

DAILY PRAYER:

Praying at Home

***MORNING
AND
EVENING PRAYER***



St George, Cam & St Cyr, Stinchcombe

April 2020

Introduction

These simple forms of morning and evening prayer are designed to encourage attentive prayer.

The words are few, to be repeated slowly, quietly and reflectively, that they may become part of us and may give voice to our own prayer.

Our prayer becomes the prayer of Christ's people:
Christ's people's prayer becomes our prayer.

Ample opportunity should be taken for silence.

Silence allows Christ's words to touch and to mingle with the thoughts of our hearts.

It has always been the Christian custom to pray with Christ
at the beginning and at the end of each day:

The morning is the time of his resurrection: as the new light breaks we pray to be made
new in him.

The evening is the time of his descent from the cross:
as the sun sets we pray to find our final rest in him.

'With thee began, with thee shall end the day'

We seek to place all that we are, all that we say, and all that we do within the unending
praise of the God and Father of our Lord Jesus Christ.

May all be encouraged to, 'keep on praying and not to lose heart'.

Morning Prayer - Page 3
Evening Prayer - Page 8

Morning Prayer

Invocation

O Lord open our lips;
and our mouths shall proclaim your praise.

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.**

Sunday *Psalm 97*

1. The Lord is king; let the earth rejoice:
 let the multitude of islands be glad.
2. Clouds and darkness are round about him:
 righteousness and justice are the foundation of his throne.
3. For you, Lord, are most high over all the earth:
 you are exalted far above all gods.
4. The Lord loves those that hate evil:
 the Lord guards the life of the faithful, and delivers them
 from the hand of the ungodly.
5. Light dawns for the righteous:
 and joy for the true of heart.
6. Rejoice in the Lord, you righteous:
 and give thanks to his holy name.

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.**

SCRIPTURE

Besides this you know what hour it is, how it is full time now for you to wake from sleep. For salvation is nearer to us now than when we first believed. (Romans 13.11-12)

Monday *Psalm 43*

1. Give judgement for me O God, take up my cause against an ungodly
 people: deliver me from deceitful and wicked men.
2. For you are God my refuge, why have you turned me away:
 why must go like a mourner because the enemy oppresses me?
3. O send out your light and your truth and let them lead me:

let them guide me to your holy hill and to your dwelling.

4. Then I shall go to the altar of God, to God my joy and my delight:
and to the harp I shall sing your praises O God my God.
5. Why are you so full of heaviness my soul:
and why so unquiet within me?
6. O put your trust in God:
for I will praise him yet who is my deliverer and my God.

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.**

SCRIPTURE

The Lord's true love is surely not spent, nor has his compassion failed, they are new every morning, so great is his constancy. The Lord, I say, is all that I have; therefore I will wait for him patiently. The Lord is good to those who look for him, to all who seek him. (*Lamentations 3.22-25*)

Besides this you know what hour it is, how it is full time now for you to wake from sleep. For salvation is nearer to us now than when we first believed. (*Romans 13.11-12*)

Tuesday Psalm 46

1. God is our refuge and strength:
a very present help in trouble.
2. Therefore we will not fear, though the earth be moved:
and though the mountains are shaken in the midst of the sea;
3. though the waters rage and foam:
and though the mountains quake at the rising of the sea.
4. The Lord of hosts is with us:
the God of Jacob is our stronghold.
5. 'Be still, and know that I am God:
I will be exalted among the nations, I will be exalted upon the earth.'
6. The Lord of hosts is with us:
the God of Jacob is our stronghold.

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.

