



PRAYERS  
OF GREAT TRADITIONS

A  
DAILY  
OFFICE

Christopher  
Voke

B L O O M S B U R Y

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*Christopher J. Voke*

B L O O M S B U R Y  
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# *Introduction*

Meeting with God in daily private prayer has always been a vital habit for the Christian disciple. Jesus' example, each morning alone with the Father, and his instruction 'go into your room, shut the door and pray to your Father in secret' stands as the model for Christian private prayer. A daily time with God is still as important as ever for a Christian to rise to the challenge of our time, or to face the personal pressures of suffering and temptation. This book provides a 'Daily Office' for personal prayer, morning and evening, in 28 forms.

Forms for daily prayer have been used for most of Christian history, drawing on the Jewish synagogue liturgy of psalms and prayers. Such practice has been called The Daily Office, The Divine Hours, Forms of Prayer and in other traditions The Quiet Time, or more simply 'daily devotions'. Early in the story of Christian monastic communities hours for prayer and psalm singing over the whole day and night developed into The Daily Office. The Office was sometimes adapted for the personal use of those outside the monasteries. In the period of the Reformation the practice of individual private prayer, especially in the morning, developed substantially and a number of leading figures wrote out Forms of Prayer to encourage discipline and to illustrate method. Many such books exist today designed to assist private prayer, while some traditions commend free and unwritten daily prayer, particularly in the Pentecostal and other nonconformist churches. The two approaches are not in conflict however.

These 28 forms of prayer for morning and evening have been drawn from Daily Office material and later prayers of individuals. They represent almost every century of the Christian story. The material has been adapted, retaining the mood, sense and underlying theology of the original while removing archaic phrases and repetition.

The sources are largely from works that were created for private rather than public prayer. Others, such as those from Karl Barth, are taken from public prayers. Some are newly translated, and most have been rewritten and shortened to make them of practical use today. Cameos of the authors and sources may be found on pages 177–84.

## The daily structure

The daily pattern is:

- a. Preparation: praise, penitence and psalms for the day.
- b. The Word of God: prayer for help, set readings and a creedal response.
- c. Prayers: in four basic sections (for myself and family, for the community, for the church, for the world) with the Lord's Prayer.
- d. Conclusion: looking to the future and eternity.

Psalm and Bible readings are the foundation of The Daily Office and should always be included, even if other prayers are omitted. The 28 psalms on pages 147–64 are newly translated for this book and will serve when travelling, or if no Bible is available. For each evening office, when longer readings may be undesirable, a sentence for meditation is taken from these psalms. Most people have their own plan for Psalm and Bible reading, but a lectionary covering the whole Bible is provided on pages 165–76.

## **How to use the forms of prayer**

### **For prayer**

These forms are written for you to pray, not simply to read; there is a considerable difference. They are a resource with one purpose only; to enable you as a Christian believer to engage with God privately, deeply and regularly. If they do not serve that purpose, then it is better to look elsewhere for your method in prayer.

### **Selectively**

The morning Office prayers, with psalms and readings, would take 30 minutes to pray. However, while retaining the overall structure, you might use some of the prayers rather than all of them, perhaps only one from each section. Space for your own responses is essential and an ellipsis (. . . . .) indicates places where you might spend time before God.

### **The Lord's Prayer**

This may be said each day. With these words the Christian at prayer stands in the very presence of Jesus, using his phrases and sharing fellowship with the Father which is only possible through him. Its use establishes all prayer as joined to his perfect offering and intercession.

### **According to your need**

You might use the 28 forms in rotation, one each day for four weeks before returning to the beginning. Or you might stay for a time with one form, using it selectively for a week or more, then moving to the next. Whenever a particular form ceases to serve true prayer, it is wise to change the method.

## **With other practices**

Many other practices are commonly used in personal prayer. The most usual, available instantly, are silence, singing songs and speaking in tongues, which may be inserted at any point. Other means are: listening to spiritual songs or hymns, using an icon, a holding cross or beads. None of these conflict with written or free prayer, but simply extend prayer in practical ways.

For many years I have used prayers like these, collected from a wide range of traditions. Prayed regularly, but with freedom and imagination, along with psalms and scripture, they have increasingly become a doorway to personal prayer that I do not believe could have been possible otherwise. In the changes and turns of life's events, daily meeting with a gracious God, perfectly revealed in Jesus Christ and made real by the Spirit in prayer, has been the foundation of Christian faith and usefulness. It is my hope that you will find this Daily Office a means to that wonderful end.

# 1

## *Prayers from the Old and New Testament*

### **The Morning Office**

#### **Preparation**

Praise to the God and Father of our Lord Jesus Christ, who has blessed us from heaven with every spiritual blessing in Christ. He chose us in him before the creation of the world to be holy and blameless in his sight. In love he planned to adopt us, through Jesus Christ. This was his pleasure and purpose – to the praise of his glorious grace, which he has freely given us in the One he loves.<sup>1</sup>

Heal me, Lord, and I shall be healed; save me and I shall be saved; for you are my praise.<sup>2</sup>

#### *The Psalm(s)*

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

#### **The word of God**

Lord Jesus Christ, I come to you to hear your words; teach me to act on them. Help me to build my house wisely on your sure foundation and so be unshaken in sudden storms. Save me from the folly of disobedience which can only lead to complete ruin.<sup>3</sup>

***Set readings***

When the goodness and love of God our Saviour appeared, he rescued us, not because of any works of righteousness that we had done, but according to his own mercy, through the water of rebirth by the Holy Spirit. He poured out his Spirit on us richly through Jesus Christ our Saviour, so that, having been justified by his grace we might live in hope and inherit eternal life. This saying is sure.<sup>4</sup>

**Prayer*****Free prayer, or...***

I pray for myself and I offer you all I own... . . .

Father, from whom every family in heaven and on earth takes its name I pray for those close to me. According to the riches of your glory, strengthen them with power through the Spirit so that Christ may dwell in their hearts through faith, as they are rooted and grounded in love. May they have power to grasp, with all your people, the breadth and length and height and depth of the love of Christ, which surpasses knowledge, and so be filled with all the fullness of God. Amen.<sup>5</sup>

I pray for my community and neighbours... . . .

Father, help us to work with our own hands, to give 'the good example' and by our work to support the weak, remembering the words of the Lord Jesus, who said, 'It is more blessed to give than to receive.'<sup>6</sup>

I pray for my church and the mission of Christ in all places... . . .

May the God of steadfastness and encouragement enable us to live in harmony with one another, as Christ Jesus would wish, so that together with one voice we may glorify the God and Father of our Lord Jesus Christ.<sup>7</sup>

I pray for all in authority and for the needs of the world. . . . .

I pray for the security and blessing of those who rule over us and for those in places of influence, so we all may lead a settled and secure life and that your church may persist in godliness and respect.<sup>8</sup>

Our Father. . . . .

## **Conclusion**

Father God, you loved us and through the grace of Jesus Christ our Lord gave eternal comfort and good hope, encourage my heart this day and strengthen me in every good work. Amen.<sup>9</sup>

# **The Evening Office**

## **Preparation**

Holy, holy, holy, Lord God Almighty, who was and is and is to come.<sup>10</sup>

Open shame falls on me and my people because we have sinned against you. But mercy and forgiveness belongs to you, Lord God.<sup>11</sup>

Praise to the Lord God of Israel, for he has visited and redeemed his people.<sup>12</sup>

### ***The Psalm, or. . .***

The LORD knows the way of the righteous,  
but the way of wrongdoers ends in ruin.<sup>13</sup>

## **The Word of God**

Lord Jesus, to whom shall I go? You have the words of eternal life and I have come to believe and know that you are the Christ, the Son of the living God.<sup>14</sup>

### *Set reading*

I am here as your servant, Lord.

Let it be to me according to your word. Amen.<sup>15</sup>

## **Prayer**

### *Free prayer*

## **Conclusion**

May the God of peace make me holy and may my soul and body be kept whole and blameless for the coming of our Lord Jesus Christ.<sup>16</sup>

# 2

## *Prayers from the words of Jesus*

### **The Morning Office**

#### **Preparation**

Father, glorify your Son, so that the Son may glorify you.<sup>17</sup>

God, be merciful to me a sinner.<sup>18</sup>

Lord, if you are willing make me clean.

I am willing – be clean.<sup>19</sup>

I thank you Father, Lord of heaven and earth, because you have hidden the knowledge of yourself from the wise and intelligent of this world and through your Son our Saviour Jesus Christ alone, to whom you have given all authority, you have revealed yourself to those of simple faith; yes Father, for this is your gracious will.<sup>20</sup>

#### *The Psalm(s)*

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

#### **The Word of God**

Blessed are those who hear the word of God and obey it.<sup>21</sup>

***Set readings***

I believe that Jesus Christ, the one who came from above is above all. Whoever is from the earth belongs to the earth, and speaks of earthly things, but the one who came from heaven is above all. He bore witness to what he saw and heard. Not all accepted his testimony, but whoever has accepted it affirms that God is truthful. He whom God sent speaks the words of God, for God gives the Spirit without limit. The Father loves the Son and has placed everything in his hands. Whoever believes in the Son has eternal life, but whoever rejects the Son will not see life; God's wrath remains on them.<sup>22</sup>

**Prayer**

Our Father... . . .

***Free prayer, or...***

I pray for myself and for those dear to me . . . . .

My Father, if it is possible let this cup be taken from me. Yet not as I will but as you will.<sup>23</sup>

I pray for my community and neighbours... . . .

Lord of the harvest, the harvest is plentiful, but the labourers are few, send out workers into your harvest.<sup>24</sup>

I pray for the church of Jesus Christ in all places... . . . that their faith may not fail.<sup>25</sup>

Father, may those who believe be one as you are one – may we become completely united so that the world will know that you sent Jesus Christ and have loved us as you loved him.<sup>26</sup>

I pray for all in authority and for the needs of the world... . . .

Father, forgive them; for they do not know what they are doing.<sup>27</sup>

## Conclusion

Father, I thank you that you have heard me.

I know that you always hear me – through Jesus Christ. Amen.<sup>28</sup>

## The Evening Office

### Preparation

Father, glorify your name.<sup>29</sup>

Father, I have sinned against others and before you; I am no longer worthy to be called your child.<sup>30</sup>

My grace is sufficient for you: my strength is made perfect in weakness.<sup>31</sup>

### *The Psalm, or . . .*

I lie down and sleep; I wake again, because the LORD sustains me.<sup>32</sup>

### The Word of God

Jesus said, ‘For this I was born, and for this I came into the world; to testify to the truth. Everyone who belongs to the truth listens to my voice.’<sup>33</sup>

### *Set reading*

Do not be afraid. I am the first and the last, and the living one. I was dead and see I am alive for ever and ever; and I have the keys of Death and Hades.<sup>34</sup>

## **Prayer**

*Free prayer*

## **Conclusion**

This is eternal life; that we may know you, the only true God, and Jesus Christ whom you have sent.<sup>35</sup>

Father, into your hands I commit my spirit, through Jesus Christ.  
Amen.<sup>36</sup>

# 3

## *Prayers from The Apostolic Constitutions*

### The Morning Office

#### Preparation

Eternal Saviour, King of heaven, you alone are Lord of all creation; the helper of all who have trusted you; God of Abraham, Isaac and Jacob, merciful, patient and full of compassion. Every heart is open to you, every secret thought revealed. Father, you hear the prayers of all who call on you, hear my prayer for Jesus' sake. You know even the unspoken desires of the heart. Search my thoughts in your infinite knowledge and by your Holy Spirit lead me to understand your ways in Christ. Amen.<sup>37</sup>

Great and Almighty Lord, your power is great and your knowledge is perfect. Creator and Saviour, rich in blessing, long-suffering, and merciful, do not remove your salvation from your creatures, for you are good, sparing sinners. You invite me to repentance, out of compassion rebuking me as I deserve. How can I stand if you were hasty to judgement? I confess my need of your saving grace this day; through Jesus Christ. Amen.<sup>38</sup>

#### *The Psalm(s)*

Glory to the Father. . . . .

## The Word of God

Almighty God, Father of Jesus Christ your only Son, give me an undefiled body, a pure heart, a watchful mind, certain knowledge and the influence of the Holy Spirit to discover and confidently enjoy your truth, through Christ, by whom may glory be to you in the Holy Spirit for ever.<sup>39</sup>

### *Set readings*

Almighty Lord, who created the world through Jesus Christ your Son, you invite me to rejoice, and so I recall your saving wisdom in him: who submitted himself to be formed of a woman for my sake; who lived in human life and revealed himself at his baptism; who appeared as both God and man; who suffered in your will; who died and rose again by your power. I rejoice in Christ who conquered death and brought life and immortality to light. In him, with all who believe, I see your glory and offer grateful praise. This day I offer to you thanksgiving for all your grace through Christ, so full of glory that it obscures all other blessings. Amen.<sup>40</sup>

## Prayer

### *Free prayer, or...*

I pray for myself and for those dear to me . . . .

Teach me, Lord, to choose the way of life: to love you with all my mind and soul, the one and only God, beside whom there is no other, and to love my neighbour as myself, doing to others what I would have them do to me, according to the pattern of Jesus Christ my Lord.<sup>41</sup>

I pray for my community and neighbours. . . . .

Blessed are you, Lord God, who nourishes the whole creation and provides food for all. Fill the hearts of my neighbours with joy and may they always have sufficient, to prosper in every good work, through Christ Jesus our Lord, to whom glory, honour, and power belongs for ever.<sup>42</sup>

I pray for my church and the church of Christ . . . . .

I pray for the holy, catholic and apostolic church which is spread from one end of the earth to the other; preserve and keep it unshaken and free from the storms of this life, founded upon Christ, until the end of the world.<sup>43</sup>

I pray for all in authority and for the needs of the world. . . . .

Lord, through your power and by our obedience, sustain and clothe the needy, rescue the persecuted, deliver those in slavery or unjustly made captive. Console the abused and for those condemned to death on account of the name of Christ prepare eternal glory.<sup>44</sup>

Our Father. . . . .

## **Conclusion**

What life is long enough for me to be thankful? You have delivered me from unbelief and ignorance. You sent Christ among us as a man, the only begotten God. You have made the Comforter live among us; you have set angels to guard us and put the devil to shame. You take daily care of your creation; you measure out life and give food. Glory and worship is yours for all this, through Jesus Christ, in the Holy Spirit, now and for ever. Amen.<sup>45</sup>

## The Evening Office

### Preparation

Praise the Lord: praise the name of the Lord. Lord and King, Father of Christ, the perfect Lamb who takes away the sin of the world, praise belongs to you. Glory belongs to you, God and Father, through the Son, in the most holy Spirit, for ever and ever. Amen.<sup>46</sup>

#### *The Psalm, or . . .*

I lie down and go to sleep at peace,  
Because only you, LORD, make me live securely.<sup>47</sup>

### The Word of God

#### *Set reading*

I thank you, Holy Father, for the knowledge, faith, love and eternal life, which you have given through your Son Jesus; glory be to you for ever.<sup>48</sup>

### Prayer

#### *Free prayer*

### Conclusion

Now, Lord, let your servant depart in peace, according to your word; for my eyes have seen your salvation, which you have prepared before the face of all people, a light for the revelation to the Gentiles, and the glory of your people Israel. Amen.<sup>49</sup>

# 4

## *Prayers of Ephrem the Syrian*

### The Morning Office

#### Preparation

My God, without ceasing  
I will tread the threshold of your house;  
I who have rejected your grace will ask with boldness,  
that I may receive with confidence, through Jesus Christ. Amen.<sup>50</sup>

You are wonderful; we seek you everywhere.  
You are near; yet distant – who may reach you?  
No search is possible, that its extent discovers you.  
When we stretch to find you, we are checked and stopped; falling  
short of your lofty dwelling, but faith reaches there, and love with  
prayer.<sup>51</sup>

#### *The Psalm(s)*

Glory to the Father . . . . .

## The Word of God

Blessed is the one who is worthy to find  
 enjoyment in the Garden of Life; the Holy Scriptures.  
 May the Merciful One bring me to its fruits;  
 may their taste give me life, or their scent strike me,  
 or their radiance reach me or their dew bathe me.<sup>52</sup>

### *Set readings*

The Lord of all  
 is the treasure and store of all things.  
 On each according to their capacity  
 he bestows a glimpse  
 of the beauty of his hidden life  
 of the splendor of his majesty.  
 He is the radiance who, in his love,  
 makes everyone shine:  
 the small with flashes of light from him,  
 the perfect with rays more intense,  
 but only his Child is sufficient  
 for the fullness of his glory.<sup>53</sup>

## Prayer

### *Free prayer. . . . ., or*

I pray for myself and for those dear to me . . . . .

Lord and Master of my life, take from me the spirit of laziness,  
 despondency, lust for power, and idle talk, but give your servant a  
 spirit of self-control, humility, patience and love. Lord and King,  
 help me to see my own faults and not to condemn others: for you are  
 blessed age after age. Amen.<sup>54</sup>

I pray for my community and neighbours. . . . .

Reconciling Peace, sent to the nations;

Gladdening Brightness that came to the sad;

Mighty Leaven, in quiet pervading all;

Patient One, who has caught one after another in your net;

may many welcome you in their hearts and forget their groaning  
in you.<sup>55</sup>

I pray for my church and the church and mission of Christ . . . . .

Father, from those who write and those who preach, from those  
who hear, who are sealed with the Spirit, may glory rise to Jesus  
Christ and through him worthy adoration to you.<sup>56</sup>

I pray for all in authority and for the needs of the world. . . . .

O Lord, make the whole church and all rulers live at peace; that the  
Church may pray for our rulers, and rulers spare those round about  
them; and may the peace which is in you become ours, Lord, who is  
within and beyond all things.<sup>57</sup>

Our Father. . . . .

## **Conclusion**

How gracious you are in not asking more than our strength can  
give. Ocean of glory, not needing your glory sung, in your goodness  
receive this drop of praise, since by your gift you have supplied my  
tongue with a desire to glorify you. Amen.<sup>58</sup>

## The Evening Office

### Preparation

In prayer I draw near to your door, in poverty I come to your treasury; give, my Lord, without measure as eternal God to a created being. You are full of good gifts as Son of the Blessed and as Son of the King; and though I may be thankless as are all creatures of dust, I praise you who are like your generous Father.<sup>59</sup>

*The Psalm, or...*

You have made us only a little less than God;  
you have crowned us with glory and honour.<sup>60</sup>

### The Word of God

*Set reading*

Glory to him who saw how we chose to live in rage and greediness; and came down and was one of us, that we might become heavenly.

Glory to Him who never felt the need of our praising him; yet felt the need to be kind to us, and thirsted with love for us; who asks me still to give to Him and longs to give to me.<sup>61</sup>

### Prayer

*Free prayer*

### Conclusion

Through your mercy, Lord, I will worship you when I have risen: at your last trumpet I will praise your Son when I am finally made clean.

Glory to him in whose victory we have gained strength: and in whose resurrection we defy even death itself. Amen.<sup>62</sup>

# 5

## *Prayers of John Chrysostom*

### **The Morning Office**

#### **Preparation**

Glory to God in highest heaven and on earth peace to those who please him.

*(Twice)*<sup>63</sup>

Blessed is the kingdom of the Father, and of the Son, and of the Holy Spirit, now and always and for ever and ever. Amen.<sup>64</sup>

Heavenly King, Consoler, Spirit of Truth, present in all places and filling all things, treasury of blessings and giver of life; come, Gracious One, live in me, cleanse me of every stain and save me.<sup>65</sup>

Holy God, Holy Strong, Holy Immortal, have mercy.

*(Three times)*<sup>66</sup>

#### ***The Psalm(s)***

Glory to the Father... . . .

## The Word of God

Loving Master, shine the pure light of your divine knowledge into my heart and open the eyes of my mind to understand your gospel. Instill in me reverence for your commandments so that, having conquered sinful desires, I may pursue a spiritual life, thinking and doing what is pleasing to you. For you, Christ my God, are the light of my soul and body, and to you I give glory, together with your Father, who is without beginning, and your all-holy, good and life-giving Spirit, now and for ever. Amen.<sup>67</sup>

### *Set readings*

I believe in one God, the Father Almighty, maker of heaven and earth and of all that is, seen and unseen.

I believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father; Light from Light, true God from true God, begotten, not created, one in being with the Father; through him all things were made.

For us and for our salvation, he came down from heaven and was incarnate by the Holy Spirit and the Virgin Mary and was made man.

He was crucified for our sake under Pontius Pilate. He suffered, died and was buried.

On the third day He rose again according to the Scriptures.

He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead; his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father, who together with the Father and the Son is worshipped and glorified, who spoke through the prophets.

I believe in one, holy, catholic, and apostolic Church. I acknowledge one baptism for the forgiveness of sins. I expect the resurrection of the dead and the life of the age to come. Amen.<sup>68</sup>

## **Prayer**

*Free prayer, or...*

I pray for myself and for those dear to me . . . . .

May the Lord direct our steps to every good deed.<sup>69</sup>

I pray for my community and neighbours. . . . .

Cover us with the covering of your wings; drive away every enemy; make life peaceful for us. Lord, have mercy on us and on your world.<sup>70</sup>

I pray for my church and for the church and mission of Christ . . . . .

Lord God, save your people and bless your inheritance.

Bring everything to perfection and make us worthy of your kingdom through the grace, mercy and love of your only Son, with whom you are praised, together with your holy, good and life-giving Spirit, now and for ever.<sup>71</sup>

I pray for all in authority and for the needs of the world. . . . .

Lord, gladden and revive the face of the earth that it may flourish – for the sake of the poor, the widow, the orphan and the stranger, for our eyes are on you, and you give bread in due season.<sup>72</sup>

Our Father . . . . .

## **Conclusion**

Lord, have mercy.

May this whole day be perfect, holy, peaceful and without sin. I entrust myself and my whole life to you, Christ my God. Amen.<sup>73</sup>

## The Evening Office

### Preparation

I lift my hands to the Holy Place and bless the Lord. <sup>74</sup>

Remember, Lord, my unworthiness and pardon my transgressions, the deliberate and the unintentional. <sup>75</sup>

Lord, have mercy.

Christ have mercy.

Lord have mercy.

### *The Psalm, or . . .*

As for me, I will trust in your covenant love,  
my heart will be glad in your salvation. <sup>76</sup>

Glory to the Father, through the Son and in the Holy Spirit, Amen.

### The Word of God

Your hands have made me and fashioned me: give me understanding and I shall learn Your commandments. <sup>77</sup>

### *Set reading*

Christ my God, you fulfilled the law and the prophets and the Father's will. Fill my heart with joy and gladness, always, now and for ever, and to the ages to come. Amen. <sup>78</sup>

## **Prayer**

### *Free prayer*

I pray ... through the mercies of your only Son, with whom you are praised, together with your all-holy, good and life-giving Spirit, now and always and for ever.<sup>79</sup>

## **Conclusion**

Into your hands, Lord Jesus Christ, my God, I commend my spirit.  
Amen.

Lord, have mercy.

# 6

## *Prayers of Augustine of Hippo*

### The Morning Office

#### Preparation

Lord, you rouse us to take delight in praising you; for you made us for yourself and our heart is restless until it rests in you.<sup>80</sup>

Lord my God, I have chosen crooked paths; I am an unhappy, proud soul who hoped by turning from you to gain something better. I have tossed and turned, on back and side and front, but all has been hard – because you alone are rest. But you are near and you deliver us from our wandering, place us in your way, and offer comfort. And you say, ‘Run, I will carry you; I will bring you through; I will carry you to the very end.’ Praise to you, glory to you, Fountain of mercies.<sup>81</sup>

#### *The Psalm(s)*

Glory to the Father and to the Son . . . . .

#### The Word of God

Take up and read, take up and read!<sup>82</sup>

Now, Lord, may I learn from you who are truth, as I bring the ear of my heart near to your mouth.<sup>83</sup>

### *Set readings*

I believe that our true life descended here and endured our death, but overcame it by the fullness of his own life. He thundered, calling out to us to return to him and to that secret place from where he came to us, first into the Virgin's womb, within which the human creation was wedded to him, taking our human flesh that it might not be mortal for ever. From there he came like a bridegroom out of his chamber, rejoicing like a giant to run his course. He did not linger, but ran, calling by his words and deeds, by his death and life, by his descent and ascension – crying aloud to us to return to him. And he has gone from our sight, so that we might return into our heart and find him there. He went away, but he is here. He did not stay with us long, but he has not left us. He went to the place from which he never parted, because the world was made by him. He was in this world and he came into the world to save sinners; so I confess him as Lord from my heart, and he heals it, for it has sinned against him.<sup>84</sup>

## **Prayer**

### *Free prayer, or...*

Eternal God, I pray for myself and for those dear to me ... ..

Lord our God, under the shadow of your wings we place our hope; protect us, and carry us. You will carry us; from the little ones to old age you will carry us. Amen.<sup>85</sup>

I pray for my community and neighbours... ..

Turn us towards you, O God of Hosts, and we shall be whole. For wherever the human soul turns, unless it is towards you, it is fixed on sorrow, even though it is fixed on beautiful things. So show us your face and we shall be made whole.<sup>86</sup>

I pray for my church and for the church and mission of Christ . . . .

Come, Lord, to your people and work on us; stir us up and call us back; inflame our love and draw us close; set us on fire.<sup>87</sup>

I pray for all in authority and for the needs of the world. . . .

