

HINTS FOR USING THIS BOOK

Those who use *Everyday Prayer* to lead a group of people in prayer may find the following points helpful.

- Look over the order of prayer beforehand. Does this order suit your needs? It may be that a different day of the week or different order suits your group better. Are there prayers in the 'Other prayers' section that you want to select before you begin?
- Decide which Bible reading you want to use in the order.
- Since the 'We confess our faith' part requires you to select a creed, scriptural song, or hymn/song of your choice, make these decisions before you start.
- While many people know the Apostles' Creed and Lord's Prayer from memory (and this should be encouraged), these are also printed on the inside front cover of *Everyday Prayer*.
- If some of the participants are unfamiliar with *Everyday Prayer*, it helps if you briefly explain that the parts in bold indicate their response, and also that there may be times for silent reflection and opportunities for free prayer. Just before starting may be a good time to find out whether there are any further requests for prayer.
- As leader, you can control the pace of the praying, and manage the unhelpful tendency to race ahead. By pausing briefly before saying the leader's parts, and not rushing through them, you can contribute to a more prayerful and reflective atmosphere.
- This is especially so when leading the intercessions; by pausing just prior to the common response, you give opportunity for further silent prayer after each petition. Alternatively, it may suit the group that each petition provides the cue for free prayer.
- Consider changing singular form prayers to plural when using in groups.
- In fact, you are encouraged not to see any part of these prayer orders as restrictive or 'fixed' – you can use them in part or in full as flexibly as you please.
- It can help participants follow the prayers if you briefly announce the headings of each section, but this is not always necessary, especially if the group is familiar with *Everyday Prayer*.
- You may freely copy the prayers and orders in this book. You can use parts of *Everyday Prayer* within your own worship resources as desired.

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INTRODUCTION TO *EVERYDAY PRAYER*

THE PRACTICE OF DAILY PRAYER

Christian people and communities have always endeavoured to practise St Paul's words to the Thessalonians, 'Pray without ceasing' (1 Thessalonians 5:17). Such ongoing prayer can take any number of forms and can be expressed in countless ways. Nevertheless, over the centuries a number of patterns, or cycles, of prayer have developed among Christian communities.

The most prominent of these is the **weekly cycle**, where every Sunday we gather around our risen Lord as he meets us in his divine service of word and sacrament. It is in this weekly gathering that we also follow the **annual cycle** of prayer. By observing the seasons of Advent, of Christmas and Epiphany, of Lent and Holy Week, of Easter and Pentecost, we are drawn more fully into our Lord's life, death, and resurrection for us. While this weekly and annual cycle of prayer shapes the church as a whole, prayers for specific stages in our **life cycle** accompany the rites of baptism, confirmation, marriage, and funerals.

This book grows out of another pattern of prayer – the **daily cycle**. It is during the course of each day that we find the need and opportunity to pray. Whether we pray at bedtime or mealtimes, or hold some kind of devotion or 'quiet time' alone or with our families, daily prayer stems from the need to sanctify all our moments with God's word and prayer (1 Timothy 4:5), and to 'give thanks in all circumstances' (1 Thessalonians 5:18).

While daily prayer can be as personal or individual as we wish, this book draws on an understanding of daily prayer as the prayer of the whole church, even if it is prayed alone or at home. Therefore, many of the prayers and devotions you will find here are grounded in the common heritage of the church. The use of psalms, scripture verses, scriptural songs, the Lord's Prayer, and famous prayers of the church helps bring our daily prayer into the sacrifice of thanksgiving and prayer offered by the entire church.

What is more, Jesus himself leads us, the whole church, and all creation, in prayer. He is the head of the church and the one who leads our praying. As our great high priest, Jesus takes up all our prayers, praises and thanksgivings in his name and brings them to his heavenly Father. The prayer of his entire church is bundled up, so to speak, in his own perfect and unceasing prayer at his Father's right-hand side. Seen in this light, daily prayer includes our personal situation and needs, but also extends well beyond them. With all of the redeemed, we pray with Jesus for the healing and restoration of the world. And as a new creation, we join with Christ in voicing the praise of all creation and giving glory to God.

For this reason, there is really no such thing as purely individual prayer – even if we are by ourselves in our room. Even when we pray alone, we are never really alone! So the prayers in this book, while they can be used individually, are given best expression when prayed with others.

MORNING AND EVENING PRAYER (FOR EACH DAY OF THE WEEK)

The section of morning and evening prayers for Sunday through to Saturday is the main section of *Everyday Prayer*.

