagle's.

Heal the places in us which have been hurt this  
day, or in other days past.

*Hebrews 13:5-6 is read.*

Keep your lives free from the love of money,  
and be content with what you have; for God  
has said, 'I will never leave you or forsake you.'  
So we can say with confidence, 'The Lord is my

helper; I will not be afraid. What can anyone  
do to me?'

*Silence*

Spirit of the living God, present with us now,  
we lay before you the activities of this day, the  
activities of our minds, bodies, and souls.

*Time of silent recollection.*

*Become aware of your emotions and how they  
changed throughout this day.*

*Time of silent recollection.*

*Looking back, become aware of where God was  
present in this day, where you noticed the  
Divine presence at the time and where you did  
not, but do now.*

*Time of silent recollection.*

Gracious One, forgive us for our negative  
emotions this day.

**Forgive us.**

*Pause*

Forgive us for rush.

**Forgive us.**

*Pause*

Forgive us for when we were not aware of your  
presence with us.

**Forgive us.**

*Pause*

Forgive us for lack of trust.

**Forgive us.**

*Pause*

Forgive us for the ways we have marred your  
image in us.

**Forgive us.**

*Pause*

We open ourselves in love and faith to you, O  
Gracious Three, Almighty One.

Great Spirit, who broods over the sleeping  
world,  
as we sleep this night,  
restore the garment of our self-respect  
and remake us in your beauty.

**Renew in us as we sleep,  
the stillness of our being,  
the soundness of our bodies,  
and bring to dawn our wholeness.**

## THURSDAY MORNING PRAYER

Birther of the human race,  
you summon the day to dawn  
and call us to live in communion.

**Thrice holy God, eternal Three in One,  
make your people holy, make your people  
one.**

**Stir up in us the flame  
that burns out pride and power,  
restore in us the trust  
that brings the servant heart to flower.  
Thrice holy God, come as the morning dew,  
inflame in us your love  
that draws all lesser loves to you.**

*There may be singing.*

*Either*

*Psalm 113 is said as follows.*

Hallelujah!  
Give praise, you servants of the Lord;  
praise the name of the Lord.  
**Let the name of the Lord be blessed,  
from this time forth for evermore.**  
From the rising of the sun to its going down  
let the name of the Lord be praised.  
**The Lord is high above all nations,  
and his glory above the heavens.**  
Who is like the Lord our God, who sits  
enthroned on high but stoops to behold the  
heavens and the earth?  
**He takes up the weak out of the dust**

**and lifts up the poor from the ashes.**

He sets them with the princes,  
with the princes of his people.

**He makes the woman of a childless house  
to be a joyful mother of children.**

**Glory to the Father, to the Son,  
and to the Spirit, one God who mothers us all**

*Or*

*Psalm 46, Psalm 87, Psalm 112, or the psalm of  
the day from a lectionary, or any other psalm.*

**Glory to the Father, to the Son,  
and to the Spirit, one God who mothers us all.**

Holy Trinity, mutual sharing of self-giving love,  
we confess to you that our lives  
and the world are fragmented by sin.

*There may be a pause.*

Source of all,  
**have mercy on us.**

Saviour of all,  
**have mercy on us.**

Sustainer of all,  
**have mercy on us.**

The Merciful Three reach out  
to announce a loving reconciliation.  
**Thanks be to God.**

*Genesis 12:1-9, Deuteronomy 10:12-22,  
Jeremiah 29:10-14, Ezekiel 18:5-9 or the*

*reading of the day from a lectionary or reading  
scheme; or another Old Testament reading.*

May our sons be like plants that grow up  
strong.

**Happy the people whose God is the Eternal  
Source.**

May our daughters be like pillars crafted for  
a palace.

**Happy the people whose God is the Eternal  
Source.**

May our stores be filled with worthy goods.

**Happy the people whose God is the Eternal  
Source.**

May creatures and crops grow into well-being.

**Happy the people whose God is the Eternal  
Source.**

May our streets be free from clamour and  
crime.

**Happy the people whose God is the Eternal  
Source.**

*From Psalm 144*

*John 17:20-26, Galatians 3:23-29, Philippians  
1:1-11, 1 John 3:11-17 or the reading of the day  
from a lectionary or reading scheme; or  
another New Testament reading.*

*There may be meditation or singing.*

Through Word and Sacrament you come to us,  
O Christ.

**And we draw near to you.**

God makes covenant with us.

**And we offer God our lives.**

The Trinity invites us into community.

**With joy we share the Divine life.**

*After any of the following responses, examples of current concerns may be offered to God.*

Ground of all being, all peoples come from you,  
**may we honour one another and seek the common good . . .**

Reconciler of all people,  
employers, employees and shareholders  
are like fingers on your hand,  
**may the wealth and work of the world  
be available to all and for the exploitation of none . . .**

Unity of the world,  
from you all peace, all justice flows,  
**may we cherish the web of life and respect  
the rule of law . . .**

*There may be singing.*

For my shield this day I call:  
a mighty power, the Holy Trinity.  
**Faith in the Three, trust in the One,  
creating all through love.**

*The following blessing may be said or sung.*

**Into the Sacred Three I immerse you,  
into their power and peace I place you,  
may their breath be yours to live,  
may their love be yours to give.  
Into the Sacred Three I immerse you.**

## THURSDAY MIDDAY PRAYER

We gather in the name of God,  
creating, redeeming, giving us life.