SCRIPTURE

Come, let us return to the Lord; for he has torn us and will heal us, he has struck us and he will bind up our wounds; after two days he will revive us, on the third day he will restore us, that in his presence we may live. Let us humble ourselves, let us strive to know the Lord, whose justice dawns like morning light, and its dawning is as sure as the sunrise. It will come to us like a shower, like spring rains that water the earth. (*Hosea 6.1–3*)

It is not ourselves that we proclaim; we proclaim Christ Jesus as Lord, and ourselves as your servants for Jesus' sake. For the same God who said, 'Out of darkness let light shine,' has caused his light to shine within us, to give the light of revelation — the revelation of the glory of God in the face of Jesus Christ. (*2 Corinthians 4.5–6*)

Wednesday *Psalms 63*

1. God you are my God:
eagerly will I seek you.
2. My soul thirsts for you, my flesh longs for you:
as a dry and thirsty land where no water is.
3. So it was when I beheld you in the sanctuary:
and saw your power and your glory.
4. For your unchanging goodness is better than life:
therefore my lips shall praise you.
5. And so I will bless you as long as I live:
and in your name will I lift my hands on high.
6. My longing shall be satisfied as with marrow and fatness:
my mouth shall praise you with exultant lips.

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.

SCRIPTURE

Live like those who are at home in daylight, for where light is, there all goodness springs up, all justice and truth. Everything, when once the light has shown it up, is illumined, and everything thus illumined is all light. And so the hymn says: 'Awake, sleeper, rise from the dead, and Christ will shine upon you.' (*Ephesians 5.9,13,14*)

In many and various ways God spoke of old to our fathers by the prophets; but in these last days he has spoken to us by a Son, whom he has appointed the heir of all things, through whom he also created the world. (*Hebrews 1.1–2*)

Thursday *Psalm 104*

1. Bless the Lord, O my soul:
 O Lord my God, how great you are.
2. Clothed with majesty and honour:
 wrapped in light as in a garment.
3. You make the winds your messengers:
 and flames of fire your ministers.
4. Lord, how various are your works:
 in wisdom you have made them all, and the earth is full of your creatures.
5. When you send forth your spirit they are created:
 and you renew the face of the earth.
6. May the glory of the Lord endure for ever:
 may the Lord rejoice in his works.

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.**

SCRIPTURE

The God of our fathers raised Jesus whom you killed by hanging him on a tree. God exalted him at his right hand as Leader and Saviour, to give repentance to Israel and forgiveness of sins. And we are witnesses to these things, and so is the Holy Spirit whom God has given to those who obey Him. (Acts 5.30–32)

Friday *Psalm 51*

1. Have mercy on me, O God, in your enduring goodness:
 according to the fullness of your compassion blot out my offences.
2. Wash me thoroughly from my wickedness:
 and cleanse me from my sin.
3. For I acknowledge my rebellion:
 and my sin is ever before me.
4. Create in me a clean heart, O God:
 and renew a right spirit within me.
5. Do not cast me out from your presence:
 do not take your holy spirit from me.
6. O give me the gladness of your help again:

and support me with a willing spirit.

7. The sacrifice of God is a broken spirit:
a broken and contrite heart, O God, you will not despise.

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.

SCRIPTURE

Finally, brethren, we beseech and exhort you in the Lord Jesus, that as you learned from us how you ought to live and to please God, just as you are doing, you do so more and more. For God has not called us for uncleanness, but in holiness. (1 Thessalonians 4. 1, 7)

Saturday Psalm 145

1. Your kingdom is an everlasting kingdom:
and your dominion endures through all generations.
2. The Lord upholds all those who stumble:
and raises up those that are bowed down.
3. The eyes of all look to you in hope:
and you give them their food in due season;
4. You open wide your hand:
and fill all things living with your bounteous gift.
5. The Lord is just in all his ways:
and faithful in all his dealings.
6. The Lord is near to all who call upon him:
to all who call upon him in truth.

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.

SCRIPTURE

God raised Jesus on the third day and made him manifest; not to all the people but to us who were chosen by God as witnesses, who ate and drank with him after he rose from the dead. (*Acts 10.40-41*)

CANTICLE - Benedictus

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

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.

Silence

Kyrie

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

Prayer

Loving Lord, I commend to you all those in my heart,
and all for whom I pray.

May we all abide in your all-encompassing, extravagant love,

as you abide in ours
We give thanks for our blessings.
And we confess our sins, seeking the forgiveness and mercy of God.
We pray for the world, our community and the Church,
For our family, loved ones and all people in need.
Amen.