May the unjust be turned, and seek you; they may forsake their Creator, but you have not forsaken your creation.<sup>88</sup>

Our Father. . . .

## **Conclusion**

Lord, you are great and greatly to be praised; your power is great, and your wisdom infinite. Amen.<sup>89</sup>

# **The Evening Office**

## **Preparation**

You have been with me; I sighed, and you heard me; I wavered, and you guided me; I wandered through the broad way of the world, and you did not forsake me.<sup>90</sup>

Praise to you, glory to you, Fountain of mercies.<sup>91</sup>

### *The Psalm, or . . .*

I will praise the LORD, who even counsels me in the night  
as my deepest feelings correct me.<sup>92</sup>

Glory to the Father. . .

## **The Word of God**

Father, I come to your only Son because he is meek and lowly in heart. He directs the meek and teaches the gentle his ways, seeing our lowliness and trouble and forgiving all our sins.<sup>93</sup>

*Set reading*

## **Prayer**

*Free prayer*

## **Conclusion**

Eternal Truth, true Charity, lovely Eternity, you are my God, I sigh for you day and night. Amen.<sup>94</sup>

# 7

## *Prayers of Augustine of Hippo*

### **The Morning Office**

#### **Preparation and penitence**

I thank you, my joy, my glory, my confidence, my God. Thank you for your gifts; keep them alive in me. So you will keep me, and what you have given will increase and be perfected and I myself will be with you, since you have given me life itself.<sup>95</sup>

The house of my soul is too small; enlarge it so you can enter in. It is in ruins; repair it. There are things in it that must offend your eyes; I confess this and know it. But who will cleanse it, or to whom can I cry for help, but you? Lord, cleanse me from my secret faults, and spare me from the sins of others. I believe, and therefore I speak.<sup>96</sup>

#### *The Psalm(s)*

#### **The Word of God**

Lord, we do not have strength to find out your truth by reasoning and therefore need the authority of the Scripture. I believe that you would never have given such authority to the Bible in all lands, had you not chosen to be believed upon and sought through it.<sup>97</sup>

### *Set readings*

I pray by our Lord Jesus Christ your Son, the man of your right hand, the Son of Man, whom you appointed as mediator, through whom you sought us when we did not seek you, so that we might seek you; your Word, through whom you made all things, myself among them; your Only Begotten, through whom you called to adoption those who believe, and me also; I pray by him, who sits at your right hand, and intercedes with you for us, in whom are hidden all the treasures of wisdom and knowledge. I seek these treasures in your books.<sup>98</sup>

## **Prayer**

### *Free prayer, or...*

Eternal God, I pray for myself and for those dear to me . . . . .

You will light my candle, Lord my God, you will lighten my darkness: and from your fullness we have all received, for you are the true light that lights everyone that comes into the world; for in you there is no variableness, or shadow of change.<sup>99</sup>

I pray for my community and neighbours. . . . .

I pray for the church and mission of Jesus Christ in all places. . . . .

Lord, become dear to us, let us love, let us run. For when many people are glad together each has more joy because they are kindled by others. Together may we influence many towards salvation and lead them by example.<sup>100</sup>

I pray for all in authority and for the needs of the world. . . .

May the needy be turned and seek you, so they may find you there in their heart, near to those who confess and cast themselves upon your mercy and weep in sorrow for all their painful ways. Gently wipe away their tears, and though they weep more let them find joy in weeping, because you, Lord – not mere flesh and blood, but you, Lord, who made them – renew and comfort them. Amen.<sup>101</sup>

Our Father. . . .

## **Conclusion**

My God, I give thanks and recall your mercies to me. May my very bones be filled with your love so I say, ‘Who is like you, Lord? You have broken my chains; I offer you a sacrifice of praise.’ How completely you have broken them! All who worship you, when they hear, will say, ‘The Lord is to be praised, in heaven and in earth, great and wonderful is his name.’ Amen.<sup>102</sup>

# **The Evening Office**

## **Preparation, penitence and praise**

Lord my God, I have chosen crooked paths; I am an unhappy, proud soul who hoped by turning from you to gain something better. I have tossed and turned, on back and side and front, but all has been hard – because you alone are rest. But you are near and you deliver us from our wandering, place us in your way, and offer comfort. And you say, ‘Run, I will carry you; I will bring you through; I will carry you to the very end.’ Praise to you, glory to you, Fountain of mercies. Amen.<sup>103</sup>

*The Psalm, or...*

Weeping may last all evening,  
but in the morning – a shout of joy.<sup>104</sup>

## **The Word of God**

I come Lord Jesus Christ, because anyone lifted up in the lofty walk of a hoped-for sublime learning, does not hear you, saying, 'Learn of me, for I am meek and lowly in heart, and you shall find rest for your souls.'<sup>105</sup>

*Set reading*

## **Prayer**

*Free prayer*

## **Conclusion**

Since you are the Good, you need no good; always at rest, since you are your own rest. And who will help us understand this? Let it be asked for from you, sought in you, knocked for at you; so it will be received, so will it be found, so will it be opened. Amen.<sup>106</sup>

# 8

## *Benedictine prayer*

### The Morning Office

#### Preparation

Come Holy Spirit of God, sent from heaven; shine in me and help me as I pray.

Come, Father of the poor and needy; giver of all good gifts, draw near.

Jesus, Saviour, Light of the World, my life is held with you in God; forgive my many sins . . . . Speak words of grace to this heart that comes in faith to you. Amen.<sup>107</sup>

Blessed are you, Lord God of Israel, for ever and ever. Yours is the greatness and the power and the glory and the victory and the majesty, for all that is in heaven and on earth is yours; yours is the kingdom, Lord, and you are exalted as head above all. Both riches and honour come from you, and you reign over all; in your hand is power and might; it is in your hand to make great and give strength to all.

Now therefore, my God, I thank you and praise your glorious name.<sup>108</sup>

#### *The Psalm(s)*

Glory to the Father. . .

## The Word of God

Lord Jesus Christ, you are the true source of all light and wisdom: enlighten the darkness of my mind with the shining rays of your brightness. I set aside self-seeking and foolish pride and turn my heart to you so I may hear and obey your word. Amen.<sup>109</sup>

### *Set readings*

Living God, by your Holy Spirit who lives in me, purify my heart to seek your perfect will. Make my life fruitful as I obey your word and may the inward flowing of the water of life continually strengthen and refresh me, through Jesus Christ our Lord. Amen.<sup>110</sup>

## Prayer

### *Free prayer, or...*

Lord, in your mercy you have promised to open your ears to the prayers of those who call on you. Teach me to ask only for those things which please you, so that as I seek your glory you may answer and work through me this day, through Christ our Lord. Amen.<sup>111</sup>

I pray for myself and for those dear to me . . . . .

Holy God, in your mercy, give us the grace at all times to think and to do what is right in your sight; that we, who apart from you could not even have our being, may live only to fulfill your holy will, through Christ our Lord. Amen.<sup>112</sup>

I pray for my community and neighbours. . . . .

Gracious God, you long for everyone to be saved and come to the knowledge of the truth. Send out workers into your harvest; empower them to speak your word with all confidence, so that your gospel word may spread and be honoured; and that all nations may know you, the one true God, and the saviour you have sent, Jesus Christ your Son our Lord. Amen.<sup>113</sup>

I pray for my church and for the Church of Christ in all places. . . . .

In your mercy, Lord, hear the cries of the suffering Church, which rise to you night and day from many places. Undo the work of those who plan evil, comfort Christian communities in distress and by the power of your love, overcoming persecution and fear, may they stand strong in faith and patience till your justice comes, through Christ our Lord. Amen.

I pray for those in authority and for the needs of the world. . . . .

Glorious God, you oppose the proud and give grace to the humble: teach those who rule over us the way of true humility, in the pattern of Jesus Christ your only Son. Turn their hearts to service and compassion and, in the difficult choices of government, show them the way of wisdom for the benefit of all, through Christ our Lord. Amen.<sup>114</sup>

Our Father. . . . .

## **Conclusion**

Almighty Father, let the wonder of your truth direct my mind this day. As I live in the light of your commandments, perfectly revealed in Jesus Christ, help me to follow his way in the power of the Holy Spirit, for the glory of your name. Amen.

Lord my God, bless all I do during this day and keep me from harm. Lead me through Jesus Christ to eternal life. Amen.

## The Evening Office

### Preparation

O God, come to my rescue; Lord, make haste to help me.

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

Our Father . . . . .

*The Psalm, or . . .*

Send your light and your truth, they will guide me.<sup>115</sup>

### The word of God

*Set reading*

Hear O Israel: the Lord our God is one. You shall love the Lord your God with all your heart, with all your soul and with all your strength. These words that I command you today keep in your heart. Repeat them to your children and talk about them when you are in your house or walking abroad, when you lie down and when you rise.<sup>116</sup>

### Prayer

*Free prayer*

### Conclusion

Into your hands, Lord, I commend my spirit.

You have redeemed me, Lord, God of faithfulness.

Glory to the Father . . . . .

May the almighty Lord grant me a quiet night and a perfect end. Amen.

# 9

## *Franciscan prayer*

### The Morning Office

#### Preparation

O Lord, open my lips  
And my mouth will proclaim your praise.

Most high, almighty, good Lord;  
praise, glory, honour and blessing are yours alone;  
none is worthy to speak your name.

Praise be to you, my Lord, through all your creatures,  
especially worthy brother Sun,

Who brings the day and lends us his brightness.<sup>117</sup>

My Lord Jesus Christ, good Shepherd, you have shown your mercy to unworthy sinners by much bodily pain and anguish; grant me, your little sheep, such grace and virtue that no sickness, pain or suffering may cause me to leave you.<sup>118</sup>

#### *The Psalm(s)*

Glory to the Father. . . . .

#### The Word of God

Father, hallowed be your name: may the knowledge of you shine in me that I may grasp the breadth of your blessings, the length of your promises, the height of your majesty and the depth of your judgments.<sup>119</sup>

### *Set readings*

We have promised great things to God, but he has made even greater promises to us, if we will keep our word and look with faith to the fulfilment of his promises.<sup>120</sup>

## **Prayer**

### *Free prayer, or...*

Eternal God, I pray for myself and for those dear to me . . . . .

Jesus Lord, I offer you this new day because I believe in you, love you, hope all things in you, and thank you for your blessings. I am sorry for having offended you and forgive everyone who has offended me. Lord, look on me and leave in me peace and courage and your humble wisdom so that I may serve others with joy, and be pleasing to you all day. Amen.<sup>121</sup>

I pray for my community and neighbours. . . . .

Your will be done on earth as it is in heaven: may we love you with the whole heart, moving in the service of your love and not in anything else. May we love our neighbours as ourselves, to the best of our power drawing everyone to your love; rejoicing in the good of others as in our own, having compassion on them in troubles and giving offence to no one.<sup>122</sup>

I pray for my church and for the mission of Christ in all places. . . . .

Lord Jesus, and help your church to win the priceless treasure of most holy poverty, which is such a noble and divine treasure of the gospel that we are not worthy to possess it.<sup>123</sup>

I pray for all in authority and for the needs of the world. . . .

Father, forgive as we forgive those who sin against us: Lord, since we do not forgive fully, help us to forgive fully, so that for your sake we may truly love our enemies and sincerely intercede for them with you; that we may render no evil for evil, but in you strive to do good to all.<sup>124</sup>

Our Father. . . .

## Conclusion

I bless you my Lord and God, living and true; Father Son and Holy Spirit, to you belongs all praise, glory, honour, blessing, and every good forever. Amen.

# The Evening Office

## Preparation

Praised be my Lord, for sister moon and for the stars,  
you set them in heaven clear, precious, and lovely.

Praised be my Lord for brother fire,  
by which you light up the night;  
he is lovely and happy, mighty and strong.

Praised be my Lord for our sister, mother earth,  
which sustains and keeps us and produces varied fruits with  
grass and bright flowers.<sup>125</sup>

### *The Psalm, or. . .*

The LORD most high inspires awe;  
a great king over all the earth.<sup>126</sup>

## The Word of God

Teach me, Lord God, quickened by the spirit of the Holy Scriptures as I learn, not to interpret every text materially, but in my words and example direct them back to you from whom comes all good.<sup>127</sup>

### *Set readings*

Blessed be our Lord Jesus Christ who humbly came to show us his gospel life.<sup>128</sup>

## Prayer

### *Free prayer... or*

Praise to you, my Lord, for those who forgive because of your love and those who bear weakness and tribulation.

May those who endure in peace be blessed,  
for they will be crowned by you, most High.<sup>129</sup>

## Conclusion

I pray, Lord, that the fiery and sweet strength of your love may absorb my soul from all things that are under heaven, that I may die for love of your love as you chose to die for love of my love.<sup>130</sup>

# 10

## *Prayers of Julian of Norwich*

### The Morning Office

#### Preparation

Lord I praise you, for love is your meaning in everything. Before you made us, you loved us, and your love was never quenched nor ever shall be. And in this love you have done all your work, and in this love you have made all things profitable to us. In this love our life is everlasting. For this love revealed you are to be praised for ever, through our saviour Jesus Christ. Amen.<sup>131</sup>

Merciful God, my failing is dreadful, my falling is shameful, and my dying is sorrowful. But I come in gratitude because your sweet eye of pity and love never leaves me nor do you cease the working of mercy and grace. I plead your mercy, compassionate with the tender love of motherhood, and I receive your grace, given in royal lordship. Work in mercy; securing, sustaining, quickening and healing me. Work in grace; uplifting, rewarding and giving far more than I deserve. Turn my failing into eternal comfort, my shameful falling into worshipful recovery and in the grace of Jesus Christ my sorrowful dying into holy and joyful life. Amen.<sup>132</sup>

#### *The Psalm(s)*

## The Word of God

Lord God, teach me about my Saviour and his salvation, to whose good news I am bound, invited by you. May I be drawn, counselled, enabled and taught inwardly by the Holy Spirit and outwardly through your holy Church. May I receive the word with reverence and meekness, pleasing you, gaining help and sharing in Christ. Amen.<sup>133</sup>

### *Set readings*

By the grace of God I know and believe that the blessed Trinity made humankind in his image and likeness. In the same way I know that when we fell so deeply and so wretchedly by sin, there was no other help to restore us, but through him who made us. And he who made humankind in love chose to restore us by the same love, to be like Jesus Christ our Saviour in heaven, so he humbly chose to make himself a man like us. In this way he lived, our glorious and blessed Lord God hidden in humanity. This I truly trust and believe; that so lovely a man never lived, till the time his beauty was changed, with suffering, sorrow, passion and death, for our saving. Amen.<sup>134</sup>

## Prayer

Good Lord, I bring you my questions and doubts and I ask to see that you may make all things well, that you can and will make all things well and that all manner of things shall be well.<sup>135</sup>

### *Free prayer... ., or*

Courteous Lord, I pray for myself and for those dear to me, and I offer you all I own... .

Give those I love perseverance; may they place full trust in you and not fear the reproof of the world. Where they find shame or rejection, may they find blessing in your sight. Give them endurance in all things and keep their souls through Jesus Christ. Amen.<sup>136</sup>

I pray for my community and neighbours. . . . .

I pray for all who work in peace and love. I pray also for those who do not live in peace and love this day. Teach them that you are the ground of our whole life and our everlasting keeper. Defend us against all who would destroy or divide, through Jesus Christ in whom all things will be one.<sup>137</sup>

I pray for the church and mission of Jesus Christ in all places. . . . .

Lord God, teach us your people to seek your purposes and to desire only your perfect will and so to be one with those who have gone before us into the presence of Christ.<sup>138</sup>

I pray for all in authority and for the needs of the world. . . . .

Good Lord, bring all humankind into unity, into submission to the glorious Trinity, until the whole world is enclosed in rest and in peace and the spiritual thirst of Christ for our saving will come to an end. In his name I pray, Amen.<sup>139</sup>

Our Father. . . . .

## **Conclusion**

Lord God, your goodness enfolds all your creatures and all your marvellous works, and surpasses them for ever, for you alone are eternal. You have made us only for yourself and restored us by your precious passion. You keep us in your perfect love. And all this is of your goodness. O God, in your goodness give me yourself, for you alone are sufficient for me. Amen.<sup>140</sup>

## The Evening Office

### Preparation

Holy Spirit, touch my soul and teach me to long for God.<sup>141</sup>

#### *The Psalm, or...*

God is the one who helps me;  
my Lord is among those who support me.<sup>142</sup>

### The Word of God

O Lord Jesus, King of Bliss, how shall I love goodness and hate evil? Who will teach me and tell me what I need to know if I may not see it in you?<sup>143</sup>

#### *Set reading*

The more that the loving soul sees of the courtesy of God, the more willing she is to serve him all her life.<sup>144</sup>

### Prayer

#### *Free prayer, or...*

Lord, you know what I truly want ... .. If it is your will, grant it to me. But if it is not your will, good Lord, do not be displeased at my request, for I want nothing except as you will. Amen.<sup>145</sup>

### Conclusion

Good Lord, may the end of my life be to your worship. Amen.<sup>146</sup>

# 11

## *Prayers of Julian of Norwich*

### The Morning Office

#### Preparation

Lord, grant me three wounds in my life: the wound of true contrition, the wound of natural compassion and the wound of sincere longing for you.<sup>147</sup>

I praise you, Lord God, for you rejoice to be our Father, to be our mother and to be our true spouse, our soul dearly loved.

I praise you that Christ is glad to be our brother and our Saviour. And with all the redeemed, I praise; thanking, loving, and endlessly blessing him. In this life we find in ourselves an amazing mixture of good and bad, yet we have the Lord Jesus, risen from death. There is in us the misery and mischief of human falling and dying, but we are steadily and surely kept by Christ and by his touch of grace we are raised into secure trust of salvation.

For this grace in Christ I praise you, Lord God.<sup>148</sup>

#### *The Psalm(s)*

Glory to the Father . . . . .

## The Word of God

Lord, your will is to be seen, to be sought, to be waited for and to be trusted.<sup>149</sup> Teach me to see you and seek you in your word. Amen.

### *Set readings*

In the sight of the one, both God and Man who suffered for me, I confess the Trinity, Father, Son and Holy Spirit who fills me full of heartfelt joy. So shall it be in heaven, a place without end to all who will come there. For the Trinity is God. God is the Trinity. The Trinity is our Maker and keeper, the Trinity is our everlasting lover, the source of eternal joy and bliss; all because of our Lord Jesus Christ and joined in union with him. For where Jesus appears, God in his fullness is always revealed to our sight. Praise to the Lord God, Father, Son and Holy Spirit, for this wonder.<sup>150</sup>

## Prayer

### *Free prayer. . . . , or . . .*

I pray for myself and for those dear to me . . . . .

Courteous Lord, as much-loved servants and friends, you have called us to a great feast, filling our lives with joy and laughter. You continually gladden and comfort us, naturally and with courtesy, by a marvellous melody of endless love. May we learn to love you and see your courtesy, and so be willing to serve you all our life. Amen.<sup>151</sup>

I pray for my community and neighbours. . . . .

Lord, you not only attend to noble and great matters, but also to the small, the low and the simple. And so in your purpose both small and great things shall be well. I pray for your blessing on the small things of this day. . . . in Jesus' name. Amen.<sup>152</sup>

I pray for the church and mission of Jesus Christ in all places. . . . .

Lord Jesus, break your church of fruitless desire and destructive pride. Gather us together in union with you and make us humble and submissive, clean and holy. Teach us that all loving compassion towards any fellow-Christian is Christ in us.<sup>153</sup>

I pray for all in authority and for the needs of the world. . . . .

Grieving and mourning and with great respect I ask, good Lord; how shall all be well after the great hurt that has come through sin to your whole creation? Bring to completion your saving act in Christ, greater than all the harmful things of the world. Since you have made well the greatest harm, in your perfect will make well all lesser hurts. . . . .<sup>154</sup>

Our Father. . . . .

## **Conclusion**

You have made us only for yourself and restored us by your precious passion. You keep us in your perfect love. And all this is of your goodness. O God, in your goodness, give me yourself, for you alone are sufficient for me. Amen.<sup>155</sup>

# **The Evening Office**

## **Preparation**

For your love revealed you are to be praised for ever, through our saviour Jesus Christ. Amen.<sup>156</sup>

‘Sin is ever present’, but all shall be well. And all shall be well. And all manner of things shall be well.<sup>157</sup>

*The Psalm, or...*

Be exalted above the heavens, O God;  
may your glory be over all the earth!<sup>158</sup>

## **The Word of God**

Oh Lord Jesus, King of Bliss, how shall I love goodness and hate evil?  
Who will teach me and tell me what I need to know if I may not see  
it in you?<sup>159</sup>

*Set reading*

Our Father God Almighty knew us and loved us from before time.  
And in his marvellous love and in the counsel of the blessed Trinity  
he resolved that the second Person should become our Mother, our  
Brother, and our Saviour. Therefore, as truly as God is our Father, so  
truly God is our Mother; our Father wills, our Mother works, our  
good Lord the Holy Spirit strengthens. And therefore it is right to  
love our God in whom we have our being, reverently thanking and  
praising our maker, praying earnestly to our Mother for mercy and  
pity, and to our Lord, the Holy Spirit for help and grace.<sup>160</sup>

## **Prayer**

*Free prayer . . . . .*

## **Conclusion**

In your presence I recall that suddenly our eyes shall be opened, and  
that our sight shall be clear in the perfect light, which is you, our Maker,  
our Father, through the Holy Spirit, in Christ Jesus our Saviour; to trust  
you is the light in our night, God our endless day. Amen.<sup>161</sup>

# 12

## *Prayers of Martin Luther*

### **The Morning Office**

#### **Preparation**

I thank you, my heavenly Father, through Jesus Christ your dear Son that you have kept me this night from all harm and danger. I ask you to preserve me this day also from sin and every evil, that my thoughts, words and deeds may serve and please you. Into your hands I commend myself, my body and soul, and all I possess. Amen.<sup>162</sup>

Heavenly Father, dear God, I am unworthy and sinful and I do not deserve to raise my eyes or hands to you in prayer. But as you have commanded us to pray and have promised to hear us and through your dear Son, Jesus Christ, have taught us both how and what to pray, I come in obedience to your invitation, trusting in your gracious promise. I pray in the name of my Lord Jesus Christ together with all your people on earth as he has taught me:<sup>163</sup> Our Father . . . .

#### *The Psalm(s)*

#### **The Word of God**

My God and Lord, help me by your grace to learn and understand your commandments more fully every day and to live by them in sincere confidence. Keep my heart so that I do not become forgetful and ungrateful. May I never worship other things or seek final

consolation on earth or in any creature, but cling truly and wholly to you, my only God. Amen.<sup>164</sup>

### *Set readings*

I believe that Jesus Christ, true God, begotten of the Father from eternity, and also true man, born of the Virgin Mary, is my Lord, who has redeemed me, a lost and condemned creature, secured and delivered me from all sins, from death, and from the power of the devil, not with silver or gold, but with his holy and precious blood and with his innocent suffering and death, in order that I may be his, live under him in his kingdom, and serve him in everlasting righteousness, innocence, and blessing, because he is risen from the dead and lives and reigns to all eternity. This is most certainly true.<sup>165</sup>

## **Prayer**

### *Free prayer, or...*

I offer to you my home and property, my loved ones and family, particularly ... .. Give me grace to care for them with wisdom and skill, supporting and teaching them as I should. Defend us from anything that would destroy our life together under your blessing. Amen.<sup>166</sup>

I pray for my community and neighbours... ..

Dear God and Father, give your blessing in the natural things of life; upon homes, families, work and leisure. Help us to live in peace with one another and preserve us from conflict and disorder. Strengthen the rule of law and move the hearts of my neighbours to love and loyalty toward each other. Amen.<sup>167</sup>

I pray for the church and mission of Christ in all places. . . .

Almighty God, by the death of your Son you destroyed sin and death and through his resurrection have given everlasting life to your church so that, delivered from the power of darkness, we may live in your kingdom. Help your people to believe this with a whole heart and steadfast in faith to praise and thank you for ever; through Jesus Christ your Son, our Lord.<sup>168</sup>

I pray for all in authority and for the needs of the world. . . .

Give our government understanding of your ways so they will bring peace and the flourishing of all citizens. Give to the rulers of this world good counsel and the power to preserve their lands and people in security and justice. Especially help and guide . . . . ., under whose shelter you maintain this nation. Protected against harm may (s)he govern under your blessing, safe from evil voices and disloyal people. Amen.<sup>169</sup>

## **Conclusion**

Lord God, I regard my plans as good. But if it is not to be, I am content. May your will be done. Amen.<sup>170</sup>

## **The Evening Office**

### **Preparation**

I thank you heavenly Father, through Jesus Christ your dear Son that you have graciously kept me this day. Forgive all my sins, which are against you. Graciously keep me this night, for I commit myself into your hands, my body and soul and all that is mine. Let your holy presence be with me, that the evil one may have no power over me. Amen.<sup>171</sup>

*The Psalm, or...*

Lead me to the rock that is higher than I.<sup>172</sup>

## The Word of God

*Set reading*

I believe that God has created me and all that exists; that he has given and still preserves my body and soul, with all my limbs and senses, my reason and all the faculties of my mind, together with my clothes, food, home and family and all my property; that he provides me richly and daily with all I need to live; and all this he does out of pure, fatherly, divine goodness and mercy, without any merit or worthiness in me. For all this I am duty-bound to thank, praise, serve and obey Him. This is most certainly true.<sup>173</sup>

## Prayer

*Free prayer, or...*

Dear Lord God, forgive those who have harmed or wronged me ... .., as I forgive them from my heart. Keep them from the harm they bring on themselves by their actions. Draw them by your love to find peace as redeemed and joyful with your people. Amen.<sup>174</sup>

## Conclusion

Thank You, Lord God, heavenly Father, for all your gifts and benefits, through Jesus Christ our Lord who lives and reigns with you and the Holy Spirit for ever. Amen.<sup>175</sup>

# 13

## *Prayers of Lancelot Andrewes*

### The Morning Office

#### Preparation

I bless you, Lord God.