*There may be singing.*

God of justice, God of peace,  
in the midst of the day  
we take refuge in you.

Glory to you, Father,  
**glory to you.**

Glory to you, Saviour,  
**glory to you.**

Glory to you Spirit,  
**glory to you.**

How good it is, how pleasing, for God's people  
to live together in harmony.  
It is like precious ointment poured on the head.  
It is like dew falling on the hills.  
This is where the Lord has promised his  
blessing, life that never ends.

*From Psalm 133*

We remember Jesus:  
gatherer of seekers; teller of stories;  
worker of wonders; breaker of bread;  
pouder of wine; giver of life.  
As Jesus washed his disciples' feet,  
**may we wash the feet of the world.**

We weave this day  
**silence of knowing,**

**clearness of seeing,  
grace of speaking.**

*Pause.*

We weave this day  
**humility of listening,  
depth of understanding,  
joy of serving.**

*Pause.*

We weave this day  
**peace of being,  
gift of loving,  
power of meeting.**

*Pause.*

*One of the following New Testament readings  
is used.*

Jesus said: 'Where two or three are gathered in  
my name I am there.'

*Matthew 18:20*

Do to others as you would have them to do to  
you.

*Matthew 7:12*

*There may be meditation.*

*All may say or sing the following to the tune  
'Bunessan.'*

**Christ be within me,  
Christ be beside me,  
Christ in the stranger,  
Christ in the friend,**

**Christ in my speaking,  
Christ in my thinking,  
Christ in my working,  
Christ at my end.**

God of community,  
Spirit of energy and change,  
pour on us without reserve or distinction,  
that we may have strength to plant your justice  
on earth.

Your kingdom come, your will be done,  
on earth, as it is in heaven.  
**Your kingdom come.**

Your kingdom come in the people or situations  
we now name . . .

*People or situations may be named aloud or  
silently, responding each time:*  
**Your kingdom come.**

**The Three who are over our head,  
the Three who provide our bread,  
be with us wherever we tread.**

## THURSDAY EVENING PRAYER

Holy, holy, holy is the eternal Flame undying,  
burning here among us in sacrificial love.

*Candles may be lit.*

We give you thanks, Kindly Light, that you led  
our forebears in the Faith through a cloud by  
day and a fire by night, and that you ever lead  
your people on. We give you thanks that you  
have led us to this place. Pour forth your  
kindness on your people, Creator, Saviour, and  
radiant Spirit.

*There may be singing.*

*Either*

*Psalm 82 is said as follows.*

God has taken his place in the divine council;  
in the midst of the gods he holds judgment:  
“How long will you judge unjustly and show  
partiality to the wicked?

**Give justice to the weak and the orphan;  
maintain the right of the lowly and the  
destitute.**

**Rescue the weak and the needy;  
deliver them from the hand of the wicked.”**

They have neither knowledge nor  
understanding,  
they walk around in darkness;  
all the foundations of the earth are shaken.  
I say, “You are gods,

children of the Most High, all of you;  
nevertheless, you shall die like mortals,  
and fall like any prince.”

**Rise up, O God, judge the earth;  
for all the nations belong to you!**

**Glory to the Father, to the Son,  
and to the Spirit, one God who mothers us all.**

*Or*

*Psalm 48, Psalm 99, Psalm 146 or the psalm of  
the day from a lectionary, or any other psalm.*

**Glory to the Birther, the Brother,  
and the Breather,  
one God who mothers us all.**

We offer to you, Lord, the troubles of this day;  
we lay down our burdens at your feet.

*There may be a pause.*

Forgive us our sins, give us your peace,  
and help us to receive your Word.  
**In the name of Christ. Amen.**

*Isaiah 2:1-4, Leviticus 19:9-18, Isaiah 56:1-8,  
Zephaniah 3:8-13, or the reading of the day  
from a lectionary or reading scheme; or  
another Old Testament reading.*

Triune God, nurture the people through your  
Church.

Through her pastors,  
**nourish us.**

Through her teachers,  
**establish us.**

Through her prophets,  
**envision us.**

Through her musicians,  
**inspire us.**

Through her saints,  
**sanctify us.**

Through her givers,  
**bless us.**

*Mark 3:31-35, Romans 12:9-21, Ephesians 4:1-  
16, James 3:13-18, or the reading of the day  
from a lectionary or reading scheme; or  
another New Testament reading.*

*There may be meditation and singing.*

Lord Christ, you prayed for the unity of all who  
believe:  
**may your churches rejoice in the communion  
of heaven and attain communion round one  
table on earth.**

Lord Christ, you call us to love our neighbours:  
**may we and our local communities seek the  
common good.**

Lord Christ, through bread and wine you give  
us signs of your Presence transforming all  
creation:  
**may we and those in the media glimpse this  
vision, and reflect it to the world.**

*We pray for reconciliation to be experienced  
and memories healed in all parts of the  
universal Church.*

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

*There may also be free prayer or the following.*

O God, grant us unity.  
Bless the oppressed, bless the oppressor.  
Draw all people home to you.