The Lord's Prayer

Our Father, who art in heaven,
hallowed be your name.
Thy kingdom come,
Thy will be done on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses, as we forgive those who trespass against us.
Lead us not into temptation, but deliver us from evil.
For thine is the kingdom, the power, and the glory.
Forever and ever.
Amen.

Let us bless the Lord.
Thanks be to God.

Collect

God most holy,
we give you thanks for bringing us out of the shadow of night into the light of
morning;
and we ask you for the joy of spending this day in your service,
so that when evening comes, we may once more give you thanks,
through Jesus Christ, your Son, our Lord.
Amen.

Evening Prayer

INVOCATION

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

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.

PSALMODY

Sunday *Psalm 114*

1. When Israel came out of Egypt:
and the house of Jacob from among a people of an alien tongue,
2. Judah became his sanctuary:
and Israel his dominion.
3. The sea saw that, and fled:
Jordan was driven back.
4. The mountains skipped like rams:
and the little hills like young sheep.
5. What ailed you, O sea, that you fled:
O Jordan, that you were driven back?
6. You mountains, that you skipped like rams:
and you little hills like young sheep?
7. Tremble, O earth, at the presence of the Lord:
at the presence of the God of Jacob,
8. Who turned the rock into a pool of water:
and the flint-stone into a welling spring.

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.**

SCRIPTURE

But God, who is rich in mercy, out of the great love with which he loved us, even when we were dead through our trespasses, made us alive together with Christ (by grace you have been saved), and raised us up with him, and made us sit with him in the heavenly places in Christ Jesus. (Ephesians 2.4–6)

Monday *Psalm 139*

- 10 1. Lord you have searched me out and known me:

you know when I sit or when I stand, you comprehend my thoughts from afar.

2. Such knowledge is too wonderful for me:
so high that I cannot attain it.
3. If I spread out my wings towards the morning:
or dwell in the uttermost parts of the sea,
4. even there your hand shall lead me:
and your right hand shall hold me fast.
5. If I say 'Surely the darkness will cover me:
and the night will enclose me',
6. The darkness is no darkness with you but the night is as clear as the day:
the darkness and the light are both alike.

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.**

SCRIPTURE

Do not store up for yourselves treasure on earth, where it grows rusty and moth-eaten, and thieves break in to steal it. Store up treasure in heaven, where there is no moth and no rust to spoil it, no thieves to break in and steal. For where your treasure is, there will your heart be also. (Matthew 6.19–21)

Tuesday *Psalm 23*

The Lord is my shepherd:
therefore can I lack nothing,

He will make me lie down in green pastures:
and lead me beside still waters.

He will refresh my soul:
and guide me in right pathways for his name's sake.

Though I walk through the valley of the shadow of death, I will fear no evil:
for you are with me, your rod and staff comfort me.

You spread a table before me in the face of those who trouble me:
you have anointed my head with oil, and my cup will be full.

Surely your goodness and loving-kindness
will follow me all the days of my life:
and I shall dwell in the house of the Lord for ever.

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.**

SCRIPTURE

If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit which dwells in you. (Romans 8.11)

Wednesday *Psalm 103*

1. Praise the Lord O my soul:
and all that is within me praise his holy name.
2. Praise the Lord O my soul:
and forget not all his benefits,
3. Who forgives all your sin:
and heals all your infirmities,
4. Who redeems your life from the Pit:
and crowns you with mercy and compassion;
5. Who satisfies your being with good things:
so that your youth is renewed like an eagle's.
6. Praise the Lord all his works in all places of his dominion:
praise the Lord O my soul!

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.**

SCRIPTURE

Come to me, all whose work is hard, whose load is heavy; and I will give you relief. Bend your necks to my yoke, and learn from me, for I am gentle and humble-hearted, and your souls will find relief. For my yoke is good to bear, my load is light. (Matthew 11.28-30)

Thursday *Psalm 147*

1. O praise the Lord for it is a good thing to sing praises to our God:
and to praise him is joyful and right.
2. The Lord is rebuilding Jerusalem:
he is gathering together the scattered outcasts of Israel.
3. He heals the broken in spirit:
and binds up their wounds.
4. Great is our Lord and great is his power:
there is no measuring his understanding.