You created the sky and the vast glory of the heavens,

the heavenly powers, angels and archangels,

the waters in the heavens for showers and rain.

The mists, vapours, dew and hail,

snow like wool, hoar-frost and hard ice,

clouds from the ends of the earth;

lightning, thunder, storms and winds from your storehouse,

the waters beneath the heavens, water to drink, water to wash in.

For all this I bless you, Creator God.<sup>176</sup>

I have resisted you, Lord, but I turn back to you.

I have fallen by my sins, but I return to you.

Take away all my iniquity and receive me graciously,

then what my lips say will bear fruit in my life.

Turn again and have compassion, Lord. Subdue wrongdoing and

cast all my sins into the depths of the sea, according to your

truth and your mercy in Christ Jesus our Lord. Amen.<sup>177</sup>

### *The Psalm(s)*

Glory to the Father. . . .

## **The Word of God**

The power of the Father guide me,  
the wisdom of the Son enlighten me,  
the working of the Spirit quicken me.<sup>178</sup>

### *Set readings*

I believe that you formed me,  
do not despise the work of your own hands.  
You created me in your image,  
preserve me, since I bear your likeness.  
You have redeemed me by your blood,  
do not abandon the reward of your redeeming work.  
You have called me Christian after your name,  
do not ignore your own title.  
You made me holy by new birth,  
sustain your Spirit's work in me.  
Remember your words and promises,  
in which you have helped me to trust.  
My soul is still thirsty for your salvation,  
but I hope in your word. Amen.<sup>179</sup>

## **Prayer**

### *Free prayer, or. . .*

I pray for myself and for those dear to me. . . .  
Remember, Lord, my wider family . . . and help me to speak  
peaceably to them and to seek their good.<sup>180</sup>

I pray for my community and neighbours... . . .

Lord, give to all who toil on the land a good season;  
 to all who work on the sea safe return;  
 to those who trade honest competition;  
 to those in business the will to pursue it lawfully.  
 From the humblest worker to the richest,  
 the poorest of our people to the privileged,  
 may thanks be given to you and your good gifts shared. Amen.<sup>181</sup>

I pray for my church and the church of Christ in all places... . . .

Lord of the harvest, send out labourers,  
 made strong by you, into your harvest.  
 Teach our ministers rightly to explain the word of truth,  
 and themselves to walk by its light,  
 so that those who love you may honour them. Amen.<sup>182</sup>

I pray for all in authority and for the needs of the world... . . .

Our Father... . . .

## **Conclusion**

May your strong hand, Lord, be my constant defence,  
 your mercy in Christ my salvation,  
 your word of truth my instructor,  
 the grace of your life-giving Spirit my consolation always.  
 And at last:  
 the soul of Christ hallow me,  
 and the body strengthen me,  
 and the blood ransom me,  
 and the water wash me,  
 and the bruises heal me,  
 and the wound hide me, secure in his eternal love. Amen.<sup>183</sup>

## The Evening Office

### Preparation

Lord, my Lord,  
for my being, life, reason;  
for nurture, protection, guidance;  
for education, civil rights, religion;  
for your gifts of grace;  
for redemption, regeneration, instruction;  
for my call, recall, and many calls besides;  
for your forbearance towards me,  
many seasons, many years, until now;  
I bless you and will bless,  
I give thanks to you and will give thanks,  
all the days of my life.<sup>184</sup>

### *The Psalm, or...*

You are such a help to me,  
so I sing for joy under the shadow of your wings.<sup>185</sup>

### The Word of God

#### *Set reading*

Lord, give me grace unceasingly to return thanks  
to your Word and only Son,  
as the purifier of our nature, by his conception and nativity,  
the deliverer of our persons, by his sufferings, cross and death,  
the conqueror of hell, by his descent,  
of death, by his resurrection,  
our forerunner, in his ascension,  
our advocate, in his sitting in glory,  
the perfecter of our faith, in his second advent.<sup>186</sup>

## Prayer

*Free prayer . . . . ., or*

Lord, restore health to the weak;  
to the fallen grant restoration;  
to travellers a prosperous journey and safety;  
to the afflicted joy;  
to the oppressed ease;  
to the captives liberty;  
to all health of mind.<sup>187</sup>

Into your hand, Lord, I commit myself,  
my spirit, soul and body,  
which you made and have redeemed;  
with all that is mine.

And with myself, I commit all my friends  
who you have given to me in your goodness.<sup>188</sup>

## Conclusion

Lord, guard my lying down and my rising,  
from this time and for ever.  
May I remember you on my bed,  
and may my spirit eagerly seek for you.  
May I wake and be still with you.  
I will lie down in peace and sleep,  
for only you, Lord, make me dwell in safety. Amen.<sup>189</sup>

# 14

## *Prayers of Lancelot Andrewes*

### The Morning Office

#### Preparation

I give thanks, Almighty Lord, Everlasting God,  
Because you have preserved me this night,  
not because I deserve it, but in your holy compassion.  
Help me, Lord, to live today in the service of Christ, so that my  
submission and obedience may please you.  
I lift up my heart with my hands to God in the heavens.  
Look on me and be merciful, as for all who love your name.<sup>190</sup>

I return to my own heart; with my whole heart I return to you.  
I seek your face and acknowledge I have sinned.  
I return to you with all my heart, and with all my strength.  
Now, Lord, from your dwelling place, from your throne in  
heaven hear and be merciful and heal my soul, through Jesus  
Christ. Amen.<sup>191</sup>

#### *The Psalm(s)*

Glory to the Father... . . .

## The Word of God

### *Set readings*

I believe; in the great mystery of God's plan, that for us and our salvation, Jesus the Man, the Son of the Father, the Anointed of the Spirit, our Lord, Creator and Redeemer, was God revealed in flesh; that he worked openly in power, imparting knowledge and grace, by rebuke, teaching, patience and comfort, witness and consolation.

Father, give me grace unceasingly to return thanks to your Word and only Son. Amen.<sup>192</sup>

## Prayer

### *Free prayer, or...*

Lord, give me grace by which I may serve you acceptably with reverence and godly fear. Let me not receive that grace in vain; nor come short of it nor neglect it so as to fall from it, but to stir it up and grow in it, to continue in your grace to the end of my life.<sup>193</sup>

I pray for myself and for those dear to me . . . . .

I pray for my community and neighbours. . . . .

Lord, bless us with provision from the fruit of the earth;  
 make peace in our borders;  
 provide the poor with bread;  
 bless the children of our land;  
 cover with shame those who destroy;  
 restore health to the weak;  
 to the fallen grant restoration;  
 to the afflicted joy;  
 to the oppressed ease;  
 to all, health of mind and soundness of body. Amen.<sup>194</sup>

I pray for my church and the church and mission of Christ . . . . .

I pray for all in authority and for the needs of the world. . . . .

King of nations and of the ends of the earth,

secure the countries and states of the world,

which are your provision, though a human creation.

Scatter those who delight in conflict and make wars cease to the  
ends of the earth. Amen.<sup>195</sup>

Our Father. . . . .

## **Conclusion**

Show me your ways, Lord; teach me your paths.

Direct my steps according to your word.

Let no wrongdoing have power over me.

Hold me as I go so that I do not slip.

Put into my mouth honest and well chosen words so my speech,  
my manner and all my actions may be pleasing to those who  
see and hear me. May I find grace in all that I say and seek.

Amen.<sup>196</sup>

## **The Evening Office**

### **Preparation**

I, coming to God, believe that he is;

that he rewards those who seek him.

I know that my Redeemer lives;

that he is the Christ, the Son of the living God;

that he is indeed the Saviour of the world;

that he came into the world to save sinners.<sup>197</sup>

*The Psalm, or . . .*

O God, come to my rescue;  
 LORD, hurry to help me!<sup>198</sup>

**The Word of God***Set reading*

I believe in the Father's loving kindness,  
 in the Almighty's saving power,  
 in the Creator's providence; guarding, ruling and perfecting the  
 universe,  
 in Jesus, for salvation,  
 in Christ, for the anointing of His Spirit,  
 in the only Son, for adoption,  
 in His cross, for the curse of the law removed,  
 in His death, for the sting of death taken away,  
 in His burial, for bodily corruption ended,  
 in His resurrection, as the first fruits of those who sleep,  
 in His ascension, to prepare a place for us,  
 the perfecter of our faith, in his second advent.<sup>199</sup>

**Prayer***Free Prayer . . . . ., or*

I believe that the Spirit intercedes for us with groaning that cannot be uttered. Lord, give me your Holy Spirit so I may share in that groaning. Amen.<sup>200</sup>

## **Conclusion**

My heart rejoices in him,  
because I have trusted in his holy name:  
in the name of the Father, of the Saviour, Mediator,  
Intercessor, Redeemer,  
of the twofold Comforter, the Lamb and the Dove.  
Let your mercy, Lord, be upon me,  
as I hope in you. Amen.<sup>201</sup>

# 15

## *Prayers of William Laud*

### **The Morning Office**

#### **Preparation**

Lord God, I give you heartfelt thanks.

Increase my thankfulness for the blessings both spiritual and natural, which you have freely poured out from the riches of your great mercy... . . . , especially for the saving blessings you have given through Jesus Christ. Let me live always to praise you and magnify your glorious name.<sup>202</sup>

Lord, increase your grace and first weaken, then cut off my resistance, so I may see and confess, and hate and forsake, all my sins and find mercy and salvation in the merits of my Saviour Jesus Christ. Amen. <sup>203</sup>

#### *The Psalm(s)*

Glory to the Father. . . . .

#### **The Word of God**

Lord God, you caused the Holy Scriptures to be written for our learning. Help me attentively to hear, read, mark, learn, and inwardly digest them, that by patience and encouragement, I may hold fast the hope of everlasting life, which you have given in our Saviour Jesus Christ. Amen.<sup>204</sup>

*Set readings*

Almighty God, you show all who are in error the light of your truth, so they may turn to the way of righteousness. Give all your people in Christ power to shun the things which are contrary to our profession and to follow those things that conform to your word, through Jesus Christ our Lord. Amen.<sup>205</sup>

**Prayer**

*Free prayer, or...*

Eternal God, I pray for myself and for those dear to me.

Good Lord, bless all the places to which I have a connection, the place where I live and also . . . . . Bless every soul in these places, my wider family and friends. Bless those for whom I have responsibility – especially my loved ones and close friends . . . . . Lord, forgive us all our sins and strengthen us to continue as your servants both in life and death. Amen.<sup>206</sup>

I pray for my community and neighbours. . . . .

O God, from whom all holy desires, all good counsel, and all just works proceed, give us the peace which the world cannot give; so that our hearts may be set to obey your commandments, and also that through your help, as we are kept from the fear of our enemies, we may spend our time in peace and security, through the merits of Jesus Christ our Saviour. Amen.<sup>207</sup>

I pray for the church of Jesus Christ in all places. . . . .

Lord, bless all the afflicted members of the body of your Son, wherever and however afflicted. Send them constant patience, or speedy deliverance as seems best to you, and is best for them, according to their needs: particularly. . . . . Amen.<sup>208</sup>

I pray for all in authority and for the needs of the world... .

Lord, when you inquire about and judge injustice – hear the complaint of the poor. Rise up, Lord God, and lift your hand of compassion. Do not forget the poor, but take each cause into your hand, for the poor man commits himself to you. You are the helper of the friendless – be so today, for Jesus Christ’s sake. Amen.<sup>209</sup>

Our Father... .

## **Conclusion**

Lord God, let me hear your loving kindness this morning, as my trust is in you. Show me the way I should walk today and all the days of my life. I lift up my soul to you under the mercies of Jesus Christ. Amen.<sup>210</sup>

# **The Evening Office**

## **Preparation**

Lord, I will praise you all my life, and lift up my hands in your name. Satisfy me with the riches of mercy which are in Jesus Christ. Amen.<sup>211</sup>

### *The Psalm, or...*

A day in your courts is better than a thousand elsewhere. <sup>212</sup>

## **The Word of God**

Lord, teach me the way of your commands and I will keep it to the end: I will keep it with my whole heart. Settle your word in me, so that I will honour you, for the sake of Jesus Christ. Amen. <sup>213</sup>

*Set reading*

**Prayer**

*Free prayer, or...*

Lord, make my service acceptable to you while I live, and my soul ready for you when I die. Amen.<sup>214</sup>

**Conclusion**

Lord, may I live to your worship, die in your favour, rest in your peace, rise in your power, reign in your glory; for your beloved Son's sake, Jesus Christ our Lord. Amen.<sup>215</sup>

# 16

## *Prayers of William Laud*

### **The Morning Office**

#### **Preparation**

Lord, early this morning I cry to you, for my trust is in your word. Hear me for Jesus Christ's sake. Amen.<sup>216</sup>

Lord, I give you thanks for preserving me from the time of my birth to this present moment and for bringing me safe to the beginning of this day. I thank you particularly for . . . . .<sup>217</sup>

Deliver me, Lord, from all my sins and from the rebuke of those who mock you. We all live in shadow and are anxious in vain. But, Lord, what is my hope? My hope is only in you. There may it continue – acceptable in Jesus Christ, our Lord and only Saviour. Amen.<sup>218</sup>

#### *The Psalm(s)*

Glory to the Father. . . . .

#### **The Word of God**

Eternal God and merciful Father, I pray that you will help me, so that I may love all the things which you command and wish for the things you promise so that, among the many changes of the world, my heart may be firmly fixed where true joys are to be found, through Jesus Christ our Lord. Amen.<sup>219</sup>

*Set readings*

Almighty and everlasting God, in your tender love towards us you sent our Saviour Jesus Christ, to take our flesh upon him, and to suffer death upon the cross, that all should follow the example of his great humility. By your mercy, may I follow the example of his patience and share in his resurrection. Amen.<sup>220</sup>

**Prayer**

*Free prayer, or...*

I pray for myself and for those dear to me... .

Give me, Lord, I pray, a wise, sober and patient understanding, a sincere and courageous heart; pure and controlled desires and thoughts; a heart devoted to serve you and strength against all temptations, especially the temptations of . . . . through Jesus Christ our Lord. Amen.<sup>221</sup>

I pray for my community and neighbours... .

Lord, forgive my enemies all their sins against you and give me your grace, that for their hatred I may love, for their cursing I may bless, for their injury I may do them good. Lord, forgive them, for they do not know what they do. Amen.<sup>222</sup>

I pray for the church and mission of Jesus Christ in all places... .

Merciful God, bless the church in which I serve; make all its members sound in faith and holy in life, so they may serve you, and you may bless them, through Jesus Christ our Lord. Amen.<sup>223</sup>

I pray for all in authority and for the needs of the world... .

Lord, let the sorrowful sighing of the prisoners come before you and, according to the greatness of your power, be near those condemned to die, for Jesus Christ's sake. Amen.<sup>224</sup>

Our Father. . . .

## Conclusion

Lord, give grace that I may live under the covering of the Most High and remain under your shadow, Almighty: for you are my hope and my stronghold, in you I trust, through Jesus Christ our Lord. Amen.<sup>225</sup>

## The Evening Office

### Preparation

Lord, be gracious to me. Give me a heart to worship you and to do your will. Open my heart to your law and send me peace. Hear my prayers and be reconciled to me, and never forsake me in the time of trouble, for Jesus Christ's sake. Amen.<sup>226</sup>

### *The Psalm, or. . .*

There is no one like you, Lord, among the gods  
and nothing compares to the things you do.<sup>227</sup>

### The Word of God

My eyes long for your word, saying, 'When will you comfort me?' Lord, comfort me. Let me not forget your law, for Jesus Christ's sake. Amen.<sup>228</sup>

### *Set reading*

## **Prayer**

### *Free prayer, or . . .*

Almighty God, you have promised to hear the petitions of those who ask in Jesus' name; mercifully hear, as in his name I bring my prayers to you; and may those things which I ask in faith according to your will be obtained, to ease my great need and to demonstrate your glory, through Jesus Christ our Lord. Amen.<sup>229</sup>

## **Conclusion**

God, you are my hope and strength, a very present help in trouble. Be in the midst of my soul and I shall never be moved. Amen.<sup>230</sup>

# 17

## *Prayers of Jeremy Taylor*

### The Morning Office

#### Preparation

Holy and eternal God, Lord of all your creatures, I present myself to you; my soul and body, my thoughts and my words, my actions and intentions, my passions and my sufferings; to be used by you for your glory, blessed by your providence, guided by your counsel, sanctified by your Spirit. I dedicate this day and all the days of my life to your honour. Through your grace may the devotion of all my days be united to the merits and intercession of my holy Saviour Jesus, that in him and for him I may be pardoned and accepted.<sup>231</sup>

#### *The Psalm(s)*

#### The Word of God

Eternal Lord, as I fix my thoughts, hopes and desires on heavenly things, teach me through your word. Enrich my understanding with the eternal treasure of divine truth, that I may know your will.<sup>232</sup>

#### *Set readings*

Keep me, Lord, for I am yours by creation; guide me, for I am yours by purchase; you have redeemed me by the blood of your Son and loved me with the love of a father. I am your child by adoption and grace. Amen.<sup>233</sup>

## Prayer

*Free prayer, or ...*

Bless my loved ones... .., especially those near to me, with health, with good understanding, with the graces and gifts of your Spirit, with happy minds and holy habits, to the coming of the Lord Jesus.<sup>234</sup>

I pray for my community and neighbours ... ..

God of infinite mercy, you have compassion on all you have made and hear those who call to you for help; meet the needs of those who, because of unbelief or disobedience do not ask your help, nor for your saving intervention. I pray, especially for ... .., for the sake of our Saviour Jesus Christ.<sup>235</sup>

I pray for the church and mission of Jesus Christ in all places ... ..

Lord Jesus Christ, pour your mercy on the whole church; preserve her in truth and peace, in unity and safety, in all troubles, and temptations; that she, offering to your glory a never-ceasing sacrifice of prayer and thanksgiving, may advance your honour, be filled with your Spirit and so share in your glory.<sup>236</sup>

I pray for all in authority and for the needs of the world ... ..

Our Father ... ..

## Conclusion

Eternal God, merciful and gracious; watch over me this day as I place myself under your favour and blessing. May the love of your mercies and the holy fear of your majesty make me careful to seek your will and diligent to carry it out and to persevere in the practices of a holy life, till the last of my days. Amen.<sup>237</sup>

## The Evening Office

### Preparation

Come, Lord Jesus, come quickly: my heart is eager for your presence and thirsty for your grace. I wish to entertain you, not as a guest, but as a resident, as Lord of my whole being. Enter and take possession and live with me for ever; so I may live also in the heart of my dear Lord, which was opened for me with a spear and love.<sup>238</sup>

#### *The Psalm, or ...*

Your acts, LORD, are so great; your thoughts are so deep.<sup>239</sup>

### The Word of God

Holy and eternal Jesus, send your Holy Spirit to rest on me in reading your holy word; that I may come humbly, reverently, without prejudice, with a mind ready to learn and obey, to the glory of your holy name.<sup>240</sup>

#### *Set reading*

### Prayer

#### *Free prayer, or ...*

Lord God, remember in your mercy my friends and neighbours, all who have prayed for me, and all who have done me good this day. Especially ... Do good to them and return all their kindness into their own lives. Reward them with blessings, sanctify them with your grace, and bring them with all your people to glory.<sup>241</sup>

## **Conclusion**

Eternal Lord, may my life not be unhappy or lived in poverty; nor my name stained by sin and shame; nor my condition lifted up to a tempting and dangerous fortune: but let my life be blessed, my conversation useful to my neighbours and pleasing to you; so that when my body shall finally sleep, my soul may pass into the regions of light, and live with you for ever, through Jesus Christ. Amen.<sup>242</sup>

# 18

## *Prayers of Jeremy Taylor*

### The Morning Office

#### Preparation

Most glorious and eternal God, Father of mercy and God of all comfort, I worship and adore you with humility of soul and body and I give you all praise for your infinite glories and perfections and for the continual demonstration of your mercy to me, my loved ones and to your holy church.<sup>243</sup>

I am not worthy to be called your servant, much less am I worthy to be your child; I am a sinner, who has loved things of the world and despised the things of God; I have been proud and envious, lustful and intemperate, deceived with presumption, disturbed by anger, and disordered in my thoughts. Lord, pardon all my sins for my dear Saviour's sake. Holy Jesus, you died for me, save me and deliver me and, for the days to come, may I never provoke you to anger or to jealousy. Just and dear God, be merciful and gracious to me. Amen.<sup>244</sup>

*The Psalm(s)*

## The Word of God

Lord, you work in us to will and to do your good pleasure, teach me to obey all your commandments, to believe all your revelations, and to share with joy in all your gracious promises.<sup>245</sup>

### *Set readings*

Holy and most gracious Master and Saviour Jesus, by example and instruction, in your whole life and teaching, you commanded us to be meek and humble in imitation of your incomparable beauty and great humility. Give me the grace, as you have given me the commandment. Empower me, to do what you command and command whatever you will. Amen.<sup>246</sup>

## Prayer

### *Free prayer, or ...*

Bless my loved ones... ., especially those near to me: sanctify them throughout in their bodies and souls and spirits, and keep them without blame to the coming of the Lord Jesus.<sup>247</sup>

I pray for my community and neighbours ... .

Eternal God, ruler of all creation, you have set all things in a wonderful order, making all creatures subject to humanity, and one person to another, and all to you – the last link of this admirable chain being fastened to the foot of your throne. Teach me to obey those you have set over me, respecting their persons, submitting equally to their lawful commands and cheerfully fulfilling the duties which public wisdom and obligation imposes. Grant this, holy God, for the sake of him who, for his obedience obtained glorify in eternity, our Lord and Saviour Jesus Christ. Amen.<sup>248</sup>

I pray for the church and mission of Jesus Christ in all places. . . . .

I pray for all in authority and for the needs of the world. . . . .

Relieve and comfort the persecuted and afflicted; speak peace to troubled consciences; strengthen the weak; confirm the strong; instruct the ignorant; deliver the oppressed from those who crush them; relieve the needy who have no other help; and bring us all, by the waters of comfort and in the ways of righteousness, to the kingdom of rest and glory, through Jesus Christ our Lord.<sup>249</sup>

Our Father. . . . .

## **Conclusion**

To God the Father of our Lord Jesus Christ – to the eternal Son that was incarnate and born of a virgin – to the Spirit of the Father and the Son, be honour and glory, worship and thanksgiving, now and for ever. Amen.<sup>250</sup>

# **The Evening Office**

## **Preparation**

Lord, visit this place with your mercy and me with your grace and salvation. Let your holy angels pitch their tents round about, that no illusion of the night may abuse me, the spirits of darkness may not come near to hurt and no evil or sad accident oppress. May the eternal Spirit of the Father indwell my soul and body, filling every corner of my heart with light and grace. Let your blessing, most blessed God, be upon me for ever, through Jesus Christ our Lord. Amen.<sup>251</sup>

*The Psalm, or...*

I reflect on the perfect way of life;  
when will it come about for me?<sup>252</sup>

## **The Word of God**

*Set reading*

Lord Jesus, your great work of redemption is my hope, the strength of my spirit, my joy and my confidence. Do not let the spirit of unbelief enter me and take me from this rock. Here I will stay, for I delight in you; here I will live, and here I intend to die. Amen.<sup>253</sup>

## **Prayer**

*Free prayer*

## **Conclusion**

Holy is our God. Holy is the Almighty. Holy is the Immortal. Holy, holy, holy, Lord God of hosts; have mercy upon me. Amen.<sup>254</sup>

# 19

## *Prayers of John Wesley*

### **The Morning Office**

#### **Preparation**

Lord God, you are the light which no one can approach, in your presence there is no night, in the light of your face there is perpetual day. You have preserved me this night so I may live by your power this day. So I bless and glorify you, Almighty God, for your covering and provision and I pray that this, and all my days, may be wholly devoted to your service.<sup>255</sup>

Gracious Lord, pardon all my former sins, and each day make me more zealous and diligent to use every opportunity to grow in faith, in love and in obedience. Amen.<sup>256</sup>

#### *The Psalm(s)*

Glory to the Father. . . . .

#### **The Word of God**

##### *Set readings*

I know you created me, and that I have neither being nor natural blessing except from your power and goodness.

I know you are the end for which I was created, and that I can expect full happiness only in you.

I know that in love to me, being lost in sin, you sent your only Son and that he, being the Lord of glory, humbled himself to death on the cross, that I might be raised to glory.

I know you have provided me with all needed help to carry me through this life to that eternal glory, and this is out of the overflow of your pure mercy to me.

I know you have promised to be my shield and my great reward. Strengthen me as your servant, so that your love might fill me; only so can I fulfil my duty and your command, of loving you 'with all my heart, and mind, and soul, and strength'.<sup>257</sup>

## Prayer

### *Free prayer, or...*

Eternal God, I pray for myself and for those dear to me... .