*Pause.*

Deliver the downtrodden, pity the unnoticed.  
Raise the fallen, show yourself to the needy.

*Pause.*

Heal the sick, bring back those who have  
strayed.

*Pause.*

Feed the hungry, lift up the weak.  
Remove the prisoners' chains.

*Pause.*

May every people come to know  
that you are God, that Christ is your Child,  
that we are your people.

*There may be singing.*

Jesus Christ, Light of the world, by your cross  
you have overcome all darkness that  
oppresses.

**Come and shine on us in our communities,  
that we may grow and live together in your  
love, which makes us one with all humanity.**

## THURSDAY NIGHT PRAYER

*Three candles may be lit as the following words are said by one or three people.*

I light a light in the name of the Father who embraces us.

I light a light in the name of the Son who enfolds us.

I light a light in the name of the Spirit who encircles us.

**Our God is One,  
the God from whom all people come,  
one earth is the bed on which we make our  
home, one is the air that all creatures breathe.**

Mighty One,  
I give you thanks with my whole heart.  
Great are your works:  
all who sense their wonder study them.  
Your work overflows with majesty and honour  
and your righteousness lasts for ever.  
You are gracious and full of mercy.  
You provide food for those who honour you.  
You are faithful and just in all you do.  
Reverence for you is the beginning of wisdom;  
all those who practise it have good  
understanding.

*From Psalm 111*

*There may be singing or music.*

We thank you for your presence through the day and for friends who have helped us on our way.

**As shadows fall and the wheels of the world grow still, forgive us for our failures in love.**

Visit the place in which we rest this night and drive away all that would harm.

**May holy angels preserve us in peace.**

Support us, Lord,  
through life's troubles each day,  
until the shadows lengthen and evening comes,  
the fever of life is over and our work is done.  
Then, Lord, in your mercy, give us a holy rest,  
and peace at the last.

*There may be silence.*

*1 Peter 3:8-12 is read.*

Finally, all of you, have unity of spirit, sympathy, love for one another, a tender heart, and a humble mind. Do not repay evil for evil or abuse for abuse; but, on the contrary, repay with a blessing. It is for this that you were called—that you might inherit a blessing. For 'Those who desire life and desire to see good days, let them keep their tongues from evil and their lips from speaking deceit; let them turn away from evil and do good; let them seek peace and pursue it. For the eyes of the Lord are on the righteous, and his ears are open to their prayer. But the face of the Lord is against those who do evil.'

*Either of the following sets of prayers may be used.*

On your world, Lord,  
**your love descend this night.**  
On your Church, Lord,  
**your love descend this night.**  
On all who work, Lord,  
**your love descend this night.**  
Where there is strife, Lord,  
**your love descend this night.**  
Where there is neglect, Lord,  
**your love descend this night.**  
On all who sleep, Lord,  
**your love descend this night.**

*Other prayers may be added in the same way.*

On . . .  
**your love descend this night.**

*Or*

Circle the world, Lord,  
**keep grudges without, keep friendship within.**  
Circle the world, Lord,  
**keep bickering without, keep trust within.**  
Circle those we bring before you now . . .  
*(People may be named aloud or in silence.)*

*There may be singing.*

Kindle in our hearts, O God, the flame of that love which never ceases, that it may burn in us this night till we shine for ever in your presence.

**God with us lying down, God with us rising up.  
Christ with us sleeping, Christ with us waking.  
Spirit with us now, Spirit with us evermore.  
Amen.**

## FRIDAY MORNING PRAYER

On this day of Christ's suffering and death,  
let us be one with him in his wounds.

**We seek to tread in the steps of Christ,  
in the steps of Christ, our Champion and King,  
who has shown us the way,  
when strong, when weak.**

*Either*

*Verses from Psalm 69 are said as follows.*

Save me, O God,  
for the floodwaters are up to my neck.

**Deeper and deeper I sink into the mire;  
I can't find a foothold.  
I am in deep water,  
and the floods overwhelm me.**

I am exhausted from crying for help;  
my throat is parched.  
My eyes are swollen with weeping,  
waiting for my God to help me.

**Don't let those who trust in you be ashamed  
because of me,  
O Sovereign Lord of Heaven's Armies.  
Don't let me cause them to be humiliated,  
O God of Israel.**

For I endure insults for your sake;  
humiliation is written all over my face.

**Even my own brothers pretend they don't  
know me;  
they treat me like a stranger.**

Answer my prayers, O Lord,  
for your unfailing love is wonderful.  
Take care of me,  
for your mercy is so plentiful.