Each of the 14 orders follows a basic pattern: psalms and scripture readings are followed by thanksgiving, praise and prayer. Such a pattern reflects the spiritual dynamic at work in Christian prayer. Only because God has first spoken to us can we speak to him in prayer. Just as children learn to speak by listening to their parents, so it is in prayer. By listening to the loving voice of our Father, we learn to return our love, guided by the praying church, our mother.

The orders also follow a weekly pattern, as certain aspects of our Lord's life are highlighted on particular days. On Sunday, for example, our Lord's resurrection and our new life are emphasised. On Friday we are drawn into reflecting on his suffering and death for our sin.

Each individual order follows these parts.

We come to God in prayer

In this opening part we orient ourselves for prayer with a verse of the psalms. Such a verse either invites us to prayer and praise, or announces our intention to pray, or seeks God's help as we pray. The psalm verse is always followed by the 'Glory to the Father', impressing upon us that we pray in the name of the Triune God (just as we do when we begin 'In the name of the Father ...'), and at the same time giving glory to the one who calls us to share in his divine life.

We pray the psalms

The psalms comprise a central component of all the orders in *Everyday Prayer* (even though often only a portion of a psalm has been used), and so it is worth commenting on the importance of psalms in the prayer life of the church.

From biblical times, God's people have used the psalms as the basis of prayer, and have recognised that in the psalms we are provided with a true school of prayer. This is because the psalms are very clearly both the word of God and a human word. On one hand the psalms are the *divine word* of God. They proclaim God's works and ways, his law and gospel, and Christ himself. On the other, the psalms are the most human and honest expressions of *prayer* one can find. In them God's people can give expression to praise and thanks, joy and confidence, hurt, anger, fear and distress. In the psalms are found the full range of human experiences, emotions, fears and longings.

Furthermore, because the psalms have been used by God's people in every age, in them one prays with the saints of all time. Countless generations of Christians, together with the faithful people of Israel, have prayed the very same psalms. Saints and sinners, the famous and the forgotten, have taken up the psalms in their life of prayer and worship.

But most profoundly, in the psalms one prays with Christ, the greatest saint of all, the holy one of God. As Jesus himself says in Luke 24:44, they are fulfilled in him, and often the psalms only 'make sense' when

he is seen as their subject. Christ himself leads his body, the church, in taking up the words of the psalms. Through the psalms we are drawn into our Lord's praise of his Father, or into his passion, or into his holy zeal and perfect obedience; yet at the same time he draws alongside us and prays with us in our weakness, in our need, and even in our sin. We pray the psalms 'in Christ'. And to emphasise this, the common response which appears between the verses will often be addressed to Christ himself, or make some reference to his work for us.

God speaks to us

Although we have already encountered God's word in the psalms, here we stop, listen, and meditate on God's word from the wider diet of the Old and New Testaments. Any section of Scripture can be read here: either a few verses, a chapter, or whatever suits the needs of the users. For example, if children are present a children's Bible could be used. On the other hand, the daily Bible reading guide at the end of this book provides a regular and organised way of reading through much of the Bible over a three-year period. Further notes about the guide are given below.

After we have read and listened to God's word, a psalm verse (usually from Psalm 119) asks that we would live by the word we have just heard, and that it would grow in our lives and direct us.

We confess our faith

The life-giving words of God which we have heard or read in the Scriptures now give rise to our response – our confession of faith. By confessing our faith we declare aloud what we believe about the God who has spoken to us, and we praise him for it.

In keeping with the intent to pray and praise with the whole body of Christ, the opportunity is given for responding with the great baptismal creed of the church, the Apostles' Creed, which is printed on the inside front cover of *Everyday Prayer* for those who wish to follow the words.

Alternatively, our confession of faith can be made using one of the many songs (canticles) of Scripture, a number of which appear on pages 56–60. Canticles are hymn-like passages of the Bible, or compositions of the church based on the Bible. They are similar in form and feel to the psalms, by which we lift our hearts and voices to God in response to his gracious word to us. They have been used in the church from earliest times as confessions of faith and expressions of praise.

This is also a good point in the order for singing a song or hymn of choice, using whatever resources are at hand.

We pray for ourselves and the world

This section comprises the second main part of *Everyday Prayer* – prayer and intercession. Several important reasons motivate our prayers here. We give thanks to God for his many blessings, we seek God's help for our daily needs, and we pray for the needs of those around us in our community and the world.

The prayers begin with a verse of Scripture, often a promise of Jesus, that reminds us that we can pray confidently to God in Jesus' name. God commands us to pray, he promises to hear us, and we have the privilege of being embraced within Jesus' own ceaseless prayer (praying 'in his name'), and so we have confidence to bring our requests and needs to our heavenly Father.