Lord Jesus, I give you my body, my soul, my possessions, my honour, my friends, my liberty, my life. Do with me, and with all that is mine, as seems best to you. These things are not mine, but yours. Claim me as your right, keep me under your control, love me as your child. Fight for me when I am assaulted, heal me when I am wounded, and revive me when I am destroyed. Help me by your grace, that whatever I achieve or suffer this day may work for your glory.<sup>258</sup>

I pray for my community and friends... .

I plead for change in the hearts of my neighbours and friends. May we learn to show mercy to the poor and helpless, especially to widows, orphans, and those who mourn. Calm the madness of violence, quench the flames of conflict and breathe on all the spirit of love, unity and concord.<sup>259</sup>

I pray for the church and mission of Christ in all places. . . .

Lord Jesus, help all who are members of your church to walk holy and without blame in everything. May we be the light of the world; a city set on a hill which cannot be hidden. May your light shine as we show faith by works and may others see by the whole direction of our lives that our hope is laid up in heaven.<sup>260</sup>

I pray for all in authority and for the needs of the world. . . .

Lord Jesus, teach me to support the weak, remembering your words, 'It is more blessed to give than to receive.'<sup>261</sup>

Our Father. . . .

## **Conclusion**

Lord, help me to walk in your sight, as one who knows that in this life I sow for an eternal harvest. Keep my life free to the end from blame, or reproof; and help me diligently to carry out your will where you have chosen to place me, that I may make my calling and election sure, through Jesus Christ our dear Lord and Saviour. Amen.<sup>262</sup>

# **The Evening Office**

## **Preparation**

My Father, my God, I am in your hands; may I rejoice above all things in being so. Do with me what seems good to you; only let me love you with all my mind, soul and strength. Let me be your servant for ever, and love you with all my heart.<sup>263</sup>

I bless you that after all my refusals of your grace you still have patience with me, have preserved me and sustained my life. Amen.<sup>264</sup>

*The Psalm, or...*

The root of wisdom is to hold the LORD in awe.<sup>265</sup>

## **The Word of God**

My God, give me grace to study and know you daily, that the more I know you, the more I may love you. Create in me zealous obedience to your commands, cheerful patience under your rebuke and thankful submission in all you permit.<sup>266</sup>

*Set reading*

## **Prayer**

*Free prayer . . . . .*

## **Conclusion**

O Lord, 'help me remember you on my bed, and think on you when I am waking': you have preserved me from all the dangers of the day past: you have been my support from my youth until now; under the shadow of your wings let me pass this night in comfort and peace. Amen.<sup>267</sup>

# 20

## *Prayers of John Wesley*

### The Morning Office

#### Preparation

Eternal God, my Sovereign Lord, all I am and all I have is yours. Give me this day a sense of your infinite goodness, so I may return to you all possible love and obedience. I thank you for the good things you have given me; for creating me in your image, for continually providing for me in love, for redeeming me by the death of your Son. I thank you for the help of your Holy Spirit and the ministry of your church, also for all your natural blessings. May I always delight to praise your holy name and, above everything, love you the giver of all good gifts. Amen.<sup>268</sup>

Lord Jesus, you are the way, the truth, and the life and you said that none can follow you unless they deny themselves. Saviour, you saw our disease, our idolatrous self-love, by which we fell away from God, to be as gods ourselves and to please ourselves. So here I turn to you. May I always renounce my own and do your holy will in all things. Amen.<sup>269</sup>

#### *The Psalm(s)*

Glory to the Father. . . . .

## The Word of God

Father of Wisdom, teach me to adore all your ways though I cannot grasp them: teach me to be glad that you are King and to give thanks in every circumstance, since you have chosen it and can set it to work for my good. And for the future, give me grace to do what pleases you and then, with absolute submission to your wisdom, to leave the issues in your hand. Amen.<sup>270</sup>

### *Set readings*

Lord, you emptied yourself of your eternal glory and took the form of a servant. Everything was made to serve and praise you, but you did not please yourself, you became the servant of all. Lord of heaven and earth, you offered your cheeks to be struck, your back to be scourged and your hands and feet to be nailed to a cross. My Lord and God, let me not presume to be above my Master, Jesus Christ; let it be the one desire of my heart to imitate him; not to do my own will, but the will of the one who sends me. Amen.<sup>271</sup>

## Prayer

### *Free prayer, or...*

Lord, bless my friends and relations, my acquaintances and enemies...  
... Unite us to one another in mutual love and to you by faithful holiness; that together with all those who have gone before us in faith and fear, we may find acceptance and mercy in the last day, through the merits of your dear Son, Jesus Christ. Amen.<sup>272</sup>

I pray for my community and neighbours.....

Lord Jesus, be near to all who are afflicted and help them to trust in you. Provide friends for the widowed and lonely, the friendless and oppressed. Give patience to all who are sick, comfort to troubled consciences and

strength to the tempted. Be gracious to my friends . . . . to all who are endeared to me by their kindness and acquaintance, to all who remember me in their prayers, or wish to be remembered in mine . . . . Amen.<sup>273</sup>

I pray for the church and mission of Christ in all places. . . .

Lord, Jesus, let all who turn in their hearts to seek your face be renewed in the Spirit of adoption. May they cry out 'Abba, Father!' and believing fully in your name live as children of God. Let them know and feel there is redemption in your blood – the forgiveness of sins. Let them be born again into a living hope and be pure as you are pure. Adopted as your children, let the Spirit of love and glory rest on them, cleansing them and teaching them perfect holiness in the fear of God. Amen.<sup>274</sup>

I pray for all in authority and for the needs of the world. . . .

Dear Lord, have mercy on all who struggle with pain, poverty or violence. Be a guide to refugees; give a strong and quiet spirit to those condemned to death; give liberty to prisoners and captives and ease and cheerfulness to every sad heart; give spiritual strength and comfort to scrupulous consciences and to any afflicted by evil spirits. Take pity on those with mental illness. Give life and salvation to all whose minds have no understanding. Amen.<sup>275</sup>

Our Father. . . .

## **Conclusion**

Sovereign of heaven, pour your grace into my heart, that I may worthily magnify your glorious name. You have made me and sent me into the world to do your work. Help me fulfil the purpose of my creation and live for your praise, by giving myself up to your service. Prosper whatever I undertake this day, that it may further your glory, the good of my neighbour and the salvation of my own soul. Amen.<sup>276</sup>

## The Evening Office

### Preparation

Particular questions relating to the love of our neighbour

- 1 Have I considered anything, except my conscience, too dear to part with in order to please or serve another?
- 2 Have I rejoiced, or grieved, with them?
- 3 Have I observed others' weaknesses with pity, not with anger?
- 4 Have I contradicted anyone, either where I had no reason to, or where there was no likelihood of convincing them?
- 5 Have I let anyone I thought in the wrong (in a trifle), have the last word?<sup>277</sup>

God the Father, who cannot be thought to have made me only to destroy me, have mercy on me.

God the Son, who, knowing your Father's will, came into the world to save me; have mercy on me.

God the Holy Spirit, who has so often breathed holy thoughts into me, have mercy on me. Holy, blessed and glorious Trinity, who in three persons I adore as one God, have mercy on me.<sup>278</sup>

### *The Psalm, or...*

Who is like the LORD our God,  
the one who lives high above?<sup>279</sup>

## The Word of God

*Set reading*

### Prayer

*Free prayer . . . . ., or . . .*

Be pleased, Lord, to take me, with my family, my friends and relations, and my enemies, into your almighty protection this night. Refresh me with comfortable rest so that I may wake more fit for your service. Let me lie down with holy thoughts of you, and when I am awake, let me be still present with you. Amen.<sup>280</sup>

### Conclusion

Our Father . . . . .

# 21

## *Prayers of Charles Spurgeon*

### The Morning Office

#### Preparation

Lord, you are my God and I praise you. God of my fathers I exalt you. God of Abraham, Moses and Jacob, the Lord God of David, you will be worshipped as the God of the whole earth. With all I am I lift you up, because you have revealed yourself more clearly than to the patriarchs and kings of old. Your glory is seen in the face of Jesus Christ, the express image of your person; I worship and adore you in him, magnifying you with all my heart, Father, Son and Holy Spirit, to whom be blessing for ever and ever.<sup>281</sup>

‘Forgive us our sins as we forgive those who sin against us.’ Father, I very freely and very heartily and very truly, forgive anyone who may have aggrieved me. So forgive your child. Let me feel certain now that I am perfectly reconciled and at one with you and may speak with you as someone speaks with a friend. Amen.<sup>282</sup>

#### *The Psalm(s)*

Glory to the Father... . . .

## The Word of God

Our Father, when you have put away everything that comes between us, lead me into your truth. Teach me more of your word; teach it to me by experience; may I have it burned into my heart; may I know the truth not only in the letter of it, but in the life and spirit of it. And teach me to be holy; how I long to be holy.<sup>283</sup>

### *Set readings*

Lord my God, may I come away from doubting and fearing and hesitating, and believe with a faith which trusts the bare promise of my God. Let me not ask for signs and wonders, withholding faith because these are not given; but whatever I find in your word, may I believe it to be sure truth and hang my soul upon it. Above all, give grace to trust in Jesus, in the full atonement made and the utmost ransom paid. He is all my salvation and all my desire.<sup>284</sup>

## Prayer

### *Free prayer, or...*

I pray for myself and for those dear to me. . . . .

Blessed Spirit, teach me every day to be more useful. May there be about me the savour of Christ. May others be aware that I have been with you, because my conduct and conversation betrays it. I have been with Jesus of Nazareth; give me the distinctive brogue of Canaan. Give me the accent of truth, righteousness and love, and so may those about me who have despised our Lord be led, through your Spirit, to honour and reverence him.<sup>285</sup>

I pray for my community and neighbours. . . . .

... for those who know nothing of the power of Jesus Christ. My prayer is that they may look on him whom they have pierced and

mourn for him; that this day a fountain will be opened that will cleanse them from sin and uncleanness; that today some might stop and ask: What is this? The Son of God in death! Why? May none of them pass by as if it were nothing to do with them, but may a great multitude stand and look at Jesus – look till they live, until they weep, until they wipe their tears away with holy joy, because he died that sin may die.<sup>286</sup>

I pray for the church and mission of Jesus Christ in all places... .

God my Father, bless the tired and those that have loved ones very ill; Lord, comfort and sustain them under the great trouble of seeing others suffer. Remember those who are themselves ill; especially help those who are depressed in spirit. There are among your own people plants that grow in the shade. Remember the man of a sorrowful spirit, and the woman of a sad heart. Lift up the light of your face on your people and may they no longer be sad; in the mighty sovereign name of Jesus.<sup>287</sup>

I pray for all in authority and for the needs of the world... .

God Almighty let the whole earth be still and at peace. God of infinite mercy turn human minds from the sins that breed the cruelties and wickedness of war and bring peace of heart with God and peace with others. Oh for the Kingdom and the coming – that Christ himself would soon appear. But if he delays in mercy till people repent, then come divine Spirit and lead them to repentance. Let the elect be gathered together and your divine purpose be completed.<sup>288</sup>

Our Father... .

## Conclusion

It was a sweet day when you turned my way, my Lord, to meet me.<sup>289</sup>

Lord God, brighten my hope and may I joyfully expect the coming of the Lord Jesus. Inflammé my love and may I more intensely love my Saviour, my fellow believers and my neighbours. Amen.<sup>290</sup>

## The Evening Office

### Preparation

May I climb the high mountain and rejoice in him who bids me climb higher. Let me live always on high with you. ‘Who can ascend the hill of the Lord, and who shall dwell in his holy Place?’ My longing is to come near to you. I would be as near as Jesus is, so near, so very near to God, I cannot be nearer.<sup>291</sup>

### *The Psalm, or...*

Return to your rest, I say to myself,  
because the LORD has been so good to you.<sup>292</sup>

### The Word of God

The sure words of scripture are the footsteps of Jesus imprinted on the soil of mercy – follow the track and find him.<sup>293</sup>

### *Set reading*

## Prayers

### *Free prayer, or...*

Lord, save this world, I pray, with the gospel. Let it go out to the ends of the earth. Let this land and every race know the power of Christ. May Christ be King of Kings openly, as he is secretly. May the whole earth bow at his feet and pay homage to him, who wore the crown of thorns and surrendered hands and feet to the nails – for his glory – for his glory! May there be ten thousand, thousand hearts for him! May the nations come and pay homage to him who gave his life for all. My heart cries out to you on behalf of the well-beloved. Why do you delay, Father, in rewarding your Son? His work is finished; let him see the travail of his soul.<sup>294</sup>

## Conclusion

I commit myself again into your keeping, faithful Creator; to your keeping, Saviour of the pierced hands; to your keeping, eternal Spirit, who is able to keep me from falling, and to make me holy so I may stand among the saints in light. Lord God I can trust you and I do trust you. I will not fear since you, my God, remain sure for ever and your covenant cannot fail. Amen.<sup>295</sup>

# 22

## *Prayers of Charles Spurgeon*

### **The Morning Office**

#### **Preparation**

Lord, waiting on you now, I ask the overshadowing of your presence. Jesus of Nazareth, pass by just now. Divine Spirit, rest on me now. Holy Father; make this place full of your glory; in the name of the Well-beloved. Amen.<sup>296</sup>

Praise the Lord; my whole heart praises you, Lord; I look on all your works with delight and remember your redemption. Your covenant grace stands firm for ever, your commands are sure and your promises stand. I will praise your name continually and rest on your promise with confidence. Amen.<sup>297</sup>

#### *The Psalm(s)*

Glory to the Father. . . . .

#### **The Word of God**

Lord God, your promises made in Christ are unchanging and sure; your oath is guaranteed and is my spirit's trust. I know that you who spoke the word are faithful and true.<sup>298</sup>

### *Set readings*

We have not seen you and so must rest in faith alone; but we believe that you came to earth, lived and died, that you were buried and on the third day rose again from the dead; and that you have gone into glory and will shortly come again to take your people to live with you; come quickly Lord Jesus. Meanwhile our spirit bows in lowly and loving reverence. With all the shining ranks of angels above, we adore you, the Lamb in the centre of the throne, as God over all, blessed for ever. Amen.<sup>299</sup>

## **Prayer**

### *Free prayer, or...*

Eternal God, I pray for myself and for those dear to me . . . .

Lord, all godly graces are the work of your Spirit; I call to you, through Jesus' blood, to create them in me. Amen.<sup>300</sup>

I pray for my community and neighbours. . . .

Come rushing wind, come sacred fire, come, Lord, with all your conquering grace and turn rebellious hearts to Jesus, so they may know that you love truth.<sup>301</sup>

I pray for my church and the church of Jesus Christ in all places. . .

Lord, deal tenderly with your people. Dear Shepherd, you never drive. It is said that you carry the lambs in your arms and gently lead those who are with young. Deal tenderly with all the flock; may every child of yours gain refreshment. May there not be one this day without a smile from the Father's face, a kind word dropped into their spirit by the Holy Spirit which shall sink all fears.<sup>302</sup>

I pray for all in authority and for the needs of the world. . . .

Reigning Lord, the kings of the earth are in your hands. You stand in their council chamber and know their thoughts. Judge of the earth, rise up against the boastful and arrogant and rule over the nations. Send your Son, the Prince of Peace, with glorious power to end oppression and bring the day of his kingdom. Amen.<sup>303</sup>

Our Father. . . .

## Conclusion

Lord, I want to live in your presence, on your holy mountain. Pour your grace into my heart, and mould me to your will. Amen.<sup>304</sup>

# The Evening Office

## Preparation

I come to you, Lord, as a dear child conscious of a thousand transgressions. But I come with boldness born of love that grows daily because of your mercies repeatedly given. I worship you, God and Father, with all my heart and soul and strength. I love you; I trust you, I delight in you; you are all in all to me. You have made an everlasting covenant, ordered in all things and sure; therefore we are bound to you with bonds that can never be broken. So with my spirit bowed I adore and worship you, the only living and true God: Father, Son and Holy Spirit, to whom be glory for ever and ever. Amen.<sup>305</sup>

### *The Psalm, or. . .*

The faithfulness of the LORD continues for ever. Praise the LORD!<sup>306</sup>

## The word of God

Speak Lord, and if there is darkness make it light with your word.<sup>307</sup>

### *Set reading*

Gracious Friend and Father, how good you have been. In eternity you wrote my name in the Book of Life. In the fullness of time you gave your dear Son from your heart that he might be offered up a sacrifice, and then when the full time was come you called me by your grace, from wandering in the ways of sin, into the paths of righteousness. Therefore I will praise the God of grace. While I have being I will extol the Father, Son and Holy Spirit.<sup>308</sup>

## Prayer

While I pray, honour yourself, honour your truth, honour your Son, indulge your mercy, magnify your name. I ask it in the name of the Well-beloved. Amen.<sup>309</sup>

### *Free prayer*

## Conclusion

We have all we want when we come to you. How rich I am when Christ is mine! To him be glory for ever and ever. Amen.<sup>310</sup>

# 23

## *Prayers of Søren Kierkegaard*

### The Morning Office

#### Preparation

O depths of riches; how unsearchable are your ways, O God, yet they are all fatherliness and grace!<sup>311</sup>

Lord, make my heart a temple in which you want to live. May every impure thought, every earthly desire, be like the idol Dagon; each morning broken at the feet of the Ark of the Covenant. Teach me to master myself and make the costly sacrifice, to say with the Apostle: 'I die daily.'<sup>312</sup>

Infinite Love! Nothing changes you, who are without change! Let yourself be moved. Let this prayer move you. Bless it so the prayer may change the one who prays to conform to your unchanging will – you who are without change.<sup>313</sup>

#### *The Psalm(s)*

Glory to the Father. . . . .

## The Word of God

Father in Heaven, what is a person like me that you should keep me in mind, or any human being that you care for them in every single way! But you did not leave yourself without witness; finally you gave your Word. You could not do more. And if you then find any willingness in an individual, then you are the one who, with more than human – in fact with divine – patience sits and spells out the Word with the individual so they may understand it correctly; and then you are the one who, with more than human – in fact with divine – patience takes them by the hand and helps them when they strive to obey it – you, our Father in Heaven.<sup>314</sup>

### *Set readings*

You who once wandered on earth, leaving footprints that we should follow; you, who still from your heaven looks down on each wanderer, strengthens the weary, encourages the despondent, leads back the erring, comforts the striving; you, who also at the end of days will return to judge whether each of us individually has followed you; God and Saviour, let your example stand clearly before my inner eyes to disperse the mists.<sup>315</sup>

Our Father. . . . .

## Prayer

I pray for myself and my family. . . . .

Lord, my God, I really have nothing at all for which to pray to you; even if you would promise to grant my every wish, I really cannot think of anything – except that I may remain with you, as near as possible in this time of separation in which you and I are living, then entirely with you in eternity.<sup>316</sup>

***Free prayer, or...***

I pray for my community and neighbours... . . .

Father in Heaven, what is a human being without you! <sup>317</sup>

I pray for my church and for the church of Jesus Christ in all places... . . .

Lord Jesus Christ, it is to victory that you call us. You call us for strife, but promise victory in the battle to which you have called us, great victor. So then, preserve us we pray, as from all other errors so also from this; that we do not imagine ourselves to be members of a church already triumphant in this world. Be with your striving church so that it may it never be blotted out from the earth by becoming a triumphant church. <sup>318</sup>

I pray for all in authority and for the needs of the world... . . .

You who are the Father of all, let yourself be found with a good gift for each person as they need it; that the joyful may find courage to receive your good gifts, that the grieving may find courage to receive your perfect gifts. For to us there is a difference in these things, the difference between joy and sorrow. For you, Lord, there is no difference in these things; everything that comes from you is a good and perfect gift. <sup>319</sup>

**Conclusion**

Though others despise me, Lord, you do not abandon me;  
let me live and better myself. Amen. <sup>320</sup>

**The Evening Office****Preparation**

Where should we turn, if not to you, Lord Jesus Christ? Where can the sufferer find consolation, if not in you? Yes, and where the penitent, if not with you, Lord Jesus Christ? <sup>321</sup>

*The Psalm, or...*

My help comes from the LORD,  
maker of heaven and the earth.<sup>322</sup>

## The Word of God

Lord Jesus Christ, you came to the world to save the lost; you left the 99 sheep to look for one stray. Look for me in my wayward paths, where I hide myself from you and from others. Good shepherd let me hear your gentle voice, let me know it, let me follow it!<sup>323</sup>

*Set reading*

## Prayer

*Free prayer . . . . ., or . . .*

When sometimes, Lord, it seems you do not hear my voice, not notice my complaint, my sighing or my thanksgiving; then I will still continue to pray to you until you receive my thanksgiving – because you have answered my prayer.<sup>324</sup>

## Conclusion

Lord, my God, give me again the courage to hope. Merciful God, let hope once again make fertile my sterile and barren mind. Amen.<sup>325</sup>

# 24

## *Celtic Prayers from Carmina Gadelica*

### The Morning Office

#### Preparation

Thanks be to you, Jesus Christ;  
you have brought me from the night,  
into the glad light of this day,  
to win everlasting life for my soul,  
through the blood you shed for me.

Praise be to you, Lord God, for ever,  
for the blessings you have poured on me –  
my food, my speech, my work, my health.

God of the poor,  
Christ of the wounds,  
shield me from sin,  
shield me from ill.<sup>326</sup>

#### *The Psalm(s)*

Glory to the Father. . . . .

## The Word of God

Spirit, give me from your abundance,  
Father, give me of your wisdom,  
Son, give to me in my need.<sup>327</sup>

### *Set reading*

I bind to myself this day  
the mighty strength of the Trinity;  
calling on his name  
in faith of the threeness,  
and confession of the oneness  
of the Creator of all things.

I bind to myself this day  
the strength of Christ's birth and his baptism,  
the strength of his crucifixion and his burial,  
the strength of his resurrection and his ascension,  
the strength of his return for judgment day.<sup>328</sup>

## Prayer

### *Free prayer, or...*

I pray for myself and for those dear to me . . . . .

I am bending my knee  
in the eye of the Father who created me,  
in the eye of the Son who died for me,  
in the eye of the Spirit who cleansed me,  
in love and desire.

Pour down from heaven  
the rich blessing of your forgiveness.  
You who are highest in the Holy City,  
be patient with us.

Grant to us, Saviour of Glory, the fear of God,  
 the love of God and his affection,  
 and the will of God to do on earth at all times  
 as angels and saints do in heaven.  
 Each day and night give us your peace.  
 Each day and night give us your peace.<sup>329</sup>

I pray for my community and neighbours. . . . .

Be, Lord, a bright flame before them,  
 be a guiding star above them,  
 be a smooth path below them,  
 and be a kindly shepherd behind them,  
 today, tonight, and for ever.  
 If any are tired or a stranger,  
 lead them to the land of angels;  
 when it is time to go home  
 to the court of Christ, to the peace of heaven.<sup>330</sup>

I pray for my church and for the church and mission of Jesus Christ  
 in all places. . . . .

I pray for all in authority and for the needs of the world. . . . .

On your world in tumult Lord, give:  
 the peace of the Father of joy,  
 the peace of the Christ of passion,  
 the peace of the Spirit of grace,  
 to ourselves and to our children,  
 ourselves and our children.<sup>331</sup>

Our Father. . . . .

## Conclusion

Christ shield me today  
Christ with me, Christ before me, Christ behind me,  
Christ in me, Christ beneath me, Christ above me,  
Christ on my right, Christ on my left,  
Christ when I lie down, Christ when I sit down, Christ when I  
    arise,  
Christ in the heart of everyone who thinks of me,  
Christ in the mouth of everyone who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.<sup>332</sup>

May the Holy One claim me,  
and protect me on my way,  
and lead me on from step to step,  
to the peace of the Everlasting City.  
The peace of the Everlasting City!<sup>333</sup>

## The Evening Office

### Preparation

Thanks be to you, Lord God,  
who brought me from yesterday  
to the beginning of today,  
to win for my soul  
everlasting joy,  
with forgiving service.  
And for every gift of peace  
you bestow on me,  
I dedicate to you  
my thoughts, my words,  
my deeds, my desires.  
I entreat you, I beseech you,  
to keep me from offence,  
and to shield me tonight,  
for the sake of your wounds  
and your offering of grace.<sup>334</sup>

### *The Psalm, or...*

Pray for the peace of Jerusalem;  
may those who love you be calm.<sup>335</sup>

Glory to the Father. . . . .

## The Word of God

*Set reading*

### Prayer

*Free prayer . . . . ., or . . .*

Spirit, give to me from your abundance,  
Father, give to me from your wisdom,  
Son, give to me in my need.

Jesus, beneath the shelter of your shield  
I lie down tonight.  
With the Triune of my strength:  
with the Father, with Jesus,  
with the Spirit of might.<sup>336</sup>

### Conclusion

Now to the Father who created each creature;  
now to the Son who paid ransom for his people;  
now to the Holy Spirit, comfort and strength:  
shield and protect from every wound.  
Be there at the end of the race, as at the beginning.  
Be there as we sing in glory,  
in peace, in rest, in concord,  
where no tear shall be shed, where death comes no more;  
where no tear shall be shed, where death comes no more.<sup>337</sup>

# 25

## *Prayers of Karl Barth*

### The Morning Office

#### Preparation

Lord God, you are great, holy and exalted above all humankind. And you are great especially in that you were unwilling to forget your people, to leave us alone, or, in spite of all which speaks against us, to reject us. Now you have given us in your dear Son Jesus Christ our Lord; nothing less than your own self and everything which is yours. I thank you that I am allowed to be a guest at the table of your grace, as long as I live, and for eternity.<sup>338</sup>

#### *The Psalm(s)*

Glory to the Father. . . . .