**Don't hide from your servant;  
answer me quickly, for I am in deep trouble!  
Come and redeem me;  
free me from my enemies.**

**Glory to the Maker, glory to the Son,  
glory to the Spirit, ever Three and ever One.**

*Or*

*Psalm 40, Psalm 56, Psalm 70, or the psalm of  
the day from a lectionary, or any other psalm.*

**Glory to the Maker, glory to the Son,  
glory to the Spirit, ever Three and ever One.**

Jesus, you were driven to the sands  
by the searching Spirit,  
**strip from us what is not of you.**

*Confession is made in silence, or as follows.*

Forgive us;  
**for our selfish deeds,  
our empty speech,  
and the words with which we have wounded.**

*Pause*

Forgive us;  
**for our false desires,  
our vengeful attitudes  
and for what we have left untended.**

*Pause*

Holy Jesus, hanged on a tree, victorious  
over death;  
**forgive us for these sins,  
free us from these evils  
and power us into new ways.**

*There may be singing.*

*Genesis 22 1-14, Isaiah 53:1-12, Hosea 14:1-7,  
Micah 7:18-20, or the reading of the day from a  
lectionary or reading scheme; or another Old  
Testament reading.*

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

By your Cross and life laid down  
you set your people free.  
**We look to you to save and help us.**

When your disciples were about to perish  
you reached down and saved them.  
**We look to you to come to our help.**

In the greatness of your mercy,  
free us from our chains.  
**Forgive the sins of all your people.**

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.**

*Mark 10:35-45, 1 Corinthians 1:18-25,  
Colossians 2:6-15, 1 John 1:5-2:2, or the  
reading of the day from a lectionary or reading  
scheme; or another New Testament reading.*

*There may be silence.*

Jesus, broken on the Cross,  
we bring to you those suffering from  
broken dreams, broken relationships and  
broken promises . . . *(Pause or give names.)*

Lord Jesus Christ,  
**have mercy on them.**

Jesus, who lost everything,  
we bring to you those who have suffered loss  
of work, mobility and well-being . . . *(Pause or  
give names.)*

Lord Jesus Christ,  
**have mercy on them.**

Jesus, defenceless victim,  
we bring to you those who are victims of  
violence, abuse and false accusation . . . *(Pause  
or give names.)*

Lord Jesus Christ,  
**have mercy on them.**

Jesus, alone and destitute,  
we bring to you those who are lonely,  
homeless and hungry . . . *(Pause or give  
names.)*

Lord Jesus Christ,

**have mercy on them.**

Saviour, you died that we may be brought  
back to you, turn the hearts of those who do  
not yet know you . . . *(Pause, or give names)*

Lord Jesus Christ,  
**have mercy on them.**

*The Lord's Prayer may be said.*

*There may be singing.*

**May the Christ who walks with wounded feet  
walk with us on the road.**

**May the Christ who serves with wounded  
hands stretch out our hands to serve.**

**May the Christ who loves with wounded heart  
open our hearts to love.**

## FRIDAY MIDDAY PRAYER

Jesus, Master Carpenter of Nazareth,  
who, through wood and nails,  
won our full salvation,  
wield well your tools in this,  
your workshop,  
that we who come to you rough-hewn  
may here be fashioned into a truer beauty  
by your hand.\*

*Psalm 31:1-5 is read as follows.*

O Lord, I have come to you for protection;  
don't let me be disgraced.  
Save me, for you do what is right.

**Turn your ear to listen to me;  
rescue me quickly.  
Be my rock of protection,  
a fortress where I will be safe.**

You are my rock and my fortress.  
For the honour of your name, lead me out of  
this danger.  
Pull me from the trap my enemies set for me,  
for I find protection in you alone.

**I entrust my spirit into your hand.  
Rescue me, Lord, for you are a faithful God.**

*There may be silence or singing.*

We draw aside in the midst of the day.  
Where there is poverty and hunger,  
where children are harmed and mistreated,  
where people are maimed and broken,  
**We plead for your justice.**

Where there is cruelty and hatred,  
where there is greed, and suspicion,  
where there is homelessness and war,  
**We plead for your justice.**

Lord Jesus, at this hour you hung on the cross,  
stretching out your arms in love to all.  
**May the peoples of the world  
be drawn to your uplifted love,  
especially those with whom we shall work this  
day.**

Give us the will to share our bread with the  
hungry,  
to give room to those who feel rejected,  
and to reach out to those in need.  
**We pray for those whose tasks are  
backbreaking, whose bodies are enslaved  
or whose spirits are crushed.**

*There may be silence in which we hold before  
the cross those for whom we pray.*

These words of Jesus are said.

Happy you who hunger for justice;  
**you will be filled.**  
Happy you who show mercy;  
**you will receive mercy.**  
Happy you who weep;  
**you will laugh.**

*Matthew 5:4, 6, 7*

*There may be singing.*

Lord Jesus, in the midst of malice and mockery  
you found peace to remain in your Father's  
will.

**When we are mocked or maligned,  
give us peace to remain in our Father's will.**

*The Lord's Prayer is said in the traditional form  
or as follows.*

**Our Father in heaven,  
honoured be your name,  
your kingdom come,  
your will be done  
on earth, as in heaven.  
Give us this day our daily supplies  
and forgive us our sins,  
as we forgive those who sin against us.  
Lead us not into time of trial,  
but deliver us from evil.  
For yours is the kingdom, the power and  
the glory,  
for ever and ever.  
Amen.**

\* Arthur Gray Butler (1831–1909).