The arrangement of the four petitions follows a pattern through the seven days. In the morning orders the first petition is a request based on one of the petitions of the Lord's Prayer. The second petition is a prayer for the church, and the third for the world. The final morning petition seeks one of the fruits of the Spirit mentioned in Galatians 5.

In the evening orders, thanksgiving and confession of sin drawn from the Ten Commandments form the first petition. The second and third petitions are, as in the morning, intercessions for church and world. And the final evening petition seeks God's protection for the night ahead, and our deliverance in the hour of death.

Between the petitions a repeated common response gives all who are gathered the chance to give their assent to the prayers. However, before saying the first part of the common response, the leader may further develop the petition, or briefly pause, allowing for silent reflection and prayer. Once all the petitions are prayed, there is another opportunity for further petitions or free prayer, after which the common response may again be said.

The final prayer in this part is a 'collect', a brief prayer drawn from the church's large treasure-store of prayer and liturgy. Some occur several times over the week. (Note that you can find the more modern version of Luther's morning and evening prayers at the end of 'Prayers for God's presence and blessing' in the section 'Other prayers'.)

We pray the Lord's Prayer

We now conclude with the prayer of all prayers – the Lord's own prayer. In this prayer we are especially aware that Jesus, our brother, leads us in prayer to our heavenly Father. All the prayers we have made so far find their place within this prayer, and anything we have failed to say or have forgotten to mention is now voiced.

God blesses us

We have stopped for prayer, but in a few moments we will rise, either to continue the day, or to make our way to bed. In doing that, we seek God's blessing. Blessings not only talk about God, but take what is said and personally apply it to us. Blessings are God's word 'cut and pasted' into our own lives. The blessings in these prayers are usually preceded by a promise or 'beatitude' of Christ, the substance of which becomes our own as we receive the blessing in faith.

We glorify God

Some of the orders conclude with a 'doxology' – an outburst of praise and glory given to our Triune God. Sometimes this is known as 'blessing' God. By doing so we are fulfilling our heavenly calling to give glory to the one who has called us to share in his own glory, life and joy.

PRAYER AT OTHER TIMES

In addition to the prayers for each day of the week, this book provides further prayers which are not connected to a day of the week or a time of the day. Much of what is said above also applies to these other forms of prayer.

'Any day – morning' and 'Any day – evening' are slightly simplified versions of Morning and Evening Responsive Prayer as found in the *Lutheran Hymnal with Supplement*.

The four choices of 'Anytime prayer' offer a very short order of prayer that can be used, as the name suggests, at any time of the day. Following the pattern of verse, psalm, reading and prayer, they focus on God's help during the day and our need to trust him.

'Bedtime prayer' follows a similar pattern to 'Anytime prayer', with the option of making a confession of sin.

SCRIPTURAL SONGS

In this section, six scriptural songs are given, three for the morning and three for the evening, although most can be used at any time of the day. While the name 'song' suggests that they are set to music, here they are simply spoken.

The Song of Zechariah (Luke 1:68–79) is one of the three 'gospel canticles' which commemorate our Lord's incarnation (the Song of Mary and Song of Simeon are the other two). It is Zechariah's thanksgiving at the birth of John the Baptist, and an anticipation of the coming Messiah, whose dawning upon the world enables us to worship God in righteousness and holiness.

While not actually in the Bible, the Te Deum is one of the greatest and most enduring of all the hymns of the church. The name is formed from the first two Latin words of the phrase 'We praise you, God'. In it, the church joins with the apostles, prophets and martyrs to exalt God's glory, praise Christ's saving work, and seek his deliverance. Luther regarded it as the fourth great creed after the Apostles', Nicene and Athanasian Creeds.

The Beatitudes (Matthew 5:3–10) form the best known collection of Jesus' 'Blessed are ...' sayings. With them Jesus begins his Sermon on the Mount in which we are called to discipleship. In speaking or singing the Beatitudes we seek the blessedness that they describe.

The Song of Mary, or Magnificat (Luke 1:46–55), is occasioned by the greeting given to Mary by Elizabeth: 'Blessed are you among women, and blessed is the child you will bear!' The church now takes up Mary's song and sings with her, praising God for the incarnate God in our midst, and thanking him for his mercy that extends through every generation.

The third gospel canticle is the Song of Simeon (Luke 2:29–32). It records Simeon's parting words as he took the newborn Saviour in his arms and praised God for his promised redemption. We, who by faith take Jesus into our arms, also pray for a peaceful departure and the extension of God's revealing light to the nations.

The 'Saviour of the World', like the Te Deum, is an extra-biblical canticle composed by the church. It recalls Christ's protection and deliverance of his disciples, and expresses our hope in his glorious return.