#### The Word of God

Loving Father in heaven, thank you for the eternal, living, saving word which in Jesus you have spoken and still speak to us. May I not hear it casually, or be too lazy to respond. Do not let go of me, but stay near me with your comfort and peace. Amen.<sup>339</sup>

### *Set readings*

The Gospel is not a religious message to inform people of their divinity or to tell them how they may become divine. The Gospel proclaims a God utterly distinct from humanity. Salvation comes to them from him, because they are, as human beings, incapable of knowing him, and because they have no right to claim anything from him. The Gospel, since it is always new, must always be received with renewed fear and trembling. It demands participation, comprehension, cooperation; because it is a communication which presumes faith in the living God, and which creates that which it presumes.<sup>340</sup>

## **Prayer**

### *Free prayer, or...*

Eternal God, I pray for myself and for those dear to me . . . . .

When we are afraid do not let us despair. When we are disappointed do not let us become bitter. When we have fallen do not let us stay down. When we are at the end of our understanding and our powers, do not let us perish. Rather, let us feel your closeness and your love, which you have promised especially to those whose hearts are humble and broken and who stand in fear before your word.<sup>341</sup>

I pray for my community and neighbours. . . . .

Lord God and Father, much human concern falls away when your dear Son, our Lord and Saviour, comes into our lives and puts everything in order. Have mercy on those who do not know you and your kingdom, or do not yet truly know. Also on those who once knew everything well, but forgot it again, or misunderstood it, or even denied it. Amen.<sup>342</sup>

I pray for the church and mission of Jesus Christ . . . . .

Lord my God awaken your church. Give us your light. Be our teacher and comforter. Speak to each member so that they may hear exactly what they need, what helps them. In all places be gracious to those who gather as the flock of Christ.<sup>343</sup>

I pray for all in authority and for the needs of the world. . . . .

Loving Father, you know the errors and the evil that make our world dark and dangerous on all sides. Blow with a fresh wind and disperse at least the thickest fogs in the heads of those who rule the world and of those who let themselves be ruled by them and above all in the heads of those who form public opinion.<sup>344</sup>

Our Father. . . . .

## **Conclusion**

Dear Lord God, I thank you that you remain the same; that your years know no end; that your word remains, in which your heart is opened and speaks to my heart. Give me the freedom, while all else passes away, to hold fast to your word – and that alone. Amen.<sup>345</sup>

# **The Evening Office**

## **Preparation**

Lord God, I am before you in human weakness, uniquely made, yet like all humanity in the wrong with you and with my neighbour, destined to die and lost without your grace. But also like others in that your grace is promised and made available to us all in your dear Son, our Lord Jesus Christ. So I am before you to offer praise through letting you speak to me. Amen.<sup>346</sup>

*The Psalm, or...*

I wait for my Lord with more longing,  
than those who watch for the morning.<sup>347</sup>

## The Word of God

May there always and again be a little light from you in my heart; may your word be strong in my home and family, honoured in this land and known in the whole world. Amen.<sup>348</sup>

*Set reading*

## Prayer

*Free prayer . . . . ., or . . .*

Thank you that you have let your light appear, that it shines in the darkness, and the darkness shall not overcome it. I thank you that you are my God and I am honoured to belong to your people. Amen.<sup>349</sup>

## Conclusion

Great, holy, and merciful God, I long for your final revelation, when it will become clear to everyone's eyes that the whole created world and its history, that all humanity in the course of their lives were, are and will be in your gracious and strict hand. I thank you too that I may look forward to this revelation. This I pray in the name of Jesus Christ, in whom you have loved, chosen and called your people from all eternity. Amen.<sup>350</sup>

# 26

## *Prayers of Karl Barth*

### The Morning Office

#### Preparation

Lord, God and Father, the word you have spoken to us in your dear son, Jesus Christ, is so strict yet so kind, so humbling yet so uplifting. Thank you that you give us no alternative except to bow down humbly before you. But in this way you make us free and happy to stand on our feet and look gladly and confidently towards the revelation of your kingdom. Lead me continually by your Holy Spirit to obey you in both humility and joyful freedom.<sup>351</sup>

I bring before you all that troubles me, my failings, errors and exaggerations, my trials and sorrows and also my rebellion and bitterness, my whole heart, my whole life, which you know better than I. I place it all in the faithful hands which you have stretched out to the world in my Saviour. Take me as I am, raise me up and together with all the weak and poor of the world enrich me from your perfect fullness. Amen.<sup>352</sup>

#### *The Psalm(s)*

## The Word of God

Lord and Father, you speak today as yesterday and you will speak tomorrow as today, telling that you have always loved me and therefore in your pure goodness you have lifted me to yourself. I hear you, but help me to hear you aright. Amen.<sup>353</sup>

### *Set readings*

As far as we can see our hands are empty... , but God justifies himself in our presence and thereby we are justified in his presence. By making us his prisoners, he sets us free; by rejecting us as we are, he affirms us to be what we are not; he takes our side and uses us for his purpose and thereby his side becomes our side, his right our right, and his good work is begun in us. He acknowledges us and is with us. He promises us salvation in his kingdom.<sup>354</sup>

## Prayer

### *Free prayer, or...*

Eternal God, I pray for myself and for those dear to me ... ..

You were God from all eternity; you are God; you will be God. I am glad to build my life on you and trust you. Amen.<sup>355</sup>

I pray for my community and neighbours... ..

Together with all who recognize you as Lord, I ask that your saving work may not be fruitless. For the sake of many who have not known you, or do not yet know you as Lord, keep our eyes open. Open their eyes too: the indifferent, the despairing, the rough and the refined atheists, sceptics, or however they call themselves, so that they also – who at heart are so sad – may be glad. Amen.<sup>356</sup>

I pray for the church and mission of Jesus Christ in all places. . . .

Lord, give courage to your people and especially to the ministers of our churches and to Christian communities of any kind. Even where we are not yet one, may we be united in the knowledge that we need a new awakening, a return to the gospel – joyfully bearing for one another whatever still hinders and disturbs us. I pray for the Holy Spirit, without whose work and help none of this can happen. Amen.<sup>357</sup>

I pray for all in authority and for the needs of the world. . . .

Have mercy on all humanity, many tormented and threatened, plagued by so much irrationality. Illuminate the thoughts of those who have power in this community and nation and those who seemingly do not know today where to turn or what to do. Amen.<sup>358</sup>

Our Father. . .

## **Conclusion**

So I offer my thanks and requests to you in the name of our Lord Jesus, by whom you have made it possible for me to stand on the earth to see heaven open and to look forward joyfully to the day when he will come in great glory to make all things new. Amen.<sup>359</sup>

## **The Evening Office**

### **Preparation**

Now despite all my weakness, may I praise you at all times, Father, Son and Holy Spirit, as in the past so in the future and to all eternity. Amen.<sup>360</sup>

*The Psalm, or...*

I have calmed myself down completely,  
like a satisfied baby with its mother.<sup>361</sup>

## The Word of God

*Set reading*

In this world, in this human state, in this history, there is one thing certain: the signs of your presence are luminous; Jesus Christ has died and risen for us and not only for us but for the whole world. Therefore the hope of humanity rests upon this fact: God has loved the world. Such is the reality shown by the death and resurrection of the Lord.<sup>362</sup>

## Prayer

*Free prayer . . . . ., or ...*

I believe, but help my unbelief. I want to obey you, but put an end to all that is too soft in me, or too hard, so that I can truly obey you. I trust you, but expel all fantasies out of my heart and head, so that I may trust you fully and gladly. I flee to you, but help me to leave behind all that must be left and look to the future, walking on with quiet confidence. Amen.<sup>363</sup>

## Conclusion

Lord my God, give me a mind to know you, a heart to seek you, wisdom to find you, conduct pleasing to you, faithful perseverance in waiting for you and the hope of finally embracing you. Amen.<sup>364</sup>

## *Celtic Prayers from Northumbria*

### The Morning Office

#### Preparation

In the name of the Father,  
and of the Son,  
and of the Holy Spirit. Amen.

One thing I have asked of the Lord,  
this is what I seek:  
that I may dwell in the house of the Lord  
all the days of my life;  
to behold the beauty of the Lord  
and to seek him in his temple. <sup>365</sup>

Who is it that you seek?

I seek the Lord my God.

Do you seek him with all your heart?

Amen. Lord, have mercy.

Do you seek him with all your soul?

Amen. Lord, have mercy.

Do you seek him with all your mind?

Amen. Lord, have mercy.

Do you seek him with all your strength?

Amen. Christ, have mercy. <sup>366</sup>

### *The Psalm(s)*

Glory to the Father. . . . .

## **The Word of God**

To whom shall I go?  
You have the words of eternal life,  
and I have believed and have come to know  
that you are the Holy One of God.<sup>367</sup>

Praise to you, Lord Jesus Christ,  
King of endless glory.<sup>368</sup>

### *Set readings*

We believe and trust in God the Father Almighty.  
We believe and trust in Jesus Christ his Son.  
We believe and trust in the Holy Spirit.  
We believe and trust in the Three in One.<sup>369</sup>

## **Prayer**

Christ, as a light illumine and guide me.  
Christ, as a shield overshadow me.  
Christ under me;  
Christ over me;  
Christ beside me  
on my left and my right.  
This day be within and without me,  
lowly and meek, yet all-powerful.  
Be in the heart of each to whom I speak;  
in the mouth of each who speaks to me.  
This day be within and without me,

lowly and meek, yet all-powerful.  
 Christ as a light;  
 Christ as a shield;  
 Christ beside me  
 on my left and my right.<sup>370</sup>

*Free prayer, or...*

Eternal God, I pray for myself and for those dear to me and I offer  
 you all I own . . . . .

I pray for my community and neighbours. . . . .

I pray for my church and for the church and mission of Jesus Christ  
 in all places. . . . .

I pray for all in authority and for the needs of the world. . . . .

## **Conclusion**

May your peace Lord Christ go with me,  
 wherever you may send me.  
 Guide me through the wilderness,  
 protect me through the storm  
 and bring me home rejoicing  
 at the wonders you have shown me.  
 May you bring me home rejoicing  
 once again into these doors.<sup>371</sup>  
 In the name of the Father,  
 and of the Son,  
 and of the Holy Spirit. Amen.

## The Evening Office

### Preparation

In the name of the Father,  
and of the Son,  
and of the Holy Spirit. Amen.

My soul waits for the Lord  
more than those who watch for the morning,  
more than those who watch for the morning.

Out of the depths I have cried to you.

Lord, hear my voice.

With my whole heart I want to praise you.

Lord, hear my voice.

If you, Lord, should mark iniquities:

Who could stand? Who could stand?<sup>372</sup>

### *The Psalm, or...*

I cry out to you LORD, I say,

'You are my safe place; you are everything I need in this life.'<sup>373</sup>

### The Word of God

I will wait for the Lord.

My soul waits

and in his word I hope.<sup>374</sup>

***Set reading***

Lord, you have always given bread for the coming day;  
and though I am poor, today I believe.

Lord, you have always given strength for the coming day;  
and though I am weak, today I believe.

Lord, you have always given peace for the coming day;  
and though of anxious heart, today I believe.

Lord, you have always kept me safe in trials;  
and now, tried as I am, today I believe.

Lord, you have always marked the road for the coming day;  
and though it may be hidden, today I believe.

Lord, you have always lightened this darkness of mine;  
and though the night is here, today I believe.

Lord, you have always spoken when time was ripe;  
and though you be silent now, today I believe.<sup>375</sup>

**Prayer*****Free prayer***

## Conclusion

In the shadow of your wings  
I will sing your praises, O Lord.  
The Lord is my light, my salvation; whom shall I fear?  
The Lord is the refuge of my life; of whom shall I be afraid?

In the shadow of your wings  
I will sing your praises, O Lord.  
One thing I ask of the Lord, one thing I seek;  
to dwell in the presence of my God, to gaze on your holy place.

In the shadow of your wings  
I will sing your praises, O Lord.  
I believe I shall see the goodness of the Lord in the land of the  
living.  
Wait for the Lord! Have courage and wait, wait for the Lord.

In the shadow of your wings  
I will sing your praises, O Lord.<sup>376</sup>

In the name of the Father,  
and of the Son,  
and of the Holy Spirit. Amen.

# 28

## *Prayers inspired by Creation*

### The Morning Office

#### Preparation

Holy, holy, holy,  
God of power and might,  
heaven and earth are full of your glory.

I praise you Lord:  
endless in compassion,  
ever present with mercy,  
never changing in love.

Your works in the earth never fail:  
the sky, the seas, the moving of the seasons.

You meet my seasons of cold and warmth of spirit with your  
endless mercy, day by day.

#### *The Psalm(s)*

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

## The Word of God

Life-giving Lord, you sustain all life through planted seed and daily food. Prepare my heart to receive the seed of your word and feed me now with the truth of Christ so I may grow in love for him and all creation. Amen.

### *Set readings*

I confess that God the Father freely made all things, visible and invisible, by his word; that he alone is transcendent and holds in being all that exists; that each part of his creation, according to its nature, and in the harmony of the universe displays his infinite truth and beauty, love and goodness, wisdom and glory; that his eternal Son became flesh in Jesus Christ, indwelling his creation; that he redeemed it and all humanity through his human life, atoning death and glorious resurrection and that he will come again to gather all creation to himself to the glory of the Father. Amen.

## Prayer

### *Free prayer, or...*

I pray for myself and for those dear to me . . . . .

Lord God, you love the world you made and all creation blesses you; you move upon the vast universe with life and mystery. Open our hearts to your holy presence in all we see and touch this day, so that we also may live to bless you, through Jesus Christ. Amen.

I pray for my community and neighbours. . . . .

Lord God, you made everything good; help us to use the fruit of the earth for your glory and for the benefit of all creation. May all our work be sacred and our daily occupation your holy calling. Amen.

I pray for the church and mission of Jesus Christ in all places. . . . .

Lord Jesus, you came to heal the sick and to redeem your creation. Give your people faith to continue your healing work, the courage to resist those who destroy and the humility to unite for the healing of the earth. Amen.

I pray for all in authority and for the needs of the world. . . . .

Forgive us, Lord; we have forgotten that creation belongs to you and ignored your command to be responsible for its care. Strengthen the voice of those who speak for people and creatures who are unable to speak for themselves. Remove power from those who rob the earth and create injustice. Strengthen all who work for the integrity of creation and so deliver us from a destruction and ruin of our own making. Amen.

## **Conclusion**

Creator God, you blessed all you created with fruitfulness; may your harmony fill the whole earth; may plants be abundant for your glory; may animals flourish and people prosper. Lord God; Father, Son and Holy Spirit, bless us and all living things again and for ever. Amen.

# **The Evening Office**

## **Preparation**

For the joy of being a part of creation, blessed by the presence of the Word made flesh; I praise you Lord.

For your covenant never to destroy all living creatures; I praise you Lord.

For the colour, scent and beauty of plants and trees, I praise you Lord.

For the mystery of the universe and the bond between living things; I praise you Lord.

For the duty and honour of being made in your image as a steward of the earth; I praise you Lord my creator.

*The Psalm, or...*

LORD, your covenant love lasts for ever;  
do not abandon what your hands have shaped.<sup>377</sup>

## **The Word of God**

The heavens are telling of your glory Oh God;  
And the sky shows the work of your hand.  
Day to day pours out speech  
Night to night announces knowledge.<sup>378</sup>

*Set reading*

Lord my God, your instruction is perfect, reviving the soul.<sup>379</sup>

## **Prayer**

*Free prayer . . . . .*

## **Conclusion**

Eternal God, as all creation groans, I wait with longing for suffering to cease and full redemption to come for all that you made. I place my hope in your promise until your glory is revealed. Hold my life, even through pain, until that glorious day; through Jesus Christ, in whom all things will be made new. Amen.

# *The Psalms*

## **Psalm 1**

Blessed!

People are so blessed

when they don't go by the advice of wrongdoers,

or stand in the street with sinners,

or sit in scornful company.

Instead, they delight in the instruction of the LORD

and meditate on his teaching day and night.

They are like a tree planted by streams of water,

which gives its fruit in season, whose leaves never wilt.

Everything they do succeeds.

It is not like that with the wrongdoers!

Instead, they are like bits of straw;

the wind just blows them away.

That's why wrongdoers will not come through the judgment

and sinners will not stand in the company of the righteous.

Because the LORD knows the way of the righteous,

but the way of wrongdoers ends in ruin.

## **Psalm 3**

LORD, I have so many opponents;

many things loom over me.

Many people say of me, 'There is no way God will help him' . . . . .

But you are a shield around me;

my glory and the one who lifts my head.  
I call out loud to the LORD  
and he answers me from his holy mountain . . . . .  
I lie down and sleep;  
I wake again, because the LORD sustains me.  
I will not be afraid of the great crowd around me,  
who set up against me.

Rise up, LORD. Rescue me, my God!  
Because you will knock out all my opponents;  
you will break the teeth of wicked people.  
Salvation belongs to the LORD;  
may your blessing be on your people.

## **Psalm 4**

When I call, answer me, my God who acts fairly;  
when hemmed in you made space for me.  
Have mercy on me and hear my prayer.  
How long will people shame my honour?  
You love worthlessness; you seek for idols . . . . .  
Know that the LORD has singled out his loyal follower;  
the LORD hears when I call to him.  
Be troubled – and do not sin;  
talk to yourself on your bed and be silent . . . . .  
Offer sacrifices in the right way and trust in the LORD.

Many people say, ‘Who will show us any good?’  
Turn your face to us in pleasure, LORD.  
You have put joy into my heart –  
more than people who have food and plenty of new wine.  
I lie down and go to sleep at peace,  
because only you, LORD, make me live securely.

## Psalm 8

LORD, our Lord, your name is so wonderful,  
known in the whole world.

You have set your renown above the heavens.

You have planned praise from the mouths of children and infants,  
because of your enemies, to silence any foe or opponent.

When I see your heavens, the work of your fingers,  
the moon and stars you placed there;

what is a person like me that you should keep me in mind,  
or any human being that you should care for them?

But you have made us only a little less than God;  
you have crowned us with glory and honour.

You put us in charge of the work of your hands.

You placed everything under our feet:

all the sheep and cattle, as well as wild animals,

the birds of the air, the fish in the sea,

everything swimming along the paths of the ocean.

LORD, our Lord, your name is so wonderful,  
known in the whole world.

## Psalm 13

How long, LORD? Will you forget me all the time?

How long will you hide yourself from me?

How long must I make my private plans  
only to have heartache every day?

How long must my enemy get the better of me?

Look down, answer me, LORD my God;

open my eyes, or I will go to sleep and die,

or my enemy will say 'I have beaten him';

those who oppress me will be glad when I fall.

As for me, I will trust in your covenant love,  
my heart will be glad in your salvation;

I will sing praise to the LORD,  
because he has done such good things for me.

## **Psalm 16**

Keep me safe, O God, because I have taken refuge in you.  
I said to the LORD, 'You are my Lord,  
there is no "good life" for me without you.'

I take great pleasure in those in the land  
who are devoted to you, and in worthy people.

People who hurry after other gods increase their sorrows;  
I will not pour out blood offerings to them;  
I will not take their names on my lips.

LORD, you are my prize possession,  
my winner's cup. You hold my future.  
The place you chose for me to live is very pleasant.  
It's true, I have a delightful life.

I will praise the LORD, who even counsels me in the night  
as my deepest feelings correct me.  
I always keep the LORD in mind, so my strength will not waver.  
Therefore my heart is glad and deep down I am happy;  
even my body will finally rest safely,  
because you will not abandon me to the grave;  
you will not let someone loyal to you experience corruption.

You have shown me the way of life;  
you satisfy me with joy in your company;  
near you there are endless pleasures.

**Psalm 30**

I exalt you, LORD, because you have rescued me  
and you have not given my opponents reason to rejoice about me.  
LORD my God, I cried out to you for help and you healed me.  
LORD, you brought me up from the place of the dead;  
you preserved me from joining those going down into the grave.

Sing praise to the LORD, faithful people;  
give thanks as you recall his holiness.  
Because his anger is for a moment – his favour is for life.  
Weeping may last all evening,  
but in the morning – a shout of joy.

When I thought things were easy I said, 'I will never fall'.  
When you showed favour, LORD,  
you made my mountain refuge stand strong;  
you hid your face – I was terrified.

I cry out to you, LORD, and I call for mercy to my Lord.  
What is gained by my death, when I go down into the grave?  
Does dust praise you? Does it speak of your faithfulness?  
LORD, hear and have mercy on me.  
LORD, be the one who helps me.

You have changed my mourning into a dance;  
you have removed my mourning clothes for me  
and dressed me in clothes of celebration,  
so that from deep inside I will praise you and not be quiet.  
LORD my God, I will give thanks to you for ever.

## Psalm 43

Judge for me, O God; back my cause against a loveless society.  
Rescue me from the false and dishonest person.  
If you are God my refuge, why have you rejected me?  
Why am I going about gloomy at the oppression of an enemy?

Send your light and your truth, they will guide me;  
they will bring me to your holy mountain and to your home.  
So I will come to God's altar, to God my greatest joy  
and I will praise you with the harp, O God, my God.

Why am I so downhearted?  
And why am I churned up inside?  
Hope in God, because I will praise him again,  
my saviour and my God.

## Psalm 47

All nations clap your hands;  
cry out to God with a resounding shout.  
Because the LORD most high inspires awe;  
a great king over all the earth.  
He subdues nations under us and countries beneath our feet.  
He has chosen a place for us to live;  
the excellent land of Jacob, whom he loved. . . . .

God goes up with a loud shout,  
the LORD with a trumpet blast.  
Sing to God, sing out!  
Sing to our king, sing out!  
Because God is king of all the earth  
sing out a thoughtful song.

God reigns over other nations;  
God sits on his holy throne.  
Rulers of nations will gather with the people of the God of Abraham,  
because the kings of the earth belong to God.  
He is very exalted.

**Psalm 54**

O God, rescue me by your name  
 and judge in my favour by your strength.  
 O God, hear my prayer;  
 attend to the words I say.

Because strangers have risen up against me  
 and terrifying people are looking to kill me.  
 They do not have God in mind. . . . .

But look, God is the one who helps me;  
 my Lord is among those who support me.  
 May the evil of those who eye me come back on them;  
 in your faithfulness get rid of them completely.

I sacrifice willingly to you;  
 I praise your name because it is good.  
 The LORD has rescued me from every danger  
 and I will finally see off my opponents.

**Psalm 57**

Be gracious to me, O God, be gracious to me,  
 because my soul seeks a safe place in you  
 and in the shadow of your wings I will find refuge  
 until the terrible time has passed.  
 I call to God Almighty,  
 to God who will bring me through in the end.  
 He sends from heaven and rescues me;  
 he swiftly dismisses those who crush me. . . . .  
 God sends out his covenant love and his faithfulness.

I sleep among lions, who devour ordinary people;  
 their teeth are spears and arrows  
 and their tongues are sharp swords.

Be exalted above the heavens, O God;  
may your glory be over all the earth!

They set up a net for my steps;  
I was deeply discouraged.  
They dug a pit right in front of me, but they have fallen into it . . . . .

My heart is resolved, O God,  
my heart is completely resolved.

I will sing and praise.  
Wake up worshipper!  
Wake up lute and harp! I will wake at dawn.  
I give thanks to you among the peoples, Lord;  
I sing your praise among the nations,  
because your covenant love is great, it reaches the heavens  
and your faithfulness reaches the clouds.

Be exalted above the heavens, O God;  
may your glory be over all the earth!

## Psalm 61

Hear my cry, O God; listen to my prayer.  
Faint-hearted, I cry out to you from far away.  
Lead me to the rock that is higher than I.  
You have been my refuge, a tower of strength against opposition.

I will live in your presence always;  
I will seek refuge in the shelter of your wings. . . . .  
Oh God, you have heard my promises.  
You have given me what belongs to those who honour your name.

Add days to the life of the king; many generations to his years.  
He will stay for ever in God's presence;  
place covenant love and faithfulness to guard him.  
So I will sing praise to your name always,  
to keep my promises day after day.

**Psalm 63**

O God, you are my God,  
I long for you; I am so thirsty for you.  
My whole being longs for you in a dry land, weary without water.  
So I have come to see you in the holy place,  
to look on your power and your glory.  
Your covenant love is better than life, so my lips praise you.  
I will bless you all my life; I will lift my hands in your name.  
I am fully satisfied, as with plenty of rich food  
and with lips full of joy my mouth offers praise.  
When I remember you on my bed,  
I will meditate on you during the night.  
You are such a help to me,  
so I sing for joy under the shadow of your wings.  
I cling to you with my whole being,  
while your right hand holds me.

Those who seek my life will come to ruin;  
they will end up deep down in the earth;  
they will die by the sword;  
they will be food for jackals.  
The king will rejoice in God  
and whoever confesses faith in him will offer praise,  
while the mouth of those who speak lies will be silenced.