## FRIDAY EVENING PRAYER

Sacrificial Love lingers still among us,  
**calling us to wait and to watch.**

Eternal Light,  
**shine into our hearts.**

Eternal Goodness,  
**deliver us from evil.**

Eternal Power,  
**strengthen us.**

Eternal Wisdom,  
**scatter the darkness of our ignorance.**

Eternal Pity,  
**have mercy on us.**

**With our whole being we shall seek your face  
until we are brought to your holy presence.**

*There may be a meditative chant or singing.*

*Either*

*Psalm 103:1-18 is said as follows.*

Let all that I am praise the Lord;  
with my whole heart, I will praise his holy  
name.

**Let all that I am praise the Lord;  
may I never forget the good things he does for  
me.**

He forgives all my sins  
and heals all my diseases.

**He redeems me from death  
and crowns me with love and tender mercies.**

He fills my life with good things.  
My youth is renewed like the eagle's!

**The Lord gives righteousness  
and justice to all who are treated unfairly.**

He revealed his character to Moses  
and his deeds to the people of Israel.

**The Lord is compassionate and merciful,  
slow to get angry and filled with unfailing  
love.**

He will not constantly accuse us,  
nor remain angry forever.

**He does not punish us for all our sins;  
he does not deal harshly with us, as we  
deserve.**

For his unfailing love toward those who fear  
him  
is as great as the height of the heavens above  
the earth.

**He has removed our sins as far from us  
as the east is from the west.**

The Lord is like a father to his children,  
tender and compassionate to those who fear  
him.

**For he knows how weak we are;  
he remembers we are only dust.**

Our days on earth are like grass;  
like wildflowers, we bloom and die.

**The wind blows, and we are gone—**

**as though we had never been here.**

But the love of the Lord remains forever  
with those who fear him.

**His salvation extends to the children's children  
of those who are faithful to his covenant,  
of those who obey his commandments!**

*Or*

*Psalm 42, Psalm 77, Psalm 130, or the psalm of  
the day from a lectionary, or any other psalm.*

*There may be silence.*

*Numbers 21:4-9, Isaiah 1:10-20, Isaiah 44:21-  
23, Zechariah 12:10-13:1, or the reading of the  
day from a lectionary or reading scheme; or  
another Old Testament reading.*

Lord, you were tested by the evil one;  
**break in us the hold of power and pride.**

You knew deep tears and weaknesses;  
**help us to be vulnerable for you.**

You followed to the end the way of the Cross;  
**help us to be faithful to you to the end of  
our days.**

*A Kyrie ('Lord, have mercy') may be sung.*

*Luke 23:32-43, 2 Corinthians 5:11-21, Hebrews  
2:10-18, Revelation 5:1-14, or the reading of  
the day from a lectionary or reading scheme; or  
another Old Testament reading.*

*There may be meditation or singing.*

Lord Jesus, you died to save us,  
not from suffering, but from ourselves;  
not from injustice, but from being unjust.  
You died that we might live as you did,  
who died to yourself.

**In union with witnesses and martyrs of Christ;  
in communion with all who have died  
in the faith of Christ,  
we commit ourselves to our living God.**

As we seek to be faithful to you and struggle to  
establish justice, we bring to you those who are  
in chains.

*Pause or free prayer*

We bring to you people who are persecuted or  
oppressed, the homeless, the hungry and those  
in grinding poverty.

*Pause or free prayer*

We bring to you those who are abused,  
belittled or marginalised.

*Pause or free prayer*

We bring to you those who are in pain behind  
closed doors.

*Pause or free prayer*

We bring to you those who are locked into  
hatred;

*Pause or free prayer*

**We bring to you all the world for which you  
died.  
Christ, victorious over evil, fill their hearts and  
ours with generous love.**

*There may be singing.*

We go in the sign of the Cross of Christ  
(+ *make sign*).

**The Cross above us to lead us through,  
the Cross before us to keep us true,  
the Cross behind us to shield us from ill,  
this day and always. Amen.**

## FRIDAY NIGHT PRAYER

Shadows darken this day;  
**the day Christ was laid in a grave.**

The darkness shall not engulf us;  
**for with you the darkness is light.**

Lord, by your Cross and precious death;  
**save us from the powers of evil,  
save us from another's harm,  
save us from our selfish failings,  
come this night and give us calm.**

*There may be singing.*

*Psalm 90:1–12 is read as follows, or verses  
from another psalm.*

Lord, through all the generations  
you have been our home!  
Before the mountains were born,  
before you gave birth to the earth and the  
world,  
from beginning to end, you are God.

**You turn people back to dust, saying,  
“Return to dust, you mortals!”**

**For you, a thousand years are as a passing  
day,  
as brief as a few night hours.**

**You sweep people away like dreams that  
disappear.**

**They are like grass that springs up in the  
morning.**

**In the morning it blooms and flourishes,  
but by evening it is dry and withered.**

We wither beneath your anger;  
we are overwhelmed by your fury.  
You spread out our sins before you—  
our secret sins—and you see them all.  
We live our lives beneath your wrath,  
ending our years with a groan.

**Seventy years are given to us!  
Some even live to eighty.  
But even the best years are filled with pain  
and trouble;  
soon they disappear, and we fly away.**

Who can comprehend the power of your  
anger?  
Your wrath is as awesome as the fear you  
deserve.