OTHER PRAYERS

A final prayer section, 'Other prayers', provides many individual prayers that can be used alone or to supplement the orders. A number of these are 'classic' prayers, which have been used throughout the centuries and across differing Christian traditions. You will find here the prayers of confession, which are referred to in 'Bedtime prayer'.

DAILY BIBLE READING GUIDE

The Bible reading guide at the back of the book gives references for Sunday readings plus additional readings for the days through the week following each Sunday. You will find the Bible readings for Years A, B, and C of the Revised Common Lectionary (RCL); and you will also find references for a reading for each weekday. The readings provided for Mondays to Fridays take you in sequential portions through many books of the Bible. Over the three years of the cycle virtually all of the New Testament is covered and much of the Old Testament. On Saturday the psalm (or one of them) of the next day's RCL is listed.

While the sequential daily readings are independent of the RCL Sunday readings, they are often linked in a general way to important seasons of the church year. For example, in Year A the readings are from Isaiah during Advent, Christmas and Epiphany, and from Hebrews during the Easter season. Portions of Old Testament books are interspersed among selections from the New Testament. You will find if you follow these continuous readings that you encounter Bible passages within their scriptural contexts and that you become better acquainted with books of the Bible.

The church year and the Revised Common Lectionary (RCL)

The Bible readings provided here are tied in with the church year rather than the calendar year. The church year begins with Advent, goes through Christmas, Epiphany, the time after Epiphany, Lent,

Holy Week, Easter, Pentecost, and the time after Pentecost until the last Sunday of the church year. Some dates (Christmas day, 25 December; Epiphany, 6 January) are fixed, while others such as Easter vary from year to year. This means that the lengths of the times after Epiphany and after Pentecost also vary.

To help you fit the church year in the current calendar year, key dates up to 2019 are given in the Bible reading guide. The following is a summary of how it works.

Advent always has four Sundays, the Sundays immediately before Christmas. During this time we look forward to the coming of our Lord. The first Sunday of Advent (Advent 1) falls on one of the last four days of November or the first three days of December. The number of weekdays after Advent 4 and before Christmas varies; sometimes in fact Christmas day is the next day.

Christmas celebrates the coming of our Lord as a human being. The Christmas season lasts 12 days, finishing with 5 January, before Epiphany. There are either one or two Sundays after Christmas.

The day of **Epiphany** is 6 January, which may be a Sunday or a weekday; Epiphany commemorates the showing of our Lord to the wise men and to the whole world. Epiphany 1 celebrates the baptism of Jesus. The number of Sundays after Epiphany varies from three to nine, the last one always being Transfiguration. If Easter is early in a particular year, then the time after Epiphany is short.

The Wednesday after Transfiguration Sunday is Ash Wednesday, the beginning of **Lent**, a time for repentance, renewal and walking the way of the cross. Lent has six Sundays in it, the last one being Palm/Passion Sunday, leading into **Holy Week**, a special time of remembering our Lord's suffering and death. Holy Week contains Maundy Thursday and Good Friday, and ends at the Saturday evening before Easter.

Easter celebrates the resurrection of our Lord and the new victorious life he brings us. There are seven Sundays (including Easter day) of the Easter season. On the Thursday of the sixth week of Easter we celebrate the Ascension of our Lord, and the season ends 50 days after Easter day with **Pentecost** (celebrating the coming of the Holy Spirit).

The first Sunday after Pentecost is Trinity Sunday. There are between 23 and 28 Sundays after Pentecost.

The Revised Common Lectionary (RCL) gives Bible readings for each Sunday and church festival in a three-year cycle. The sets of readings for a particular Sunday after Pentecost vary from year to year, depending on how many Sundays there are after Pentecost for that year. Each set of Sunday readings (sometimes called Propers) is given an inclusive date range, eg 'Sunday between 26 June & 2 July (Proper 8)'. The last Sunday of the church year is always between 20 & 26 November (Proper 29).

Year A of the three-year cycle begins in November/December of 2007, 2010, 2013, 2016, 2019... If you have difficulty finding which week of the church year we are in, please check with your congregation.

MORNING AND EVENING PRAYER

for each day of the week

Tuesday morning

WE COME TO GOD IN PRAYER

It is good to praise the Lord,
and make music to your name, O Most High,
 proclaiming your love in the morning,
and your faithfulness at night.

Glory to the Father and the Son and the Holy Spirit,
as it was in the beginning, is now, and will be forever.
Amen.

WE PRAY PSALM 119

Teach me, Lord, the way of your decrees,
 that I may follow it to the end.
 Give me understanding, so that I may keep your law
 and obey it with all my heart.
 Direct me in the path of your commands,
 for there I find delight.

Jesus, you have the words of eternal life.