**Psalm 70**

O God, come to my rescue;  
LORD, hurry to help me!  
May those who threaten my life be ashamed and disappointed;  
may those who wish me harm be thwarted and frustrated;  
may those who say, 'Aha, got you!' back off in shame.  
May everyone who seeks you jump for joy and be glad because of you;  
may those who love your saving work always say 'God is great!'  
As for me, O God, I am weak and in need.  
Hurry to me, you are my help and my saviour.  
LORD, do not delay!

## Psalm 84

The place where you live is so delightful, LORD Almighty!  
My whole being yearns, pining for the courts of the LORD;  
my heart and my body cry out to the living God.  
Even a small bird has found a home  
and a swallow a nest for herself where she has put her young  
– right by your altars, LORD Almighty, my King and my God.  
Blessed! Those who live in your home are blessed  
– they praise you all the time. . . . .  
Blessed! A person who has you as a refuge is blessed;  
the road to worship is in their heart.  
Those who pass through the arid valley make it a place of springs,  
the rain covers it with blessings.  
They go from strength to strength;  
until the God of gods will be seen in Zion.

LORD God Almighty, hear my prayer.  
Please listen, God of Jacob. . . . .  
See the one who defends us, O God  
and look on the face of your anointed.

A day in your courts is better than a thousand elsewhere,  
so I would rather stand at the door of the house of my God  
than live with evildoers.  
For the LORD God is a sun and shield;  
the LORD gives favour and honour;  
he does not withhold good things from those who live blameless lives.  
LORD Almighty, the one who trusts in you is so blessed!

## Psalm 86

Turn to listen, LORD; answer me,  
because I am in trouble and needing help.

Keep me safe, because I belong to you;  
rescue your servant who trusts in you  
– you are my God.

Be gracious to me, Lord, because I call out to you all day.  
Make my whole being joyful, Lord, as I present my life to you,  
because you, Lord, are good and forgiving  
and full of covenant love to all who call on you.

Listen to my prayer, LORD;  
pay attention to my plea for mercy.  
In my time of distress I will call out to you,  
because you will answer me.

There is no one like you, Lord, among the gods  
and nothing compares to the things you do.  
All the nations which you have created  
will come and worship before you, Lord;  
they will pay honour to your name,  
because you are great and you do wonderful things;  
you alone are God.

Teach me your way, LORD; I will live by your truth;  
focus my heart to honour your name.

I give thanks to you, Lord my God, with all my heart  
and I glorify your name for ever.

For your covenant love is great towards me  
and you rescued my life from a deep grave.

O God, proud people have risen up against me;  
a powerful group seeks my life. They do not have you in mind.  
But you, Lord, are a compassionate and gracious God;  
slow to get angry and full of covenant love and truth.  
Turn to me and be gracious, give your attention to your servant;  
rescue one born in your family.  
Show me some sign of your goodness,  
then those who hate me will see and be ashamed,  
because you are the LORD who helps me and who comforts me.

## Psalm 92

It is good to give thanks to the LORD;  
to sing praise to your name, Most High;  
to announce your covenant love in the morning  
and your faithfulness at night,  
with a stringed instrument, with a guitar, with the sound of a harp.  
LORD, you make me glad by what you have done,  
I shout for joy at the works of your hands.

Your acts, LORD, are so great; your thoughts are so deep.  
The brutish person cannot know; the fool can't grasp this:  
wrongdoers sprout like grass,  
all who do evil blossom – only to face destruction for ever.  
But you, LORD, are raised up high for ever.  
Look at your enemies, LORD;  
look at your enemies, they will perish;  
all who do evil will be scattered.

But you have raised me up to be strong;  
I am anointed with finest oil;  
I will see off those who eye me;  
my ears will hear the fate of the wrongdoers who rise up against me.

A righteous person will thrive like a palm tree,  
growing like a cedar in Lebanon;  
planted in the house of the LORD,  
they will flourish in the courts of our God.  
In old age he will still produce fruit;  
she will be strong and fresh declaring,  
'The LORD is upright, he is my rock;  
there is no injustice in him.'

## Psalm 101

I sing about covenant love and justice;  
I bring praise to you, LORD.  
I reflect on the perfect way of life;  
when will it come about for me?

I go about privately in my home with personal integrity.  
I do not fix my eyes on anything worthless.

I hate making any wrong turn; that will not be part of my life.  
I will turn away from deceit within me; I will not nurture wrongdoing.

I will get rid of anyone who secretly slanders his neighbour;  
I will not tolerate anyone who is proud or arrogant.

I keep in view the faithful people of the land,  
so that they will live near me;  
anyone who walks along the perfect way will help me worship.

A person who deceives will not live in my house;  
anyone speaking lies will not remain in my sight.

Day after day I will get rid of all the wicked people in the land,  
as I completely remove from the city of the LORD  
all those who practise wrongdoing.

## Psalm 111

Praise the LORD!  
I will thank the LORD with all my heart  
in the company and assembly of faithful people.  
The works of the LORD are great,  
studied for all their delights.  
His work has splendour and majesty;  
his justice stands for ever.  
He has fixed his marvellous deeds in memory;  
the LORD is merciful and compassionate.

He has provided food for those who honour him;  
he will remember his covenant for ever.  
He showed his people the power of his works,  
when he gave them the lands of other nations.  
His hands work truth and justice;  
all his commands can be trusted.  
They will be upheld for ever,  
constructed with truth and right thinking.  
He set up a rescue for his people;  
he ordered his covenant to stand for ever;  
his name is holy and held in awe.  
The root of wisdom is to hold the LORD in awe;  
there is a life of good sense for all who keep his commands.  
His praise will go on for ever.

## **Psalm 113**

Hallelujah!  
Praise, servants of the LORD,  
praise the name of the LORD.

The name of the LORD will be praised  
from now on and for ever.  
The name of the LORD is praised  
from sunrise to sunset.  
The LORD is raised over all nations;  
his glory is above the heavens.

Who is like the LORD our God,  
the one who lives high above?  
He comes down low to see the heavens and the earth.  
He raises the wretched from the dust,  
the hopeless from the ash heap,  
to sit them down with rulers – with the rulers of his people.  
He sits the childless woman of the family at home  
as a happy mother of children.  
Hallelujah!

## Psalm 116

I love the LORD because he hears my cries for mercy;  
he turns to listen to me, so I will call out all my days.  
The cords of death wrapped round me;  
the horrors of the grave got hold of me.  
I felt only distress and sorrow.  
Then taking the name of the LORD I cried out,  
'Please, LORD, save my life!'

The LORD is gracious and just;  
our God shows compassion.  
The LORD watches over the helpless;  
I was brought low, but he saved me.  
Return to your rest, I say to myself,  
because the LORD has been so good to you.

You have saved my life from death,  
kept my eyes from tears and my feet from stumbling.  
I walk in the presence of the LORD  
in the land of the living.  
I trusted, even when I said,  
'I am very troubled.'  
In my panic I even said,  
'Everyone is lying.'

What can I give back to the LORD  
for all the good he has showered on me?  
I will lift up a cup of salvation  
and call on the name of the LORD.  
I will keep the promises I made to the LORD;  
may it be in front of all his people!  
The death of anyone who loves him  
is a precious moment in the eyes of the LORD.  
Surely LORD, I am your servant, a servant born in your family;  
you have released me from my bondage.  
I will bring a sacrifice of thanks to you  
and I will call on the name of the LORD.

## **Psalm 117**

Praise the LORD all nations. Glorify him all countries,  
because his covenant love towards us is overwhelming  
and the faithfulness of the LORD continues for ever.  
Praise the LORD!

## **Psalm 121**

I look up to the mountains.  
Where does my help come from?  
My help comes from the LORD,  
maker of heaven and the earth.

He will not let your foot slip;  
your protector does not get drowsy.  
Be sure, he doesn't doze;  
the one who protects Israel does not fall asleep.

The LORD is your protector;  
the LORD is your defence on your right hand.  
In the day the sun will not strike you,  
nor will the moon in the night.

The LORD will protect you from all evil,  
he will watch over you.  
The LORD will protect you  
as you go out and come back,  
now and for ever.

## **Psalm 122**

I was glad when people said to me,  
'Let's go to the temple of the LORD.'  
Now our feet are standing inside your gates, Jerusalem.

Jerusalem has been built as a city which is solidly tied together.  
 This is where the tribes go up, the tribes of the LORD  
 to give praise to the name of the LORD,  
 as the law requires for Israel.  
 Because seats for right decisions are set up there;  
 seats for the house of David.

Pray for the peace of Jerusalem;  
 may those who love you be calm.  
 May there be peace within your walls,  
 calmness in your palaces.  
 For the sake of my brothers and friends I say,  
 'Please let there be peace for her.'  
 For the sake of the temple of the LORD our God,  
 I will seek her good.

## **Psalm 130**

From depths of despair I call out to you, LORD.  
 Lord, hear my voice;  
 let your ears be attuned to my cries for mercy.

If you, LORD, kept an account of sins,  
 Lord, who would remain standing?  
 But with you there is forgiveness;  
 that is why you are honoured.

I wait eagerly for the LORD,  
 I wait with longing and I expect his word to come.  
 I wait for my Lord with more longing,  
 than those who watch for the morning;  
 than those who watch for the morning.

Look expectantly to the LORD, Israel,  
 because covenant love is found with the LORD  
 and there is generous rescue with him.  
 He will rescue Israel from all her sins.

## Psalm 131

LORD, my heart is not too proud  
and I do not set my sights high,  
I have not been busy with great matters,  
or things beyond me.  
But I have calmed myself down completely,  
like a satisfied baby with its mother;  
inside I am like a satisfied baby.  
Israel, hope in the LORD, now and for ever.

## Psalm 138

I glorify you with all my heart;  
in front of the 'gods' I praise you.  
I bow in worship towards your holy temple  
and I glorify your name,  
because of your covenant love and your faithfulness  
and because, over everything,  
you have raised up your honour and your word.  
When I called out, you answered me;  
you made me bold with an inner strength.

All the rulers of the earth will glorify you, LORD,  
when they have heard what you say.  
Then they will sing in praise of the ways of the LORD,  
because the glory of the LORD is great.  
Even though the LORD is high he looks out for the humble person,  
but he only knows the self-important at a distance.  
When I get in a complete tangle, you invigorate me.  
You reach out to stop the anger of my enemies  
and you rescue me with your right hand.  
May the LORD complete his work through me.  
LORD, your covenant love lasts for ever;  
do not abandon what your hands have shaped.

**Psalm 142**

I raise my voice in lament to the LORD;  
I raise my voice to the LORD for mercy;  
I pour out my complaint before him;  
I explain before him my distress.  
When my inner life is weak,  
you know what I am going through.

As I go along in this life people have set a trap for me.  
Look around and see,  
there is no one who even notices me.  
A safe place for me is long gone;  
there is no one who looks after me.  
I cry out to you LORD, I say,  
'You are my safe place;  
You are everything I need in this life.'  
Listen to my sorrowful cry,  
because I am really weak;  
Rescue me from those who harass me,  
because they are stronger than me.  
Bring me right out of this prison  
so I can give thanks to your name.  
Then good people will gather round me,  
because you have done such good things for me.

# *A Bible Reading Plan*

In this plan, one psalm reading in the morning and one in the evening will complete the whole Psalter in 12 weeks. Thirteen rotations of 28 days will cover all 150 psalms more than four times in a year.

The Bible readings are set out in 28-day cycles so that the New Testament may be read through in about a year and a half (84 weeks) and the Old Testament in about two-and-a-half years (omitting only 1 Chronicles 1.1–8.40 as at \*).

## The Psalms

	<b>Psalms</b>	<b>Psalms</b>	<b>Psalms</b>
	1, 2	54, 55	107.1–22, 107.23–43
	3, 4	56, 57	108, 109
	5, 6	58, 59	110, 111
	7, 8	60, 61	112, 113
	9, 10	62, 63	114, 115
	11, 12	64, 65	116, 117
	13, 14	66, 67	118, 119.1–16
	15, 16	68, 69	119.17–32, 119.33–48
	17.1–7, 17.8–15	70, 71	119.49–64, 119.65–80
	18.1–24, 18.25–50	72, 73	119.81–96, 119.97–112
	19, 20	74, 75	119.113–128, 119.129–144
	21, 22	76, 77	119.145–152, 119.153–168
Twenty-eight days	23, 24	78.1–39, 78.40–72	119.169–176, 120
	25, 26	79, 80	121, 122
	27, 28	81, 82	123, 124
	29, 30	83, 84	125, 126
	31, 32	85, 86	127, 128
	33, 34	87, 88	129, 130
	35, 36	89.1–18, 89.19–52	131, 132
	37.1–22, 37.23–40	90, 91	133, 134
	38, 39	92, 93	135, 136
	40, 41	94, 95	137, 138
	42, 43	96, 97	139, 140
	44, 45	98, 99	141, 142
	46, 47	100, 101	143, 144
	48, 49	102, 103	145, 146
50, 51	104, 105	147, 148	
52, 53	106.1–23, 106.24–48	149, 150	

## The Old Testament

	<b>Genesis</b>	<b>Genesis</b>	<b>Genesis</b>	<b>Genesis</b>	<b>Exodus</b>
	1.1–13	12.1–20	27.1–25	41.1–36	1.1–22
	1.14–25	13.1–18	27.26–46	41.37–57	2.1–10
	1.26–2.3	14.1–12	28.1–22	42.1–17	2.11–25
	2.4–14	14.13–24	29.1–14	42.18–38	3.1–22
	2.15–25	15.1–21	29.15–35	43.1–14	4.1–17
	3.1–13	16.1–16	30.1–24	43.15–34	4.18–31
	3.14–24	17.1–14	30.25–43	44.1–13	5.1–23
	4.1–15	17.15–27	31.1–24	44.14–34	6.1–27
	4.16–26	18.1–21	31.25–55	45.1–28	6.28–7.25
	5.1–32	18.22–33	32.1–12	46.1–34	8.1–19
	6.1–10	19.1–22	32.13–32	47.1–17	8.20–32
	6.11–22	19.23–38	33.1–20	47.18–31	9.1–12
	7.1–24	20.1–18	34.1–31	48.1–22	9.13–35
	8.1–22	21.1–34	35 & 36	49.1–33	10.1–11
	9.1–17	22.1–24	37.1–14	50.1–26	10.12–29
	9.18–29	23.1–20	37.15–36	<b>Hosea</b>	11.1–10
	10.1–32	24.1–28	38.1–30	1.1–11	12.1–13
	11.1–32	24.29–50	39.1–23	2.1–23	12.14–30
	<b>Amos</b>	24.50–67	40.1–23	3.1–4.19	12.31–51
	1.1–15	25.1–34	<b>Ezra</b>	5.1–6.11	13.1–19
	2.1–16	26.1–18	1.1–2.70	7.1–16	13.20–14.14
	3.1–15	26.19–35	3.1–13	8.1–14	14.15–31
	4.1–13	<b>Micah</b>	4.1–24	9.1–17	15.1–18
	5.1–13	1.1–2.5	5.1–17	10.1–11.12	15.19–27
	5.14–27	2.6–3.12	6.1–22	12.1–14	<b>Proverbs</b>
	6.1–14	4.1–13	7.1–28	13.1–14.9	3.1–18
	7.1–17	5.1–15	8.1–36	<b>Proverbs</b>	3.19–35
	8.1–14	6.1–16	9.1–15	1.1–19	4.1–27
	9.1–15	7.1–20	10.1–44	1.19–33	5.1–23
				2.1–22	

	<b>Exodus</b>	<b>Exodus</b>	<b>Exodus</b>	<b>Isaiah</b>	<b>Isaiah</b>
	16.1–18	25.1–22	36.8–38	13.1–22	40.1–20
	16.19–36	25.23–40	37.1–16	14.1–27	40.21–31
	17.1–16	26.1–14	37.17–29	14.28–16.14	41.1–13
	18.1–27	26.15–37	38.1–20	17.1–18.7	41.14–29
	19.1–25	27.1–21	38.21–31	19.1–25	42.1–25
	20.1–21	28.1–14	39.1–21	20.1–21.17	43.1–28
	20.22–21.11	28.15–30	39.22–43	22.1–25	44.1–20
	21.12–36	28.31–43	40.1–16	23.1–18	44.21–28
	22.1–31	29.1–21	40.17–38	24.1–23	45.1–25
	23.1–13	29.22–46	<b>Isaiah</b>	25.1–12	46.1–13
	23.14–33	30.1–16	1.1–17	26.1–21	47.1–15
	24.1–18	30.17–38	1.18–31	27.1–13	48.1–22
Twenty-eight days	<b>Nehemiah</b>	31.1–18	2.1–22	28.1–16	49.1–21
	1.1–11	32.1–14	3.1–17	29.1–24	49.22–50.11
	2.1–20	32.15–35	3.18–4.6	30.1–18	51.1–16
	3.1–32	33.1–23	5.1–17	30.19–33	51.17–52.12
	4.1–23	34.1–18	5.18–30	31.1–32.20	52.13–53.12
	5.1–19	34.19–35	6.1–13	33.1–24	54.1–17
	6.1–19	35.1–29	7.1–25	34.1–17	<b>Leviticus</b>
	7.1–73	35.30–36.7	8.1–22	35.1–10	1.1–17
	8.1–18	<b>Proverbs</b>	9.1–21	36.1–22	2.1–16
	9.1–21	6.1–19	10.1–19	37.1–29	3.1–17
	9.22–38	6.20–35	10.20–32	37.30–38.8	4.1–21
	10.1–39	7.1–27	10.33–12.6	38.9–39.8	4.22–35
	11.1–36	8.1–31	<b>Proverbs</b>	<b>Joel</b>	5.1–13
	12.1–30	8.32–39.18	13.1–25	1.1–20	5.14–6.13
	12.31–47	10.1–32	14.1–35	2.1–17	6.14–30
	13.1–14	11.1–31	15.1–33	2.18–32	7.1–21
	13.15–31	12.1–28	16.1–33	3.1–21	7.21–38
			17.1–28		

Twenty-eight days	<b>Isaiah</b>	<b>Jeremiah</b>	<b>Jeremiah</b>	<b>Jeremiah</b>	<b>Jeremiah</b>
	55.1–13	1.1–19	16.1–21	32.1–25	46.1–28
	56.1–12	2.1–19	17.1–27	32.26–44	47.1–48.20
	57.1–10	2.20–37	18.1–23	33.1–26	48.21–47
	57.11–21	3.1–25	19.1–15	34.1–22	49.1–22
	58.1–14	4.1–18	20.1–18	35.1–19	49.23–39
	59.1–21	4.19–31	21.1–14	36.1–15	50.1–20
	60.1–22	5.1–17	22.1–12	36.16–32	50.21–46
	61.1–11	5.18–31	22.13–30	37.1–21	51.1–23
	62.1–12	6.1–15	23.1–22	38.1–28	51.24–44
	63.1–19	6.16–30	23.23–40	39.1–18	51.45–64
	64.1–12	7.1–20	24.1–25.11	40.1–16	52.1–34
	65.1–16	7.21–34	25.12–38	41.1–18	<b>Song of Songs</b>
	65.17–25	8.1–22	26.1–24	42.1–22	1.1–17
	66.1–9	9.1–26	27.1–22	43.1–13	2.1–17
	66.10–24	10.1–25	28.1–17	44.1–19	3.1–11
	<b>Leviticus</b>	11.1–23	29.1–14	44.20–45.5	4.1–16
	8.1–17	12.1–17	29.15–32	<b>Leviticus</b>	5.1–16
	8.18–36	13.1–27	30.1–24	23.1–22	6.1–13
	9.1–24	14.1–22	31.1–22	23.23–44	7.1–13
	10.1–20	15.1–21	31.23–40	24.1–23	8.1–14
	11.1–25	<b>Leviticus</b>	<b>Leviticus</b>	25.1–24	<b>Lament's</b>
	11.26–47	16.1–19	19.23–37	25.25–55	1.1–11
	12.1–8	16.20–34	20.1–27	26.1–22	1.12–22
	13.1–23	17.1–16	21.1–24	26.23–46	2.1–12
	13.24–46	18.1–30	22.1–16	27.1–15	2.13–22
	13.47–59	19.1–22	22.17–33	27.16–34	3.1–33
	14.1–32	<b>Proverbs</b>	<b>Proverbs</b>	<b>Habakkuk</b>	3.33–66
14.33–57	18.1–24	21.1–31	1.1–17	4.1–11	
15.1–33	19.1–29	22.1–29	2.1–20	4.11–22	
	20.1–30	23.1–35	3.1–19	5.1–22	

	Numbers	Numbers	Numbers	Deuteronomy	Deuteronomy
	1.1–54	10.1–36	20.1–21	1.1–18	12.29–13.18
	2.1–34	11.1–35	20.22–21.9	1.19–46	14.1–29
	3.1–26	12.1–16	21.10–35	2.1–23	15.1–23
	3.27–51	13.1–33	22.1–21	2.24–37	16.1–22
	4.1–28	14.1–19	22.22–41	3.1–29	17.1–20
	4.29–49	14.20–45	23.1–26	4.1–31	18.1–22
	5.1–31	15.1–21	23.27–24.25	4.32–49	19.1–21
	6.1–21	15.22–41	25.1–18	5.1–15	20.1–20
	6.22–27	16.1–27	26.1–65	5.16–33	21.1–23
	7.1–41	16.28–50	27.1–23	6.1–25	22.1–12
	7.42–89	17.1–18.7	28.1–31	7.1–26	22.13–30
	8.1–26	18.8–32	29.1–40	8.1–20	<b>Ezekiel</b>
	9.1–23	19.1–22	30.1–16	9.1–24	37.1–28
Twenty-eight days	<b>Ezekiel</b>	<b>Ezekiel</b>	31.1–24	9.25–10.22	38.1–23
	1.1–28	13.1–23	31.25–54	11.1–17	39.1–29
	2.1–3.15	14.1–23	32.1–42	11.18–32	40.1–27
	3.16–4.17	15.1–16.14	33.1–56	12.1–28	40.28–49
	5.1–17	16.15–42	34.1–29	<b>Ezekiel</b>	41.1–26
	6.1–14	16.43–63	35.1–29	30.1–26	42.1–20
	7.1–27	17.1–24	35.30–36.13	31.1–18	43.1–27
	8.1–18	18.1–15	<b>Ezekiel</b>	32.1–16	44.1–16
	9.1–11	18.16–32	23.1–27	32.17–32	44.17–31
	10.1–22	19.1–14	23.28–49	33.1–20	45.1–25
	11.1–25	20.1–29	24.1–27	33.21–33	46.1–24
	12.1–28	20.30–49	25.1–17	34.1–16	47.1–23
	<b>Proverbs</b>	21.1–17	26.1–21	34.17–31	48.1–35
	24.1–34	21.18–31	27.1–36	35.1–15	<b>Obadiah</b>
	25.1–28	22.1–16	28.1–26	36.1–15	1.1–21
	26.1–28	22.17–32	29.1–21	36.16–38	Proverbs
27.1–27				28.1–28	
				29.1–27	

	<b>Deuteronomy</b>	<b>Joshua</b>	<b>Judges</b>	<b>Ruth</b>	<b>1 Samuel</b>
	23.1–25	1.1–18	1.1–21	1.1–22	17.1–30
	24.1–22	2.1–24	1.22–36	2.1–23	17.31–58
	25.1–19	3.1–17	2.1–23	3.1–18	18.1–30
	26.1–19	4.1–24	3.1–31	4.1–22	19.1–24
	27.1–26	5.1–15	4.1–24	<b>1 Samuel</b>	20.1–34
	28.1–24	6.1–27	5.1–31	1.1–18	20.35–21.15
	28.25–46	7.1–26	6.1–24	1.19–28	22.1–23
	28.47–68	8.1–17	6.25–40	2.1–20	23.1–29
	29.1–29	8.18–35	7.1–25	2.21–36	24.1–22
	30.1–20	9.1–27	8.1–17	3.1–21	25.1–22
	31.1–29	10.1–15	8.18–35	4.1–22	25.23–44
	31.30–32.33	10.16–43	9.1–29	5.1–12	26.1–25
	32.34–52	11.1–23	9.30–57	6.1–21	27.1–12
	33.1–29	12.1–13.6	10.1–18	7.1–17	28.1–25
	34.1–12	13.7–33	11.1–20	8.1–22	29.1–30.6
	<b>Ecclesiastes</b>	14.1–15	11.21–40	9.1–24	30.7–31
	1.1–18	15.1–19	12.1–15	9.25–10.24	31.1–13
	2.1–23	15.20–16.4	13.1–25	10.25–11.15	<b>Job</b>
	2.24–3.22	16.5–17.18	14.1–20	12.1–25	1.1–22
	4.1–16	18.1–28	15.1–20	13.1–23	2.1–13
	5.1–20	19.1–23	16.1–17	14.1–23	3.1–26
	6.1–7.14	19.24–51	16.18–31	14.24–52	4.1–21
	7.15–8.17	20.1–21.12	17.1–18.6	15.1–33	5.1–27
	9.1–18	21.13–45	18.7–31	15.34–16.23	6.1–30
	10.1–11.4	22.1–20	19.1–30	<b>Nahum</b>	7.1–21
	11.5–12.14	22.21–34	20.1–28	1.1–15	8.1–22
	<b>Proverbs</b>	23.1–24.5	20.29–48	2.1–12	9.1–35
	27.1–27	24.6–33	21.1–25	2.13–3.7	10.1–22
	28.1–28			3.8–19	11.1–20
	29.1–27			<b>Proverbs</b>	
				30.1–33	