**Teach us to realize the brevity of life,  
so that we may grow in wisdom.**

*There may be silence.*

Created, evolved, accepted, loved: in response  
to this grace of God let us confess our sins, that  
when our bodies become but ashes we may  
live with you for ever.

Let us reflect on the things that distance us  
from Christ.

*Pause.*

If we claim we have no sin, we are only fooling  
ourselves and not living in the truth. But if we  
confess our sins to God, he is faithful and just  
to forgive us our sins and to restore our  
harmony with him.

*1 John 1:8-9*

Lord God, forgive us our sins.

**Lord, forgive.**

*‘Kyrie Eleison’, or similar may be sung or  
played.*

As he was dying a martyr's death Jesus said:  
‘My God, my God, why have you forsaken me?’  
Christ forsaken,  
**have mercy on all who are forsaken.**  
Christ afraid,  
**have mercy on all who are afraid.**  
Christ betrayed,  
**have mercy on all who are betrayed.**

*People may mention, in silence or aloud, those  
who need our prayers.*

Great God who mothers us all, gather the  
sufferings of all into the communion of the  
crucified Christ.  
**Shield and deliver them and look on them  
with your merciful gaze.**

*There may be singing.*

Jesus said: ‘Father into your hands I entrust my  
spirit’;  
**Father into your hands we entrust our spirits.**  
Father, as we sit at the foot of the cross,  
**Father, into your hands we entrust our spirits.**

*Either*

*Simeon's song may be sung as the hymn  
‘Faithful Vigil Ended.’*

Faithful vigil ended,  
watching, waiting cease;  
Master, grant your servant  
his discharge in peace.

All the Spirit promised,  
all the Father willed,  
now these eyes behold it  
perfectly fulfilled.

This your great deliverance  
sets your people free;  
Christ their light uplifted  
all the nations see.

Christ, your people's glory!  
watching, doubting cease:  
grant to us your servants  
our discharge in peace.\*

*Or*

*It may be said as follows*

Lord, you now have set your servant free  
to go in peace as you have promised.

For these eyes of mine have seen the Saviour  
whom you have prepared  
for all the world to see;

A light to reveal you to the nations  
and the glory of your people.

O Christ who at this evening hour  
rested in the tomb

and made it become a bed of hope,  
visit this place tonight,  
that we may pass through the death of sleep  
and rise from our beds in hope of life eternal.  
**Lord, give us a peaceful night and prepare us  
for a good ending to life.**

**I make the sign of the Cross of Christ**  
*(+make sign);*  
**my Christ, my Shield, my Saviour; each day,  
each night, in light, in dark, my Treasure, my  
dear One, my eternal home. Amen.**

\* © Timothy Dudley Smith

## SATURDAY MORNING PRAYER

Life-giving God, the world lies open before you  
**and you summon the day to dawn.**

Open our being  
**and we shall show life.**

Open our hearts  
**and we shall show love.**

Open our mouths  
**and we shall show praise.**

*There may be singing.*

*Either*

*Psalm 97 is said as follows.*

The LORD is king, let earth rejoice;  
let the many islands be glad.

**Cloud and darkness surround him;  
justice and right are the foundation of his  
throne.**

A fire prepares his path;  
it burns up his foes on every side.  
His lightnings light up the world;  
the earth looks on and trembles.

**The mountains melt like wax  
before the face of the Lord,  
before the face of the Lord of all the earth.  
The skies proclaim his justice;  
all peoples see his glory.**

Let those who serve idols be ashamed,

those who boast of their worthless gods.  
All you angels, worship him.

**Zion hears and is glad;  
the daughters of Judah rejoice  
because of your judgments, O Lord.  
For you indeed are the Lord,  
most high above all the earth,  
exalted far above all gods.**

The Lord loves those who hate evil;  
he guards the souls of his faithful;  
he sets them free from the wicked.

**Light shines forth for the just one,  
and joy for the upright of heart.  
Rejoice in the Lord, you just;  
to the memory of his holiness give thanks.**

**Glory to the Father, glory to the Son,  
glory to the Spirit, ever Three and ever One.**

*Or*

*Psalm 5, Psalm 66, Psalm 145, or the psalm of  
the day from a lectionary, or any other psalm.*

**Glory to the Father, glory to the Son,  
glory to the Spirit, ever Three and ever One.**

All that moves on the earth,  
**bless your God.**

All that swims in the water,  
**bless your God.**

All that flies in the air,  
**give glory to God who nurtures us all.**

Parents and children,

**bless your God.**

Friends and lovers,  
**bless your God.**

Musicians and sports people,  
**give glory to God who nurtures us all.**

Parks and play areas,  
**bless your God.**

Streets and shops,  
**bless your God.**

Homes and gardens,  
**give glory to God who nurtures us all.**

In all we do, let our lives today  
**give glory to God who nurtures us all.**

*1 Chronicles 17:1-14, Ecclesiastes 3:1-15,  
Proverbs 3:1-12, Isaiah 52:7-10; or the reading  
of the day from a lectionary or reading scheme;  
or another Old Testament reading.*

We believe, O God of all gods,  
**that you are the eternal God of life.**

We believe, O God of all peoples,  
**that you are the eternal God of love.**

We believe that you create earth and seas  
and skies;  
**we believe that you create us in your image,  
and give us eternal worth.**

We honour you with our whole being  
**and consecrate this day to you.**

*Mark 4:1-20, Luke 10:1-11, Romans 14:7-19, 2 Peter 1:1-11; or the reading of the day from a lectionary or reading scheme; or another New Testament reading.*

*There may be meditation and singing.*

All-Creative One, thank you for gifts of engineering and design, provision and organisation, which maintain the fabric of our lives.