Turn my heart toward your statutes
 and not toward selfish gain.
 Turn my eyes away from worthless things;
 preserve my life according to your word.

Jesus, you have the words of eternal life.

Fulfil your promise to your servant,
 so that you may be feared.
 How I long for your precepts!
 In your righteousness preserve my life.

Jesus, you have the words of eternal life.

GOD SPEAKS TO US (see daily Bible reading guide, or other Bible reading)

I delight in your decrees;
I will not neglect your word.

WE CONFESS OUR FAITH (Apostles' Creed, scriptural song, or other hymn/song)

WE PRAY FOR OURSELVES AND THE WORLD

Let us cast our anxieties on God, because he cares for us.

Loving God: **hear our prayer.**

Loving God and Father, thank you that your good and gracious will is always done: defeat the power of the devil in our lives and strengthen our faith in you.

Loving God: **hear our prayer.**

The lips of children declare your praise: protect and nurture the children and youth of the church so that they grow strong in you.

Loving God: **hear our prayer.**

Thank you for supplying us with the fruits of the earth: bless all who produce food, and provide for the poor and hungry.

Loving God: **hear our prayer.**

Your Son gives peace as the world cannot give: lead us to put aside resentment, fear and pride, and live at peace with our neighbour.

Loving God: **hear our prayer.**

(Other prayers may follow)

Lord, our heavenly Father, almighty and eternal God, you have brought us safely to the beginning of this day. Protect us today with your mighty power; let us fall into no sin, nor run into any kind of danger. But guide us in all things, so that we may always do what is right. We ask this through your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever.

Amen.

WE PRAY THE LORD'S PRAYER

GOD BLESSES US

Jesus says: Peace I leave with you; my peace I give you.

May the almighty Lord guide us, and all we do this day, in his peace.

Amen.

Tuesday evening

WE COME TO GOD IN PRAYER

In peace I will lie down and sleep,
for you alone, Lord, make me dwell in safety.

Glory to the Father and the Son and the Holy Spirit,
as it was in the beginning, is now, and will be forever.
Amen.

WE PRAY PSALM 103

Praise the Lord, my soul, and forget not all his benefits –
 who forgives all your sins and heals all your diseases,
 who redeems your life from the pit
 and crowns you with love and compassion,
 who satisfies your desires with good things
 so that your youth is renewed like the eagle's.

**Praise the Lord, my soul;
 all my inmost being, praise his holy name.**

The Lord is compassionate and gracious,
 slow to anger, abounding in love.
 He does not treat us as our sins deserve
 or repay us according to our iniquities.

**Praise the Lord, my soul;
 all my inmost being, praise his holy name.**

For as high as the heavens are above the earth,
 so great is his love for those who fear him;
 as far as the east is from the west,
 so far has he removed our transgressions from us.

**Praise the Lord, my soul;
 all my inmost being, praise his holy name.**

GOD SPEAKS TO US (see daily Bible reading guide, or other Bible reading)

I delight in your decrees;
I will not neglect your word.

WE CONFESS OUR FAITH (Apostles' Creed, scriptural song, or other hymn/song)

WE PRAY FOR OURSELVES AND THE WORLD

Jesus took up our infirmities and bore our diseases. Let us pray to him.

Lord Jesus: **help us, we pray.**

We thank you, Lord Jesus, for those who exercise rightful authority over us: pardon our resentment of those in authority and make us humble like you.

Lord Jesus: **help us, we pray.**

You remember all work done in your name: reward the efforts of elderly Christians and do not let them tire of good works and prayer.

Lord Jesus: **help us, we pray.**

You proclaimed freedom for the captives: be with all who are oppressed, addicted, or suffering, and release them from their chains.

Lord Jesus: **help us, we pray.**

Thank you for the night and your gift of rest: calm those who are troubled, those who are stressed, and those who cannot sleep.

Lord Jesus: **help us, we pray.**

(Other prayers may follow)

Watch, dear Lord, with those who wake, or watch, or weep tonight, and give your angels charge over those who sleep. Tend your sick ones, Lord Christ. Rest your weary ones. Bless your dying ones. Soothe your suffering ones. Pity your afflicted ones. Shield your joyous ones. We ask this all for your love's sake.

Amen.

WE PRAY THE LORD'S PRAYER

WE GLORIFY GOD

To him who loves us and has freed us from our sins by his blood, and made us to be a kingdom and priests to serve his God and Father – to him be glory and power forever and ever!

Amen.

SAVIOUR OF THE WORLD

Saviour of the world,
by your cross and blood you have set us free;

Lord, save us and help us.

You saved your disciples
when they were about to die;

hear us and save us.

In your great pity and mercy,

free us from our sins.