	<b>2 Samuel</b>	<b>2 Samuel</b>	<b>1 Kings</b>	<b>1 Kings</b>	<b>2 Kings</b>
	1.1–27	13.1–22	1.1–31	13.1–34	1.1–18
	2.1–32	13.23–39	1.32–53	14.1–31	2.1–25
	3.1–21	14.1–27	2.1–27	15.1–15	3.1–27
	3.22–39	14.28–15.12	2.28–46	15.16–34	4.1–17
	4.1–5.6	15.13–37	3.1–28	16.1–14	4.18–44
	5.7–25	16.1–23	4.1–34	16.15–34	5.1–27
	6.1–23	17.1–14	5.1–18	17.1–24	6.1–14
	7.1–29	17.15–29	6.1–22	18.1–20	6.15–33
	8.1–18	18.1–23	6.23–38	18.21–29	7.1–20
	9.1–10.19	18.24–33	7.1–26	18.30–46	8.1–29
	11.1–27	19.1–23	7.27–51	19.1–21	9.1–20
	12.1–31	19.24–43	8.1–32	20.1–25	9.21–37
	<b>Job</b>	20.1–26	8.33–66	20.26–43	10.1–19
	12.1–25	21.1–22	9.1–28	21.1–29	10.20–36
	13.1–28	22.1–25	10.1–13	22.1–28	11.1–21
	14.1–22	22.26–51	10.14–29	22.29–53	12.1–21
	15.1–16	23.1–39	11.1–25	<b>Daniel</b>	13.1–25
	15.17–35	24.1–25	11.26–43	1.1–21	14.1–29
	16.1–22	<b>Job</b>	12.1–19	2.1–23	15.1–22
	17.1–16	27.1–23	12.20–33	2.24–49	15.23–38
	18.1–21	28.1–28	<b>Job</b>	3.1–18	<b>Daniel</b>
	19.1–29	29.1–25	36.1–33	3.19–30	9.1–27
	20.1–29	30.1–31	37.1–24	4.1–27	10.1–11.1
	21.1–16	31.1–23	38.1–21	4.28–37	11.2–20
	21.17–34	31.24–40	38.22–41	5.1–16	11.21–45
	22.1–30	32.1–22	39.1–30	5.17–31	12.1–13
	23.1–24.8	33.1–33	40.1–24	6.1–28	<b>Zephaniah</b>
	24.9–25.6	34.1–37	41.1–34	7.1–28	1.1–18
	26.1–14	35.1–16	42.1–17	8.1–27	2.1–15
					3.1–20

	<b>2 Kings</b>	<b>1 Chronicles *</b>	<b>2 Chronicles</b>	<b>2 Chronicles</b>
	16.1-20	9.1-32	1.1-17	15.1-19
	17.1-23	9.33-10.14	2.1-18	16.1-14
	17.24-41	11.1-47	3.1-17	17.1-19
	18.1-18	12.1-18	4.1-22	18.1-27
	18.19-37	12.19-40	5.1-14	18.28-19.11
	19.1-19	13.1-14.17	6.1-21	20.1-19
	19.20-37	15.1-29	6.22-42	20.20-21.3
	20.1-21	16.1-34	7.1-22	21.4-22.9
	21.1-26	16.35-43	8.1-18	22.10-23.21
	22.1-20	17.1-27	9.1-11	24.1-27
	23.1-23	18.1-19.9	9.13-31	25.1-28
	23.24-37	19.10-20.8	10.1-19	26.1-27.9
	24.1-20	21.1-30	11.1-23	28.1-27
	25.1-30	22.1-19	12.1-16	29.1-17
	<b>Haggai</b>	23.1-32	13.1-22	29.18-36
	1.1-15	24.1-31	14.1-15	30.1-27
	2.1-9	25.1-31	<b>Esther</b>	31.1-21
	2.10-23	26.1-32	1.1-12	32.1-19
	<b>Zechariah</b>	27.1-34	1.13-22	32.20-33
	1.1-21	28.1-21	2.1-11	33.1-25
	2.1-3.10	29.1-30	2.12-23	34.1-19
	4.1-14	<b>Malachi</b>	3.1-15	34.20-33
	5.1-6.15	1.1-14	4.1-17	35.1-27
	7.1-14	2.1-9	5.1-14	36.1-23
	8.1-23	2.10-16	6.1-14	<b>Jonah</b>
	9.1-17	2.17-3.7	7.1-10	1.1-17
	10.1-12	3.8-18	8.1-17	2.1-10
	11.1-17	4.1-6	9.1-19	3.1-10
	12.1-13.9		9.20-10.3	4.1-11
	14.1-21			

## The New Testament

	<b>Matthew</b>	<b>Matthew</b>	<b>Matthew</b>	<b>Mark</b>	<b>Mark</b>
	1.1–17	11.1–19	21.1–22	1.1–20	11.1–19
	1.18–25	11.20–30	21.23–46	1.21–45	11.20–33
	2.1–12	12.1–21	22.1–22	2.1–17	12.1–27
	2.13–23	12.22–50	22.23–46	2.18–28	12.28–44
	3.1–12	13.1–23	23.1–39	3.1–19	13.1–23
	3.13–17	13.24–58	24.1–31	3.20–35	13.24–37
	4.1–11	14.1–21	24.32–51	4.1–25	14.1–25
	4.12–25	14.22–36	25.1–30	4.26–41	14.26–52
	5.1–20	15.1–28	25.31–46	5.1–20	14.53–72
	5.21–48	15.9–39	26.1–35	5.21–43	15.1–24
	6.1–18	16.1–12	26.36–56	6.1–29	15.25–47
	6.19–34	16.13–28	26.57–75	6.30–56	16.1–20
Twenty-eight days	7.1–14	17.1–13	27.1–26	7.1–23	<b>1 Corinthians</b>
	7.15–29	17.14–27	27.27–50	7.24–37	1.1–17
	8.1–17	18.1–20	27.51–66	8.1–21	1.18–31
	8.18–34	18.21–35	28.1–20	8.22–38	2.1–16
	9.1–13	19.1–15	<b>1 Timothy</b>	9.1–29	3.1–9
	9.14–38	19.16–30	1.1–11	9.30–50	3.10–23
	10.1–23	20.1–16	1.12–20	10.1–31	4.1–13
	10.24–42	20.17–34	2.1–7	10.32–52	4.14–21
	<b>Philippians</b>	<b>1 Thessalonians</b>	2.8–15	<b>2 Timothy</b>	5.1–13
	1.1–18	1.1–10	3.1–7	1.1–10	6.1–11
	1.19–30	2.1–12	3.8–16	1.11–18	6.12–20
	2.1–13	2.13–20	4.1–10	2.1–14	7.1–16
	2.14–30	3.1–13	4.11–16	2.15–26	7.17–31
	3.1–9	4.1–8	5.1–16	3.1–9	7.32–40
3.10–21	4.9–18	5.17–25	3.10–17	8.1–13	
4.1–14	5.1–11	6.1–10	4.1–8	9.1–14	
4.15–23	5.12–28	6.11–21	4.9–22	9.15–27	

Twenty-eight days	<b>Luke</b>	<b>Luke</b>	<b>Luke</b>	<b>John</b>
	1.1–23	9.1–22	18.31–43	1.1–9
	1.24–56	9.23–45	19.1–27	1.10–18
	1.57–80	9.46–62	19.28–48	1.19–28
	2.1–24	10.1–22	20.1–26	1.29–34
	2.25–52	10.23–42	20.27–47	1.35–42
	3.1–14	11.1–28	21.1–19	1.43–51
	3.15–38	11.29–54	21.20–38	2.1–11
	4.1–20	12.1–34	22.1–23	2.12–25
	4.21–44	12.35–59	22.24–46	3.1–8
	5.1–16	13.1–21	22.47–71	3.8–16
	5.17–39	13.22–35	23.1–25	3.17–24
	6.1–26	14.1–24	23.26–43	3.25–36
	6.27–49	14.25–35	23.44–56	4.1–15
	7.1–23	15.1–32	24.1–27	4.16–26
	7.24–50	16.1–31	24.28–53	4.27–42
	8.1–25	17.1–21	<b>Ephesians</b>	4.43–54
	8.26–56	17.22–37	1.1–14	<b>Galatians</b>
	<b>1 Peter</b>	18.1–30	1.15–23	1.1–12
	1.1–12	<b>James</b>	2.1–10	1.13–24
	1.13–25	1.1–11	2.11–22	2.1–10
	2.1–12	1.12–27	3.1–13	2.11–21
	2.13–25	2.1–13	3.14–21	3.1–14
	3.1–12	2.14–26	4.1–16	3.15–29
	3.13–22	3.1–9	4.17–32	4.1–20
	4.1–11	3.10–18	5.1–14	4.21–31
	4.12–19	4.1–10	5.15–33	5.1–15
	5.1–6	4.11–17	6.1–9	5.16–26
5.7–14	5.1–11	6.10–17	6.1–10	
<b>Philemon</b> 1–25	5.12–20	6.18–24	6.11–18	

Twenty-eight days	<b>John</b>	<b>John</b>	<b>John</b>	<b>John</b>
	5.1-9	11.1-16	13.1-11	16.1-11
	5.10-18	11.17-27	13.12-20	16.12-24
	5.19-30	11.28-43	13.21-30	16.25-33
	5.31-47	11.43-57	13.31-38	17.1-10
	6.1-15	12.1-8	14.1-7	17.11-19
	6.16-33	12.9-19	14.8-14	17.20-26
	6.34-51	12.20-36	14.15-24	18.1-14
	6.52-71	12.37-43	14.25-31	18.15-27
	7.1-13	12.44-50	15.1-11	18.28-40
	7.14-24	<b>Revelation</b>	15.12-17	19.1-12
	7.25-36	1.1-8	15.18-27	19.13-22
	7.37-53	1.9-20	<b>Romans</b>	19.23-30
	8.1-20	2.1-17	1.1-7	19.31-42
	8.21-38	2.18-29	1.8-17	20.1-10
	8.39-59	3.1-13	1.18-25	20.11-18
	9.1-17	3.14-22	1.26-32	20.19-25
	9.18-27	4.1-6	2.1-11	20.26-31
	9.28-41	4.7-11	2.12-16	21.1-14
	10.1-10	5.1-14	2.17-29	21.15-25
	10.11-21	6.1-8	3.1-20	<b>Revelation</b>
	10.22-42	6.9-17	3.21-31	12.1-9
	<b>2 Peter</b>	7.1-12	4.1-12	12.10-17
	1.1-11	7.13-8.2	4.13-25	13.1-10
	1.12-21	8.3-13	<b>Colossians</b>	13.11-18
	2.1-11	9.1-12	1.1-14	14.1-12
	2.12-22	9.13-21	1.15-29	14.13-20
	3.1-13	10.1-11	2.1-23	15.1-8
3.14-18	11.1-14	3.1-11	16.1-9	
<b>Jude 1-25</b>	11.15-19	3.12-4.1	16.10-21	
		4.2-18		

Twenty-eight days	<b>Acts</b>	<b>Acts</b>	<b>Acts</b>	<b>Acts</b>
	1.1–14	9.1–19	13.1–25	19.1–20
	1.15–26	9.20–43	13.26–52	19.21–41
	2.1–24	10.1–22	14.1–7	20.1–16
	2.25–47	10.23–48	14.8–20	20.17–38
	3.1–26	11.1–18	14.21–28	21.1–19
	4.1–22	11.19–30	15.1–21	21.20–40
	4.23–37	12.1–11	15.22–35	22.1–16
	5.1–21	12.12–25	15.36–16.24	22.17–30
	5.22–42	<b>Romans</b>	16.25–40	23.1–15
	6.1–15	5.1–11	17.1–15	23.16–35
	7.1–29	5.12–17	17.16–34	24.1–21
	7.30–60	5.18–21	18.1–11	24.22–27
	8.1–24	6.1–11	18.12–28	25.1–12
	8.25–40	6.12–18	<b>Revelation</b>	25.13–27
	<b>Romans</b>	6.19–23	17.1–8	26.1–23
	5.1–11	7.1–6	17.9–18	26.24–32
	5.12–17	7.7–14	18.1–8	27.1–20
	5.18–21	7.15–25	18.9–20	27.21–44
	6.1–11	8.1–8	18.21–24	28.1–16
6.12–18	8.9–17	19.1–10	28.17–31	
6.19–23	8.18–25	19.11–21	<b>Romans</b>	
7.1–6	8.26–30	20.1–6	9.1–5	
7.7–14	8.31–39	20.7–15	9.5–18	
7.15–25	<b>Titus</b>	21.1–8	9.18–33	
8.1–8	1.1–9	21.9–16	10.1–13	
8.9–17	1.10–16	21.17–27	10.14–21	
8.18–25	2.1–8	22.1–7	11.1–12	
8.26–30	2.9–15	22.8–17	11.13–24	
8.31–39	3.1–8a	22.18–21	11.25–36	
	3.8b–15			

	<b>Romans</b>	<b>Hebrews</b>	<b>1 John</b>	<b>3 John 1-14</b>
	12.1-8	1.1-14	1.1-10	<b>2 Corinthians</b>
	12.9-21	2.1-9	2.1-11	1.1-14
	13.1-7	2.10-18	2.12-20	1.15-24
	13.8-14	3.1-10	2.21-29	2.1-11
	14.1-12	3.11-19	3.1-8	2.12-17
	14.13-23	4.1-13	3.9-17	3.1-11
	15.1-6	4.13-5.4	3.18-24	3.12-18
	15.7-13	5.5-14	4.1-6	4.1-12
	15.14-21	6.1-8	4.7-16	4.13-18
	15.22-33	6.9-20	4.16-21	5.1-10
	16.1-16	7.1-10	5.1-12	5.11-21
	16.17-27	7.11-22	5.13-21	6.1-13
Twenty-eight days	<b>1 Corinthians</b>	7.23-28	<b>Revelation</b>	6.14-7.1
	10.1-13	8.1-13	17.1-8	7.2-8.16
	10.14-11.1	9.1-14	17.9-18	8.1-15
	11.2-16	9.15-22	18.1-8	8.16-24
	11.17-34	9.23-28	18.9-20	9.1-6
	12.1-11	10.1-10	18.21-24	9.7-15
	12.12-31	10.11-22	19.1-10	10.1-11
	13.1-13	10.23-31	19.11-21	10.12-18
	14.1-12	10.32-39	20.1-6	11.1-15
	14.13-25	11.1-16	20.7-15	11.16-33
	14.26-40	11.17-28	21.1-8	12.1-13
	15.1-11	11.29-40	21.9-16	12.14-21
	15.12-20	12.1-11	21.17-27	13.1-14
	15.21-34	12.12-29	22.1-7	<b>2 Thessalonians</b>
	15.35-49	13.1-12	22.8-17	1-1-12
	15.50-58	13.13-25	22.18-21	2.1-17
	16.1-24		<b>2 John 1-13</b>	3.1-18

# *The Sources*

## **Prayers from *The Apostolic Constitutions* (fourth century)**

This work in eight parts was put together by an unknown hand about AD 380 in Syria. It contains instructions for church order and worship with details about how Christians should live. The book shows that Christians are expected to pray morning and night and on other occasions, so forms of prayer are included for different times and situations. These instructions include the earliest known written prayers for Christian personal use.

## **Prayers of Ephrem the Syrian (306–373)**

Ephrem was an active teacher and solitary, later ordained deacon, in the Syrian Orthodox Church of the fourth century. He is unique and famous because, with other notable works, he wrote his theology in the form of over 400 hymns and poems. The hymns are long and elaborate, using vivid metaphors in order to teach and defend Christian truth. It is likely that they were sung in public worship by choirs of women, which Ephrem trained for the purpose. Portions of them are still used today in the Syriac liturgy. Many of his verses, however, with their personal, intimate tone, are valuable for private prayer.

## Prayers of John Chrysostom (349–407)

John Chrysostom was a well-educated and devout Christian with an ascetic lifestyle. He became Bishop of Constantinople in a period of political and doctrinal turmoil, and served, until his final exile, with great courage and skill. His name means ‘golden mouthed’, reflecting the captivating preaching for which he was famous. The *Divine Liturgy* that bears his name represents a very early stream of public worship, which continues in the weekly Eucharist of Greek and Russian Orthodox Churches. These distinctive ancient prayers are for corporate rather than personal use, but the personal prayer of the Orthodox tradition is greatly influenced by this liturgy.

## Prayers of Augustine of Hippo (354–430)

Augustine was a teacher of rhetoric from North Africa who became the most influential theologian of the Western Church in his own lifetime. His enormous output of theological writing deeply influenced church thinking in subsequent centuries. He is widely known for the writing of his *Confessions*, a narrative and meditation on his early sinful years, his spiritual struggles and his dramatic conversion. It is largely set in the form of prayer, so lends itself well to adapting for personal prayer.

## Benedictine prayers

The son of a Roman noble, Benedict of Nursia (480–547) chose a solitary life of prayer at the age of 20. He founded a number of monasteries in Italy in the early sixth century, including the monastery at Monte Cassino of which he was Abbot. He framed principles for community living in a work known as *The Rule of Saint Benedict*. This wise and tender rule was taken up by many medieval communities to guide their way of life and is still widely used today. He is thus regarded as the founder of the Benedictine Order, which now includes Roman Catholic, Anglican and Lutheran forms as well as the Order of the Oblates of Saint Benedict, people who vow to live out ordinary life in harmony with the Rule of Saint Benedict. Prayers

in the Benedictine tradition are widely used by Christians of all kinds for a Daily Office.

## Franciscan prayer

Francis of Assisi (1181–1226) is known today as the patron saint of animals and the environment. But his greater significance is in his determination to live with ‘sister poverty’. His conversion at the age of 23 and his vibrant street preaching led to the formation and papal approval of the Order of Saint Francis, also known as the ‘friars minor’. They were not ordained and they renounced all personal possessions to care for the needy. Active mission work led to the spread of the Franciscan order and today its successors exist throughout the world, including the ‘Poor Clares’, for women, and the ‘Third Order’, for people not able to live in a community. A vibrant continuing Franciscan tradition provides many prayers for daily use.

## Prayers of Julian of Norwich (1342–1416?)

Little is known about the life of this Norfolk woman who took the name of Julian. What we do know comes primarily from her book *Shewing of Love*, which relates revelations of Christ during a serious illness in 1473. As a result she became an anchoress, living a solitary life of prayer, and later recorded further meditations and prayers on her ‘shewings’. These came, she says, ‘by bodily sight, by words formed in my understanding and by spiritual sight’. Her book is significant because it is the first known literary work in English by a woman. It displays an intensity of spiritual devotion as well as theological insight and contains many lines of praise and personal prayer.

## Prayers of Martin Luther (1483–1546)

Luther is credited with instigating the Reformation by objecting to the theology and practice of the Roman Church of his day. In 1517 he wrote to his bishop with 95 ‘theses’, which questioned matters he disputed. He had

been a devout monk and scholar, but after years of inner struggle he found peace and 'justification by faith' in Christ and wished others to know it too. He was a robust debater and able organizer, developing the reforming movement through liturgy, teaching and writing, notably by translating the Bible into German. He was also a pastor, and on one occasion, when a friend sought help about personal prayer, Luther wrote out his own simple method in *How One Should Pray, for Master Peter the Barber*, which still provides a valuable form for daily prayer.

## Prayers of Lancelot Andrewes (1555–1626)

Andrewes was a priest and bishop of the Church of England under Elizabeth I and James I. He was a brilliant and respected scholar and linguist, chosen to supervise translation of the King James Bible. He is also credited with initiating Guy Fawkes' night after the failed Gunpowder Plot. He was a 'high church' Anglican, believing there is real change in the bread and wine at communion and resisting carefully the more extreme views of his Puritan contemporaries. His most influential work is the *Manual of Private Devotions*, which shows a kindly, humble and prayerful man, but one who was deeply human and practically caring. It was written for his own personal use. Published after his death it has influenced many in private devotions.

## Prayers of William Laud (1573–1645)

Laud was Archbishop of Canterbury and a supporter of the authoritarian king Charles I. It was support for the king and his high church views that led to his beheading by Parliament during the Civil War at the age of 62. In a very dangerous time to be involved in politics, Laud compromised and made harsh choices to sustain a long career as a leading Church of England clergyman. He was sometimes publicly unpleasant and thus disliked by many, but his book of *Private Devotions* shows a man deeply conscious of his sins and need for God's grace, committed to the good of the church and to the glory of Christ. Kneeling by the block before his execution, he prayed for peace and plenty and brotherly love in the kingdom, and said, 'Lord, I am coming as fast as I can... receive my soul and have mercy on me.'

## Prayers of Jeremy Taylor (1613–67)

Taylor was an able and educated scholar whose fortunes rose and fell with the troubled politics and religious disputes of the time: in favour under Charles I, imprisoned and excluded under Cromwell and finally honoured with a bishopric in Ireland in 1660 at the Restoration of the monarchy. His writing style was noted as among the best in English and his most influential work *The Rule and Exercise of Holy Living* bears out this judgement. It reveals a strong faith in Christ, rooted in the realities of life. With flowing and captivating prose he describes in practical and detailed terms the manner of life of the Christian, including deeply personal prayers for each day and for every purpose.

## Prayers of John Wesley (1703–91)

John Wesley is rightly known as the revival field preacher of the eighteenth century and the founder of Methodism. Born into a very large family, he followed his father into the Anglican priesthood. He and others in their 'holy club' at Oxford were branded 'Methodists' for their strict lifestyle and care for the poor. A disappointing mission trip to the American colonies led to Wesley's life-changing experience of new birth in 1738 and a year later to his first open-air sermon. So began a long life of traversing the country on horseback preaching in thousands of locations and forming 'class meetings' of those who were born again or revived. Wesley's great desire was to live in 'perfect love' and to enable others to do the same. One means is prayer, so he wrote *Forms of Prayer*, prayers for each day of the week, which are full of aspirations for a holy life.

## Prayers of Charles Spurgeon (1834–92)

C.H. Spurgeon, 'the prince of preachers', led the largest Protestant Church in the world in his time. Born and raised in rural Essex he was called to an influential church in London at the age of 20, and with his youthfulness and his direct language was soon drawing an enormous congregation.

The members funded a larger building, the Metropolitan Tabernacle, and Spurgeon's time was filled with continual preaching and with an endless writing output. He also founded an orphanage and the Pastor's College, now Spurgeon's College. Spurgeon prayed constantly, and he led his people in public prayer on Sundays and in weekday meetings. No record exists of his private prayers; he would have resisted the very idea, but his transcribed pulpit prayers are full of passion, naturalness and devotion to Jesus Christ, his 'well beloved'.

## **Prayers of Søren Kierkegaard (1813–55)**

Kierkegaard was an eccentric and troubled man, affected by bereavement and a failed engagement, but he was a profound and influential Danish thinker. He is regarded as the first existentialist philosopher. He was an object of scorn to some and he became antagonistic towards what he saw happening in the Danish Church, and Christianity more generally. He insisted that it is the individual alone before God, not the crowd, who must answer and act in obedience. This concept animates his personal prayers, recorded in his journal and interspersed in his other extensive writings. Amid all the complexity of his life and emotion the prayers reveal a penitent man, eager for God's will and dependent on Christ.

## **Celtic Prayers from *Carmina Gadelica* (1900)**

Current interest in Celtic prayer arises largely from a nineteenth-century collection of Gaelic prayers and incantations collected over 40 years in Scotland by Alexander Carmichael (1832–1912): the *Carmina Gadelica*. Some of the prayers included may be very old, originating in the Celtic Church in the fifth to twelfth centuries. But the material is probably more recent and the collection represents several periods of recovery of this manner of prayer and believing. The style of the prayers and the theology expressed seem to resonate with what we may discern of the old Celtic tradition, such as an emphasis on the Trinity, on creation,

nature metaphors for spiritual thought, journeying and community. These themes therefore relate deeply to the interests and needs of twenty-first-century Christians.

## **Prayers of Karl Barth (1886–1968)**

Widely regarded as the most influential theologian of the twentieth century, Barth set himself the task of recovering the biblical and evangelical foundation of Christian theology in contrast to scholarship that had largely lost sight of it. His enormous *Church Dogmatics*, in which he explores his ‘theology of the Word’, is a standard work for theologians today. However, Barth began as a reformed pastor in Switzerland and preached and led public worship all his life. His recorded pulpit prayers convey a strong sense of the sovereign ‘strictness and grace’ of God. They also express simple trust in the person of Jesus Christ the Word, as the only source of what we know about God.

## **Celtic prayers from Northumbria (1994)**

One significant and contemporary expression of the Christian Celtic revival and new monasticism is the founding of the Northumbria Community. From small beginnings in the late 1980s, the Community has grown in size and influence, with Companions and Friends across the world covenanted together and sharing a common ‘Rule of Life’, Availability and Vulnerability. Nether Springs is the Community’s Mother House in Northumberland. Other Community Houses are being established in Britain, Europe and North America. The Community’s Daily Office, *Celtic Daily Prayer*, published in both book and electronic forms, is now used by thousands of believers and seekers.

## **Prayers inspired by Creation (twenty-first century)**

Recent concern over the environment and renewed interest by the Church in the doctrine of creation has led to the framing of many liturgies and prayers

reflecting this concern. Prayers for this Office have been specially written, inspired by sources such as Earth Day and Web of Creation liturgies, Arthur Rank Center material and church declarations on the environment.