*Examples of people or things are brought to mind aloud or in silence.*

Make whole the leisure and activity of this day;  
**fill its moments with glimpses of your glory.**

Our Father in heaven,  
hallowed be your name,  
your kingdom come  
your will be done  
on earth, as in heaven.

In our pleasures,  
**your kingdom come.**

In our leaders,  
**your kingdom come.**

In our gatherings,  
**your kingdom come.**

On the roads,  
**your kingdom come.**

Online,  
**your kingdom come.**

In . . . *(other activities may be named),*  
**your kingdom come.**

In each thing we do this day,  
**your kingdom come.**

Give us this day our daily supplies  
and forgive us our sins,  
as we forgive those who sin against us.  
Lead us not into temptation,  
but deliver us from evil.  
**For the kingdom, the power  
and the glory are yours,  
now and for ever.  
Amen.**

*There may be singing.*

May we do this day on earth  
**as the saints do in heaven.**  
May we live this day in your light  
**and walk in the hope of your kingdom.**

## SATURDAY MIDDAY PRAYER

God of life!  
God of peace!  
God of time!

**Be with us in the middle of the day.**

*Pause*

God of truth!  
God of love!  
God of wisdom!

**Be with us in the middle of the day.**

*Pause*

God of work!  
God of play!  
God of rest!

**Be with us in the middle of the day.**

*There may be singing.*

*Psalm 119:9–16 or another section of the psalm is read.*

How can a young person stay pure?  
By obeying your word.  
I have tried hard to find you—  
don't let me wander from your commands.

I have hidden your word in my heart,  
that I might not sin against you.  
I praise you, O Lord;  
teach me your decrees.

I have recited aloud  
all the regulations you have given us.  
I have rejoiced in your laws

as much as in riches.

I will study your commandments  
and reflect on your ways.  
I will delight in your decrees  
and not forget your word.

Christ, who multiplied bread,  
**bring fullness to our day.**  
Christ, who turned water into wine,  
**bring richness to our day.**  
Christ, who stilled the storm,  
**bring peace to our day.**

Happy you who are poor;  
yours is the kingdom of God.  
Happy you who are pure in heart;  
you will see God.

*Matthew 5:3, 8*

*There may be silence and singing.*

Christ of the crowds,  
**Be in our busyness.**  
Christ of the open spaces,  
**Be in our quietness.**  
Christ of the eating places,  
**Be in our enjoyment.**  
Christ of the unplanned meeting,  
**Be in our conversations.**

*There may be silent or free prayer.*

May the saints and the Saviour watch over us  
and keep us true in all we do.  
**May we live the rest of this day**

**in the joy of the Saviour's will.**

## SATURDAY EVENING PRAYER

Let us go for a while to the courts of heaven  
and join with the saints in praise.

*Either*

*Verses from Psalm 139 are said as follows.*

O Lord, you have examined my heart  
and know everything about me.  
You know when I sit down or stand up.  
You know my thoughts even when I'm far  
away.

**You see me when I travel  
and when I rest at home.  
You know everything I do.  
You know what I am going to say  
even before I say it, Lord.**

You go before me and follow me.  
You place your hand of blessing on my head.  
Such knowledge is too wonderful for me,  
too great for me to understand!

**I can never escape from your Spirit!  
I can never get away from your presence!  
If I go up to heaven, you are there;  
if I go down to the grave, you are there.**

If I ride the wings of the morning,  
if I dwell by the farthest oceans,  
even there your hand will guide me,  
and your strength will support me.

**I could ask the darkness to hide me  
and the light around me to become night—**

**but even in darkness I cannot hide from you.  
To you the night shines as bright as day.  
Darkness and light are the same to you.**

You made all the delicate, inner parts of my  
body  
and knit me together in my mother's womb.  
Thank you for making me so wonderfully  
complex!  
Your workmanship is marvellous—how well I  
know it.

**How precious are your thoughts about me, O  
God.  
They cannot be numbered!  
I can't even count them;  
they outnumber the grains of sand!  
And when I wake up, you are still with me.**

**Glory to God, Source of our being,  
Eternal word and Holy Spirit,  
one God who mothers us all.**

*Or*

*Psalm 25:1-10, Psalm 91, Psalm 125, or the  
psalm of the day from a lectionary, or any other  
psalm.*

**Glory to God, Source of our being,  
Eternal word and Holy Spirit,  
one God who mothers us all.**

*There may be singing.*

*Isaiah 32:1-8, Jeremiah 23:1-8, Amos 9:11-15  
Zechariah 8:1-8 and 20-23, or the reading of*

*the day from a lectionary or reading scheme; or  
another Old Testament reading.*

If our mouths were as full of song as the sea,  
our tongues with joyful sounds  
like the roar of its waves,  
our lips with praise like the outspread sky,

**we still could not thank you enough  
for the good you have done to us  
and our forebears.**

If our eyes were shining like the sun  
and the moon,  
our hands stretched out like eagles' wings  
in the air,  
our feet as swift as the wild deer,

**we still could not thank you enough, Yahweh,  
for the good you have done to us  
and our forebears.**

You rescued us from the tyrant,  
you freed us from slavery.