Show yourself as our Saviour and mighty deliverer;

save us, so that we can praise you.

As you have promised,
draw near to us from your throne of glory;

look down and hear us as we cry for help.

Come and live with us, Lord Jesus Christ;

stay with us forever.

And when you appear in power and great glory,

make us one with you in your kingdom.

Praise to you, our Lord,

king of eternal glory.

..... Blessing and honour and thanksgiving and praise
more than we can utter, more than we can conceive,
be to you, O holy and glorious Trinity, Father, Son, and Holy Spirit,
by all angels, all people, all creatures, forever and ever.

..... Glory be to God the Father,
glory be to God the Son,
glory be to God the Spirit:
everlasting three in one.
Let all heaven and earth adore
you, our God, forevermore.

..... Now to him who loved us, gave us
every pledge that love could give,
freely shed his blood to save us,
gave his life that we might live,
be the kingdom
and dominion
and the glory evermore.

..... Now to the King of heaven
your cheerful voices raise;
to him be glory given,
power, majesty, praise;
from shore to shore
his name be sung
by every tongue
for evermore.

..... Oh, bless the Lord, my soul!
Let all in me combine
to aid my tongue to bless his name
whose favour is divine.

..... Praise God, from whom all blessings flow;
 praise God, all creatures, here below,
 praise God above, you heavenly host,
 praise Father, Son, and Holy Ghost.

..... Praise, my soul, the King of heaven;
 to his feet your tribute bring;
 ransomed, healed, restored, forgiven,
 who like me his praise should sing?
 Alleluia, alleluia!
 praise the everlasting King!

..... To God, the blessed and only Sovereign, the King of kings and Lord
 of lords, who alone is immortal and who lives in unapproachable
 light, whom no one has seen or can see – to him be honour and
 might forever.

..... To God, the Father, Son,
 and Spirit, three in one,
 all praise be given:
 Bless him in every song,
 to him our hearts belong;
 let all his praise prolong
 on earth, in heaven.

..... To him who sits on the throne and to the Lamb be praise and
 honour and glory and power, forever and ever.

..... Worship, honour, glory, blessing,
 Lord, we offer to your name;
 young and old, their praise expressing,
 join your goodness to proclaim.
 As the saints in heaven adore you,
 we would bow before your throne;
 as your angels serve before you,
 so on earth your will be done.

OTHER PRAYERS

Prayers at mealtime

Prayers at bedtime

Repentance and confession of sin

Prayers for God's presence and blessing

Repentance and confession of sin

..... Almighty and eternal God,
since you hate nothing that you have made,
but forgive the sins of all who repent:
Create in us new and contrite hearts,
that we, who lament our sins and acknowledge our wretchedness,
may obtain from you perfect forgiveness;
through Jesus Christ our Lord.

..... Almighty God, merciful Father, I, a poor helpless sinner,
confess to you all my sins, and repent of all the evil I have done.
I have deeply displeased you and deserve your punishment
in time and in eternity.
But I am sorry for my sins, and I ask you,
for the sake of the holy innocent sufferings and death
of your dear Son Jesus Christ,
to be gracious and merciful to me.

..... Lord God, our heavenly Father,
I confess that I have sinned against you,
not only in my words and actions,
but also in my secret thoughts and desires
which I cannot fully know or understand,
but which you know completely.
I am sorry that I have displeased you,
and repent of the evil I have done.
For the sake of your dear Son, Jesus Christ our Lord,
have mercy on me, forgive my sins,
and graciously help me in my weakness.

..... Lord Jesus Christ, Son of God, have mercy on me, a sinner!
Lord Jesus Christ, Son of God, have mercy on me, a sinner!
Lord Jesus Christ, Son of God, have mercy on me, a sinner!

..... Most merciful God, you have given your only Son to die for us:
Have mercy on us,
and for his sake grant us forgiveness of all our sins.
By your Holy Spirit increase our knowledge of you and your will,
and make us obedient to your word,
so that by your grace we may come to eternal life;
through Jesus Christ our Lord.

..... O Lord, free your people from their offences,
that through your bountiful goodness
we may all be released from the net of our sins
which because of our frailty has entangled us;
through your Son, Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and forever.

..... God, our Father,
we confess that we are born in bondage to sin
and cannot free ourselves.
We have sinned against you in thought, word, and deed,
by what we have done and by what we have failed to do.
We have not loved you with our whole heart,
and we have not loved our neighbour as ourselves.
We deserve your eternal punishment.
For the sake of your Son, Jesus Christ, have mercy on us.
Forgive us, renew us, and lead us, so that we may delight in your will
and walk in your ways, to the glory of your holy name.