# *Acknowledgements*

The original authors of these prayers deserve the true honour, but many others have contributed over time to the shape and detail of this book. Particular thanks are due to students and colleagues at Spurgeon's College who used an early draft for private prayer and gave invaluable critical feedback. Judy Powles, the devoted College librarian, has been a constant and careful help. My Old Testament colleagues, Hetty Lalleman and Debra Reid, were inspirational translation partners for the work on the 28 Psalms. Hetty Lalleman and Heiner Georgi offered the Karl Barth translation and Tonny Jacobsen in Denmark has done valuable work to unpick Kierkegaard's nineteenth-century Danish for me. The adaptations throughout are my own. Permission to use The Daily Office from the Northumbria Community is especially appreciated. Advice on the historical material, from Peter Morden on Spurgeon and from Ian Randall, is also received with gratitude. My wife Margaret read and corrected with insight, especially the detail of the Bible reading plan, for which I am immensely grateful. Other publishers and authors have given permission to use their translations and prayers, and this is acknowledged with thanks. The literary sources and copyright permissions are all referenced in the notes and where omissions are detected these will be corrected in any future edition.

# Notes

## 1

These prayers are based on Old Testament and New Testament blessings, prayers and scriptures, translated and compared with English versions.

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|-------------------|-------------------|
| 1 Eph. 1.3–7.     | 9 2 Thess. 2.16.  |
| 2 Jeremiah 17.14. | 10 Rev. 4.8.      |
| 3 Matt. 7.24–27.  | 11 Dan. 9.8–9.    |
| 4 Titus 3.4–7.    | 12 Luke 2.68–69.  |
| 5 Eph. 3.14–19.   | 13 Psalm 1.       |
| 6 Acts 20.34–35.  | 14 John 6.68–69.  |
| 7 Rom. 15.5–6.    | 15 Luke 1.38.     |
| 8 1 Tim. 2.1–2.   | 16 1 Thess. 5.22. |

## 2

These prayers are based on prayers and words of Jesus in the Gospels and the Book of Revelation, translated and compared with English versions.

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|--------------------|-------------------|
| 17 John 17.1–2.    | 21 Luke 11.28.    |
| 18 Luke 18.13.     | 22 John 3. 31–36. |
| 19 Matt. 18.2–3.   | 23 Matt. 26.39.   |
| 20 Matt. 11.25–26. | 24 Matt. 9.38.    |

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|-------------------|-----------------|
| 25 Luke 22.32.    | 31 2 Cor. 12.9. |
| 26 John 17.20–23. | 32 Psalm 3.     |
| 27 Luke 23.34.    | 33 John 18.37.  |
| 28 John 11.41.    | 34 Rev. 1.17–18 |
| 29 John 12.28.    | 35 John 17.3.   |
| 30 Luke 15.22.    | 36 Luke 23.46.  |

### 3

These prayers are based on prayers in the *Apostolic Constitutions* (fourth century), books IV, VII and VIII, as in Coxe, A. C. (ed.) *The Ante-Nicene Fathers, Vol. VII* (Buffalo, NY: Christian Literature Publishing, 1888).

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|---|--|
| 37 VII, XXXIII, 'A Prayer Declarative of God's Various Providence', p. 472.   | 43 VIII, X, 'The Bidding Prayer for the Faithful', p. 485.   |
| 38 VII, XXXV, 'A Prayer, with Thanksgiving, Declarative of God's Providence over the Beings he has Made', p. 473.       | 44 IV, IX, 'That the People Ought to Be Exhorted by the Priest to Do Good to the Needy, as Says Solomon the Wise', p. 435. |
| 39 VII, XLV, 'A Prayer for New Fruits', p. 477.   | 45 VII, XXXVIII, 'A Prayer for the Assistance of the Righteous', p. 475.   |
| 40 VII, XXXVI, 'A Prayer Commemorative of the Incarnation of Christ, and His Various Providence to the Saints', p. 474. | 46 VII, XLVIII 'An Evening Prayer', p. 478.  |
| 41 VII, II, 'Moral Exhortations of the Lord's Constitutions', p. 465.   | 47 Psalm 4.  |
| 42 VII, XLIX, 'A Prayer At Dinner', p. 478.   | 48 VII, XXVI, 'A Thanksgiving at the Divine Participation', p. 470.  |
|   | 49 VII, XLVIII 'An Evening Prayer', p. 478 (Luke 2.29–32).   |

### 4

These prayers are adapted from the writings of Ephrem the Syrian (trans. J. Gwynn, 1898) as in *A Select Library of Nicene and Post-Nicene Fathers (NPNF). 2nd Series, Vol. 13*, (ed.) Philip Schaff and Henry Wace (Grand Rapids, MI: Eerdmans, 1989).

- 50 The Nisibene Hymns, IV, 1, NPNE, p. 172.
- 51 Hymns on the Nativity, XIV, 25, NPNE, p. 250.
- 52 Hymns on Paradise, XV, 17, NPNE, p. 188.
- 53 Hymns on Paradise, IX, 25, NPNE, p. 145.
- 54 The Lenten Prayer of Ephrem, adapted from several translations, as in Mother Mary and Archimandrite Kallistos Ware, *The Lenten Triodion* (London and Boston, MA: Faber & Faber, 1978), pp. 69–70.
- 55 Hymns on the Nativity, XIV, 9, NPNE, p. 250.
- 56 Hymns for the Feast of the Epiphany, III, 28, NPNE, p. 271.
- 57 The Pearl, Seven Hymns on the Faith, VII, 7, NPNE, p. 301.
- 58 Hymns on the Nativity, II, NPNE, p. 229.
- 59 Hymns on the Nativity, XVII, 21, NPNE, p. 259.
- 60 Psalm 8.
- 61 Hymns on the Nativity, XIV, 25, NPNE, p. 250.
- 62 The Nisibene Hymns, LVI, 24, NPNE, p. 210.

## 5

These prayers are adapted from John Chrysostom, as in *Service of the Divine and Sacred Liturgy of our Holy Father John Chrysostom* (London: Joseph Masters, 1866) and similar texts.

- 63 Luke 2.14
- 64 *Service*, p. 1.
- 65 *Service*, p. 82.
- 66 *Service*, p. 7, etc.
- 67 *Service*, p. 13.
- 68 The Nicene Creed.
- 69 *Service*, p. 106.
- 70 *Service*, p. 102.
- 71 *Service*, p. 26.
- 72 The Liturgy of St Mark, in Coxe, A. C. (ed.) *The Ante-Nicene Fathers, Vol. VII* (Buffalo, New York: Christian Literatum Publishing, 1888), p. 556.
- 73 *Service*, p. 36
- 74 *Service*, p. 24.
- 75 *Service*, p. 100.
- 76 Psalm 13.
- 77 *Service*, p. 88.
- 78 *Service*, p. 76.
- 79 *Service*, p. 38.

## 5 and 7

These prayers are adapted from Augustine of Hippo, as in Schaff, P. (ed.) *A Select Library of the Christian Church, Nicene and Post-Nicene Fathers. 1st series, Vol. 1* (trans. J. G. Pilkington, 1886) (Peabody, MA: Hendrickson, 1994) and other editions.

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|--------------------------------------|-----------------------------------|
| <b>80</b> Book I, 1, p. 45.          | <b>94</b> Book VII, 16, p. 109.   |
| <b>81</b> Book VI, 26, p. 101.       | <b>95</b> Book I, 31, p. 54.      |
| <b>82</b> Book VIII, 29, p. 127.     | <b>96</b> Book I, 6, p. 46.       |
| <b>83</b> Book IV, 10, p. 71.        | <b>97</b> Book VI, 8, p. 93.      |
| <b>84</b> Book IV, 19, p. 74.        | <b>98</b> Book XI, 4, p. 164.     |
| <b>85</b> Book IV, 31, p. 78.        | <b>99</b> Book IV, 25, p. 76.     |
| <b>86</b> Book IV, 15, pp. 72–73.    | <b>100</b> Book VIII, 9, p. 120.  |
| <b>87</b> Book VIII, 9, pp. 119–110. | <b>101</b> Book V, 2, p. 80.      |
| <b>88</b> Book V, 2, pp. 79–80.      | <b>102</b> Book VIII, 1, p. 116.  |
| <b>89</b> Book I, 1, p. 45.          | <b>103</b> Book VI, 26, p. 101.   |
| <b>90</b> Book VI, 8, p. 93.         | <b>104</b> Psalm 30.              |
| <b>91</b> Book VI, 26, p. 100.       | <b>105</b> Book VII, 14, p. 108.  |
| <b>92</b> Psalm 16.                  | <b>106</b> Book XIII, 53, p. 207. |
| <b>93</b> Book VII, 14, p. 108.      |                                   |

## 8

These prayers are adapted from traditional Benedictine sources and from *Offices and Prayers of the Oblates of St. Benedict, Antiochian Orthodox Christian Archdiocese of North America* (Whittier, CA: Orthodox Christian Press, 1997), ‘Prayers for Everyday Use’.

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| <b>107</b> Based on <i>Veni, sanctu Spiritus</i> (thirteenth century). | <b>109</b> ‘Prayers for Everyday Use’, p. 47.    |
| <b>108</b> I Chronicles 29.10–13.                                      | <b>110</b> ‘Prayers for Everyday Use, 2’, p. 47. |

- 111 'Prayers for Everyday Use, 34', p. 53.
- 112 'Prayers for Everyday Use, 33', p. 53.
- 113 'Prayers for Everyday Use, 22', p. 51.
- 114 'Prayers for Everyday Use, 27', p. 52.
- 115 Psalm 43.
- 116 Deuteronomy 6.4–7.

## 9

These prayers are adapted from Francis of Assisi and the Franciscan tradition, as in *The Writings of St Francis of Assisi*, trans. Paschal Robinson (Philadelphia, PA: The Dolphin Press, 1905), and *The 'Little Flowers,' Life and 'Mirror' of St. Francis with an Introduction by Thomas Okey* (London: J. M. Dent & Sons, and New York: E. P. Dutton, 1910).

- 117 *Writings*, p. 152.
- 118 '*Little Flowers*', p. 35.
- 119 *Writings*, p. 139.
- 120 '*Little Flowers*', p. 33.
- 121 The Franciscan Morning Prayer, as in Habig, M. *Secular Franciscan Companion* (Chicago, IL: Franciscan Herald Press, 1987), p. 32.
- 122 *Writings*, p. 140.
- 123 '*Little Flowers*', p. 23.
- 124 *Writings*, p. 140.
- 125 *Writings*, pp. 152–3.
- 126 Psalm 47.
- 127 *Writings*, pp. 11–12.
- 128 '*Little Flowers*', p. 4.
- 129 *Writings*, p. 153.
- 130 *Writings*, p. 145.

## 10 and 11

These prayers are adapted from Julian of Norwich as in *Revelations of Divine Love*, trans. Grace Warrack (London: Methuen, 1901).

- 131 Ch. 86.
- 132 Ch. 48.
- 133 Ch. 30.
- 134 Ch. 10.
- 135 Ch. 31.
- 136 Butler-Bowden, W., *Book of Margery Kempe* (Oxford: Oxford University Press, 1954), p. 56.

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| 137 Ch. 39.   | 150 Ch. 4.    |
| 138 Ch. 30.   | 151 Ch. 14.   |
| 139 Ch. 31.   | 152 Ch. 2.    |
| 140 Ch. 5.    | 153 Ch. 28.   |
| 141 Ch. 5.    | 154 Ch. 29.   |
| 142 Psalm 47. | 155 Ch. 5.    |
| 143 Ch. 50.   | 156 Ch. 86.   |
| 144 Ch. 14.   | 157 Ch. 27.   |
| 145 Ch. 2.    | 158 Psalm 57. |
| 146 Ch. 3.    | 159 Ch. 50.   |
| 147 Ch. 4.    | 160 Ch. 59.   |
| 148 Ch. 52.   | 161 Ch. 83.   |
| 149 Ch. 10.   |               |

## 12

These prayers are adapted from the prayers and writings of Martin Luther, as in 'A Simple Way to Pray' in *The Way to Prayer*, trans. S. W. S (Singer) (London: William Pickering, 1846) and *The Christian Book of Concord or Symbolical Books of the Evangelical Lutheran Church* (Newmarket: S. D. Henkel & Brothers, 1854).

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| 162 <i>Book of Concord</i> , p. 425.  | 170 'An Exposition of the Lord's Prayer', in Lehmann, H., <i>Luther's Works, Vol 42 'Devotional Writings'</i> (Philadelphia, PA: Fortress Press, 1969), p. 46. |
| 163 <i>The Way</i> , pp. 5–6.   | 171 <i>Book of Concord</i> , p. 425.   |
| 164 <i>The Way</i> , pp. 27–8.  | 172 Psalm 61.  |
| 165 <i>Book of Concord</i> , pp. 417–18.  | 173 <i>Book of Concord</i> , p. 417.   |
| 166 <i>The Way</i> , p. 41.   | 174 <i>The Way</i> , p. 14.  |
| 167 <i>The Way</i> , pp. 12–13.   | 175 <i>Book of Concord</i> , p. 427.   |
| 168 Greifenstein, H. <i>Allgemeines Evangelisches Gebetbuch</i> (Hamburg: Furche-Verlag, 1955), p. 430. |  |
| 169 <i>The Way</i> , pp. 12–13.   |  |

## 13 and 14

These prayers are adapted from prayers of Lancelot Andrewes, as in Whyte, A. *Lancelot Andrewes and his Private Devotions, a Biography, a Transcript and an Interpretation* (2nd edn) (Edinburgh: Oliphant, Anderson and Ferrier, 1896).

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|------------------------------------|--------------------------------|
| 176 <i>Devotions</i> , p. 40.      | 189 <i>Devotions</i> , p. 151. |
| 177 <i>Devotions</i> , p. 113.     | 190 <i>Devotions</i> , p. 133. |
| 178 <i>Devotions</i> , p. 125.     | 191 <i>Devotions</i> , p. 90.  |
| 179 <i>Devotions</i> , pp. 116–7.  | 192 <i>Devotions</i> , p. 167. |
| 180 <i>Devotions</i> , p. 77.      | 193 <i>Devotions</i> , p. 194. |
| 181 <i>Devotions</i> , p. 77.      | 194 <i>Devotions</i> , p. 184. |
| 182 <i>Devotions</i> , p. 75.      | 195 <i>Devotions</i> , p. 76.  |
| 183 <i>Devotions</i> , p. 116.     | 196 <i>Devotions</i> , p. 133. |
| 184 <i>Devotions</i> , pp. 110–11. | 197 <i>Devotions</i> , p. 108. |
| 185 Psalm 63.                      | 198 Psalm 70.                  |
| 186 <i>Devotions</i> , p. 167.     | 199 <i>Devotions</i> , p. 167. |
| 187 <i>Devotions</i> , p. 184.     | 200 <i>Devotions</i> , p. 124. |
| 188 <i>Devotions</i> , p. 151.     | 201 <i>Devotions</i> , p. 108. |

## 15 and 16

These prayers are adapted from William Laud, *Officium Quotidianum* or *The Private Devotions of Archbishop William Laud* (1666) as in *The Private Devotions of Dr. William Laud, Archbishop of Canterbury, and Martyr*, by the Rev. Frederic W. Faber (Oxford: J. H. Parker, 1883).

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|-----------------------------------|--------------------------------|
| 202 <i>Devotions</i> , pp. 8–9.   | 206 <i>Devotions</i> , p. 11.  |
| 203 <i>Devotions</i> , p. 50.     | 207 <i>Devotions</i> , p. 63.  |
| 204 <i>Devotions</i> , pp. 16–17. | 208 <i>Devotions</i> , p. 12.  |
| 205 <i>Devotions</i> , p. 44.     | 209 <i>Devotions</i> , p. 104. |

- 210 *Devotions*, p. 50.
- 211 *Devotions*, p. 18.
- 212 Psalm 84.
- 213 *Devotions*, p. 78.
- 214 *Devotions*, p. 14.
- 215 *Devotions*, p. 35.
- 216 *Devotions*, p. 50.
- 217 *Devotions*, pp. 8-9.
- 218 *Devotions*, p. 50.
- 219 *Devotions*, pp. 47-8.
- 220 *Devotions*, p. 67.
- 221 *Devotions*, p. 8.
- 222 *Devotions*, p. 129.
- 223 *Devotions*, p. 10.
- 224 *Devotions*, p. 140.
- 225 *Devotions*, p. 45.
- 226 *Devotions*, p. 34.
- 227 Psalm 86.
- 228 *Devotions*, p. 26.
- 229 *Devotions*, p. 69.
- 230 *Devotions*, p. 46.

## 17 and 18

These prayers are adapted from prayers of Jeremy Taylor, *The Rule and Exercises of Holy Living, etc.* (London: Longman, Hurst, Rees, Orme & Brown, 1815).

- 231 *The Rule*, p. 38.
- 232 *The Rule*, p. 44.
- 233 *The Rule*, p. 49.
- 234 *The Rule*, p. 40.
- 235 *The Rule*, p. 42.
- 236 *The Rule*, p. 41.
- 237 *The Rule*, p. 49.
- 238 *The Rule*, p. 372.
- 239 Psalm 92.
- 240 *The Rule*, p. 342.
- 241 *The Rule*, p. 42.
- 242 *The Rule*, p. 40.
- 243 *The Rule*, p. 43.
- 244 *The Rule*, p. 39.
- 245 *The Rule*, p. 44.
- 246 *The Rule*, p. 163-4.
- 247 *The Rule*, p. 40.
- 248 *The Rule*, p. 203.
- 249 *The Rule*, p. 42.
- 250 *The Rule*, p. 43.
- 251 *The Rule*, p. 53.
- 252 Psalm 101.
- 253 *The Rule*, p. 373.
- 254 *The Rule*, p. 55.

## 19 and 20

These prayers are adapted from John Wesley, *A Collection of Forms of Prayer for Every Day of the Week* (London, 1733), as in *The Works of the Rev. John Wesley in Ten Volumes, Vol. VIII* (New York: J. & J. Harper, 1827), pp. 83–139.

- 255 *Works*, p. 97.
- 256 *Works*, p. 90.
- 257 *Works*, p. 36.
- 258 *Works*, p. 102.
- 259 Adapted from the sermon 'National Sins and Miseries' (Sermon 111). Wesley, J., Baker, F. and Outler, A. C. (eds) *The works of John Wesley, Vol. 3* (Nashville, TS.: Abingdon Press, 1986), p. 576.
- 260 Adapted from 'Of the Church' (Sermon 74). Wesley, J., Baker, F. and Outler, A. C. (eds) *The Works of John Wesley, Vol. 3* (Nashville, TS.: Abingdon Press, 1986), pp. 56–7.
- 261 Acts 20.35.
- 262 *Works*, p. 109.
- 263 *Works*, p. 88.
- 264 *Works*, p. 90.
- 265 Psalm 111.
- 266 *Works*, p. 92.
- 267 *Works*, p. 96.
- 268 *Works*, p. 101.
- 269 *Works*, p. 97.
- 270 *Works*, p. 101.
- 271 *Works*, pp. 97–8.
- 272 *Works*, p. 102.
- 273 *Works*, p. 108.
- 274 Adapted from the sermon 'The Marks of the New Birth' (Sermon 18). Wesley, J., Baker, F. and Outler, A. C. (eds) *The Works of John Wesley, Vol. 1* (Nashville, TS.: Abingdon Press, 1986), p. 430.
- 275 *Works*, p. 102.
- 276 *Works*, p. 109.
- 277 *Works*, p. 92.
- 278 *Works*, p. 107.
- 279 Psalm 113.
- 280 *Works*, p. 93.

## 21 and 22

These prayers are adapted from the hymns and prayers of C. H. Spurgeon, *The Pastor in Prayer: Being a Choice Selection of C. H. Spurgeon's Sunday Morning Prayers* (London: Elliot Stock, 1893), 'Behold the Throne of Grace':

C.H. Spurgeon's *Prayers and Hymns*, (ed.) Charles T. Cook (London: Marshall, Morgan and Scott, [n.d.]), *Our Own Hymn-Book: A Collection of Psalms and Hymns for Public, Social, and Private Worship; Comp. by C.H. Spurgeon* (London: Passmore and Alabaster, 1900).

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| 281 <i>Behold</i> , p.102.  | 295 <i>Pastor in Prayer</i> , p. 76. |
| 282 <i>Behold</i> , p. 83.  | 296 <i>Pastor in Prayer</i> , p. 83. |
| 283 <i>Behold</i> , p. 84.  | 297 <i>Hymn-Book</i> , No. 111.      |
| 284 <i>Pastor in Prayer</i> , p. 151.   | 298 <i>Hymn-Book</i> , No. 632.      |
| 285 <i>Behold</i> , p. 140.   | 299 <i>Behold</i> , p. 99.           |
| 286 <i>Behold</i> , p. 72.  | 300 <i>Hymn-Book</i> , No. 15.       |
| 287 <i>Behold</i> , p. 160.   | 301 <i>Hymn-Book</i> , No. 83.       |
| 288 <i>Behold</i> , p. 55.  | 302 <i>Behold</i> , pp. 47f.         |
| 289 <i>Behold</i> , p. 52.  | 303 <i>Hymn-Book</i> , No. 82.       |
| 290 <i>Behold</i> , p. 91.  | 304 <i>Hymn-Book</i> , No. 15.       |
| 291 <i>Behold</i> , p. 150.   | 305 <i>Behold</i> , p. 111.          |
| 292 Psalm 116.  | 306 Psalm 117.                       |
| 293 C. H. Spurgeon, <i>The Saint and His Saviour: The Progress of the Soul in the Knowledge of Jesus</i> (New York: Sheldon Blakeman & Co, 1857), p. 147. | 307 <i>Behold</i> , p. 150.          |
|   | 308 <i>Behold</i> , p. 24.           |
|   | 309 <i>Behold</i> , p. 91.           |
| 294 <i>Behold</i> , p. 63.  | 310 <i>Behold</i> , p. 142.          |

## 23

These prayers have been translated by Tonny Jacobsen and adapted from Søren Kierkegaard (1813–55) as in Hieburg, P., Kuhr, V. and Torsting, E. (eds) *Søren Kierkegaard Papirer* (Copenhagen: Glydedalske Boghandel Norkisk Forlag, 1909–48), and Drachmann, A. B., Heiberg, J. L. and Lange, H.O. (eds) *Søren Kierkegaards Samlede Værker (SV)* (Copenhagen: Gyldendal, 3rd edn, 1962–64).

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| 311 <i>Papirer</i> , NB 15, 78. | 312 <i>Papirer</i> , II A, 334. |
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- 313 *Guds Uforanderlighed* (1855), SV III, p. 255.
- 314 *Til Selvprøvelse* (1851), SV III, pp. 59–60.
- 315 'Lidelsernes Evangelium', in *Opbyggelige Taler i forskjellig Aand* (1847), SV III, p. 202.
- 316 *Fire opbyggelige Taler* (1844), SV III, p. 344–5.
- 317 'Ved Anledningen af et Skriftemaal', in *Opbyggelige Taler i forskjellig Aand* (1847), SV III, p. 15.
- 318 *Indøvelse i Christendom* (1850), SV III, p. 189.
- 319 *Papirer*, 340:8.
- 320 *Papirer*, II A 68.
- 321 *Tre Taler ved Altergangen om Fredagen* (1849), SV III, p. 173.
- 322 Psalm 121.
- 323 *Papirer*, II A, 538.
- 324 *Papirer*, III A, 158.
- 325 *Papirer*, III A, 91.

## 24

These prayers are adapted from Celtic prayers and blessings as in Carmichael, A., *Carmina Gadelica: Hymns and Incantations: with illustrative notes on words, rites and customs, dying and obsolete; orally collected in the Highlands and Islands of Scotland by Alexander Carmichael, Volume I* (Edinburgh: T. and A. Constable, 1900) and similar sources.

- 326 'Morning Prayer', p. 97.
- 327 'The Gifts of the Three', p. 75.
- 328 From translations of the Gaelic prayer 'St Patrick's Breastplate', attributed to St Patrick, verses 1 and 2.
- 329 'A Prayer for Grace', p. 35.
- 330 'The Guardian Angel', p. 49.
- 331 'The Rock of Rocks', p. 43.
- 332 Adapted from 'St Patrick's Breastplate', verse 5.
- 333 'Morning Prayer', p. 97.
- 334 'The Dedication', p. 99.
- 335 Psalm 122.
- 336 'The Gifts of the Three', p. 75.
- 337 'Holy Father of Glory', p. 23.

## 25 and 26

These prayers have been translated by Hetty Lalleman and Heiner Georgi and adapted from Karl Barth, *Gebete* (Munich: Chr. Kaiser Verlag, 1967), and



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- 371** Peter Sutcliffe, 'Peter's Song for Marygate' as in Celtic Daily Prayer p. 19. Used and adapted by permission.
- 372** Psalms 130.6, 138.1 and 130.4.
- 373** Psalm 142.
- 374** Psalm 130.5.
- 375** Translated for the British Council of Churches Week of Prayer for Christian Unity, 1988.
- 376** Psalms 63.7, 27.1,4, 13 and 14.
- 377** Psalm 138.
- 378** Psalm 19.1–2.
- 379** Psalm 19.7.