**In times of famine you fed us,  
in times of plenty you built us up.**

From violence you delivered us,  
from plagues you saved us.

**Therefore to you who breathed life into us  
we shall give praise with all our breath,  
honour with all our memory,  
worship with all our being.\***

*Matthew 25:31-46, Colossians 3:1-4, Hebrews  
12:18-28, Revelation 1:1-8, or the reading of*

*the day from a lectionary or reading scheme; or another New Testament reading.*

*There may be meditation or singing.*

God of the call, as we give thanks for the saints  
we pray for those who feel thwarted in  
their vocation;

**may they do on earth as the saints do in  
heaven.**

God from whom all truth and justice flow,  
we pray for the rule of law to prevail;

**may we do on earth as the saints do in  
heaven.**

God of resurrection, in their worship  
may our churches bring honour to you,  
joy to the people, and healing to the land;

**may they do on earth as the saints do in  
heaven.**

*There may be open prayer and singing.*

Let us bless the Lord.

**Yours, O Lord, are the greatness, the power,  
the glory, the victory, and the majesty,  
for ever and ever. Amen.**

\* From a Jewish Sabbath prayer.

## SATURDAY NIGHT PRAYER

*On occasions when Saturday Night Prayer is extended as a night vigil the reading for Sunday's main worship may be read and pondered, or there may be the slow, thoughtful repetition of the Jesus Prayer, 'Lord Jesus Christ, Son of God, have mercy.'*

Eternal Creator of the weeks and years, as this week draws to a close,  
**draw close to us as we draw close to you.**  
Eternal Creator of the days and nights, as darkness deepens,  
**draw near to us as we draw near to you.**

Most merciful God, we confess to you before the company of heaven and one another that we have sinned in thought, word and deed, and in what we have failed to do.  
**Forgive us our sins, heal us by your Spirit and raise us to new life in Jesus Christ.**

*Psalm 119:52–62 or another section of the psalm is read.*

I remembered your judgments of old, O Lord, and I was comforted.  
Despondency held me because of sinners who abandon your law.

Your ordinances were sung to me In the place of my dwelling.  
I remembered your name in the night, O Lord, and I kept your law.

This happened to me in the night, because I searched your ordinances.

You are my portion, O Lord;  
I said I will keep your law.  
I sought your presence with my whole heart;  
have mercy on me according to your teaching.

I considered your ways,  
and I turned my feet toward your testimonies.  
I prepared myself, and I was not troubled,  
that I might keep your commandments.

The ropes of sinners ensnared me,  
but I did not forget your law.  
At midnight I arose to give thanks to you  
because of the judgments of your  
righteousness.

*The following may be sung to the traditional tune, or said:*

Before the ending of the day,  
creator of the world, we pray,  
that you, with steadfast love, would keep  
your watch around us while we sleep.

From evil dreams defend our sight,  
from fears and terror of the night;  
tread under foot our deadly foe,  
that we no sinful thought may know.

O Father, what we ask be done,  
through Jesus Christ, your only Son  
and Holy Spirit, by whose breath,  
our souls are raised to life from death.

**Amen.**

*Hebrews 3:12–4:1 or another passage is read.*

Take care, brothers and sisters, that none of you may have an evil, unbelieving heart that turns away from the living God. But exhort one another every day, as long as it is called 'today', so that none of you may be hardened by the deceitfulness of sin. For we have become partners of Christ, if only we hold our first confidence firm to the end. As it is said, 'Today, if you hear his voice, do not harden your hearts as in the rebellion.' Now who were they who heard and yet were rebellious? Was it not all those who left Egypt under the leadership of Moses? But with whom was he angry for forty years? Was it not those who sinned, whose bodies fell in the wilderness? And to whom did he swear that they would not enter his rest, if not to those who were disobedient? So we see that they were unable to enter because of unbelief. Therefore, while the promise of entering his rest is still open, let us take care that none of you should seem to have failed to reach it.

*There may be silence.*

In our tiredness  
**be our Rest,**  
in our stumbling  
**be our Shield.**  
Into our place of darkness, into our place of  
strife, into our fears and worries,  
**come with eternal life.**

Let us bring before God the concerns of this

day. *(These may be mentioned aloud or in silence.)*

*There may be singing or silence.*

When we neglect you,  
**remind us of your presence;**  
when we are frightened,  
**give us courage;**  
when we are tempted,  
**give us the power to resist;**  
when we are anxious and worried,  
**give us peace;**  
when we are weary in service,  
**renew our tired frame.**

Jesus,  
Leader of apostles,  
Teacher of evangelists,  
Strength of martyrs,  
Friend of the poor,  
Crown of saints,  
lead us through the night into a day of renewal.

**May we rest secure in your love-and rise up to  
serve you with joy. Come with the breaking of  
the day and meet us in the breaking of bread.  
Amen.**