..... We confess to you, almighty God,
before the whole company of heaven, and to each other,
that we have sinned in thought, word, and deed, by our own fault.
Have mercy on us, for Jesus' sake,
forgive us all our sins, and bring us to eternal life.

Prayers for God's presence and blessing

..... Be present with us, O Lord, in our daily duties,
and grant to those who live in this house
the strength and protection of your continual help,
so that you may be known as the master of the family
and the defender of this home; through Jesus Christ our Lord.

..... Eternal God,
as you have made all things for our service
and have made us for your glory:
Make holy our souls and bodies,
our thoughts and intentions, our words and actions,
so that whatever we think or speak or do
may be done for the glory of your name.
Let no pride or self-seeking, no covetousness or revenge,
no mean ambitions or low imaginations
desecrate what you have made holy;
but let our body be the servant of our spirit,
and both body and spirit be servants of Jesus;
so that, doing all things for your glory now,
we may enjoy your glory forever; through Jesus Christ our Lord.

..... God of mercy, God of grace,
show the brightness of your face;
shine upon us, Saviour, shine,
fill your church with light divine;
and your saving health extend
to the earth's remotest end.

..... Gracious and holy Father, give us wisdom to recognise you,
intelligence to understand you, diligence to seek you,
patience to wait for you, eyes to see you, a heart to meditate on you,
and a life to proclaim you;
through the power of the Spirit of Jesus Christ our Lord.

..... Heavenly Father, in whom we live and move and have our being:
So rule and guide us by your Holy Spirit
that in all the concerns and occupations of our daily life
we may never forget you,
but remember that we are always walking in your sight;
through your Son, Jesus Christ our Lord.

..... Help us, Lord God, to cling to you without parting,
worship you without wearying, serve you without failing,
faithfully seek you, happily find you, and forever possess you,
the only God; through Jesus Christ our Lord.

..... I bind unto myself today
the power of God to hold and lead:
his eye to watch, his might to stay,
his ear to hearken to my need;
the wisdom of my God to teach,
his hand to guide, his shield to ward,
the word of God to give me speech,
his heavenly host to be my guide.

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

I bind myself unto the name,
the strong name of the Trinity;
by invocation of the same,
the Three-in-One, and One-in-Three;
by him all nature has creation;
eternal Father, Spirit, Word.
Praise to the Lord of my salvation;
salvation is through Christ the Lord.

..... Soul of Christ, sanctify me. Body of Christ, save me.
 Blood of Christ, refresh me. Water from the side of Christ, wash me.
 Suffering of Christ, strengthen me. O good Jesus, hear me.
 Within your wounds hide me,
 and never let me be separated from you.
 From the wicked enemy defend me.
 In the hour of death, call me to you,
 so that with all your saints I may praise you forever and ever.

..... We commend to you, O Lord, our souls and our bodies,
 our minds and our thoughts, our prayers and our hopes,
 our health and our work, our life and our death;
 our relatives and our friends, our neighbours, our fellow citizens,
 and all Christians, this day and always.

..... Thank you, Father in heaven, through your Son, Jesus Christ,
 for protecting me all night from harm and danger.
 Protect me today from all sin and evil,
 so that everything I do will please you.
 I put myself and all I have into your hands.
 Send your holy angel to be with me,
 so that the devil will have no power over me.

..... Thank you, Father in heaven, through your Son, Jesus Christ,
 for being good to me and protecting me today.
 Forgive me all the wrong things I have done.
 Protect me tonight.
 I put myself and all I have into your hands.
 Send your holy angel to be with me,
 so that the devil will have no power over me.

DAILY BIBLE READING GUIDE

Revised Common Lectionary plus readings through the Bible in three years

Below are listed Bible reading references for each Sunday, plus a reading for each day of the week following. The Sunday and major church festival readings are from the Revised Common Lectionary (RCL), used in worship services. You could select one or more of these to read in your own prayer time, eg the gospel. The Monday to Friday readings follow a continuous plan, taking you through substantial sections of books of the Bible. The Saturday reading is the RCL psalm (or one of them) assigned for the next day. For more about the readings and the church year, see the Introduction.

..... **Note:**

For Sundays after Pentecost, only the first of the RCL Old Testament readings (the semi-continuous ones) are given here.

ADVENT 1

2 Dec 07, 28 Nov 10, 1 Dec 13,
27 Nov 16, 1 Dec 19 ...

Sun	Isaiah 2:1-5 Psalm 122 Romans 13:11-14 Matthew 24:36-44
Mon	Isaiah 1:1-9
Tues	Isaiah 1:10-20
Wed	Isaiah 2:1-4
Thur	Isaiah 2:5-22
Fri	Isaiah 5:1-7
Sat	Psalm 72:1-7, 18, 19

ADVENT 2

9 Dec 07, 5 Dec 10, 8 Dec 13,
4 Dec 16, 8 Dec 19 ...

Sun	Isaiah 11:1-10 Psalm 72:1-7, 18, 19 Romans 15:4-13 Matthew 3:1-12
Mon	Isaiah 5:8-17
Tues	Isaiah 6:1-13
Wed	Isaiah 7:10-25
Thur	Isaiah 8:16 - 9:1
Fri	Isaiah 9:2-7
Sat	Psalm 146:5-10

ADVENT 3

16 Dec 07, 12 Dec 10, 15 Dec 13,
11 Dec 16, 15 Dec 19 ...

Sun	Isaiah 35:1-10 Psalm 146:5-10 or Luke 1:[46b]47-55 James 5:7-10 Matthew 11:2-11
Mon	Isaiah 11:1-9
Tues	Isaiah 11:10-16
Wed	Isaiah 12:1-6
Thur	Isaiah 13:1-13
Fri	Isaiah 25:1-9
Sat	Psalm 80:1-7, 17-19

ADVENT 4

23 Dec 07, 19 Dec 10, 22 Dec 13,
18 Dec 16, 22 Dec 19 ...

Sun	Isaiah 7:10-16 Psalm 80:1-7, 17-19 Romans 1:1-7 Matthew 1:18-25
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Note: Follow as many of the
days below as come before
Christmas Eve.

Mon	Isaiah 26:1-6
Tues	Isaiah 29:9-24
Wed	Isaiah 31:1-9
Thur	Isaiah 33:17-22
Fri	Psalm 96

CHRISTMAS EVE/DAY

24/25 Dec

Readings from any of the following
3 Propers may be used.

Proper I	Isaiah 9:2-7 Psalm 96 Titus 2:11-14 Luke 2:1-14 (15-20)
Proper II	Isaiah 62:6-12 Psalm 97 Titus 3:4-7 Luke 2:[1-7] 8-20
Proper III	Isaiah 52:7-10 Psalm 98 Hebrews 1:1-4 (5-12) John 1:1-14

Note: Follow the dated days
below, fitting in the Sunday(s)
when they come.

26 Dec	Isaiah 40:1-14
27 Dec	Isaiah 40:15-31
28 Dec	Isaiah 41:1-16
29 Dec	Isaiah 41:17-29
30 Dec	Isaiah 42:1-9
Sat before Christmas 1	Psalm 148

CHRISTMAS 1

Sun	Isaiah 63:7-9 Psalm 148 Hebrews 2:10-18 Matthew 2:13-23
31 Dec	Psalm 8

Name of Jesus

1 Jan	Luke 2:15-21
Sat before Christmas 2	Psalm 147: 12-15 (16-18) 19, 20

CHRISTMAS 2

Sun	Jeremiah 31:7-14 Psalm 147:12-15 (16-18) 19, 20 Ephesians 1:3-14 John 1:[1-9] 10-18
2 Jan	Isaiah 42:10-17
3 Jan	Isaiah 42:18-25
4 Jan	Isaiah 43:1-13
5 Jan	Isaiah 43:14 - 44:5

EPIPHANY

6 Jan	Isaiah 60:1-6 Psalm 72:1-7, 10-14 Ephesians 3:1-12 Matthew 2:1-12
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Note: Follow as many of the
dated days below as come
before the next Sunday.

7 Jan	Isaiah 44:6-8, 21-23
8 Jan	Isaiah 44:9-20
9 Jan	Isaiah 44:24 - 45:4
10 Jan	Isaiah 45:5-17
11 Jan	Isaiah 45:18-25
Sat before Epiphany 1	Psalm 29

EPIPHANY 1 (Baptism of our Lord)

13 Jan 08, 9 Jan 11, 12 Jan 14,
8 Jan 17 ...

Sun	Isaiah 42:1-9 Psalm 29 Acts 10:34-43 Matthew 3:13-17
Mon	Isaiah 46:1-13
Tues	Isaiah 47:1-15
Wed	Isaiah 48:1-11
Thur	Isaiah 48:12-22
Fri	Isaiah 49:1-12
Sat	Psalm 40:1-11

EPIPHANY 2

20 Jan 08, 16 Jan 11, 19 Jan 14,
15 Jan 17 ...

Sun	Isaiah 49:1-7 Psalm 40:1-11 1 Corinthians 1:1-9 John 1:29-42
Mon	Isaiah 49:13-23
Tues	Isaiah 50:1-11
Wed	Isaiah 51:1-8
Thur	Isaiah 51:9-16
Fri	Isaiah 51:17-23
Sat	Psalm 27:1, 4-9