5. Praise the Lord O Jerusalem:
sing praises to your God O Zion.
6. For he has strengthened the bars of your gates:
and blessed your children within you.

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.**

SCRIPTURE

The kingdom of God is like the mustard-seed, which is smaller than any seed in the ground at its sowing. But once sown, it springs up and grows taller than any other plant, and forms branches so large that the birds can settle in its shade. (Mark 4.31f)

Friday Psalm 130

1. Out of the depths have I called to you, O Lord:
Lord, hear my voice.
2. O let your ears consider well:
the voice of my supplication.
3. If you, Lord, should note what we do wrong:
who then, O Lord, could stand?
4. But there is forgiveness with you:
so that you shall be feared.
5. I wait for the Lord, my soul waits for him:
and in his word is my hope.
6. My soul looks for the Lord:
more than watchmen for the morning, more, than watchmen for the morning.
7. O Israel, trust in the Lord, for with the Lord there is mercy:
and with him is ample redemption.
8. He will redeem Israel:
from the multitude of his sins.

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.**

SCRIPTURE

Do you not know that in a race all the runners compete, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in

all things. They do it to receive a perishable wreath, but we an imperishable. (1 Corinthians 9.24–25)

Saturday Psalm 27

- 1 The Lord is my light and my salvation; whom shall I fear?
The Lord is the stronghold of my life; of whom shall I be afraid?
- 2 When evildoers assail me to devour my flesh - my adversaries and foes: they shall stumble and fall.
- 3 Though an army encamp against me, my heart shall not fear;
though war rise up against me, yet I will be confident.
- 4 One thing I asked of the Lord, that will I seek after:
to live in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in his temple.
- 5 For he will hide me in his shelter in the day of trouble; he will conceal me under the cover of his tent; he will set me high on a rock.
- 6 Now my head is lifted up above my enemies all around me, and I will offer in his tent sacrifices with shouts of joy;
I will sing and make music to the Lord.
- 7 Hear, O Lord, when I cry aloud, be gracious to me and answer me!
- 8 "Come," my heart says, "seek his face!" Your face, Lord, do I seek.
- 9 Do not hide your face from me. Do not turn your servant away in anger, you who have been my help.
Do not cast me off, do not forsake me, O God of my salvation!
- 10 If my father and mother forsake me, the Lord will take me up.
- 11 Teach me your way, O Lord,
and lead me on a level path because of my enemies.
- 12 Do not give me up to the will of my adversaries, for false witnesses have risen against me, and they are breathing out violence.
- 13 I believe that I shall see the goodness of the Lord
in the land of the living.
- 13 Wait for the Lord; be strong, and let your heart take courage;
wait for the Lord!

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.**

SCRIPTURE

May the God of peace himself sanctify you wholly; and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ. He who calls you is faithful and he will do it. (1 Thessalonians 5.23–24)

O the depths of the riches and wisdom and knowledge of God! How unsearchable are his judgements and how inscrutable his ways! 'For who has known the mind of the Lord, or who has been his counsellor? Or who has given a gift to him that he might be repaid?' For from him and to him are all things. To him be glory for ever. (Romans 11.33–36)

Magnificat

1. My soul proclaims the greatness of the Lord:
my spirit rejoices in God my Saviour;
2. for he has looked with favour on his lowly servant:
from this day all generations will call me blessed;
3. the Almighty has done great things for me:
and holy is his name.
4. He has mercy on those who fear him:
in every generation.
5. He has shown the strength of his arm:
he has scattered the proud in their conceit.
6. He has cast down the mighty from their thrones:
and has lifted up the lowly.
7. He has filled the hungry with good things:
and the rich he has sent away empty.
8. He has come to the help of his servant Israel:
for he has remembered his promise of mercy,
9. the promise he made to our fathers:
to Abraham and his children for ever.

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.**

Silence

Kyrie

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

Prayer

Lord, I commend to you all those in my heart, and all for whom I pray.
May we all abide in your all-encompassing, extravagant love,
As you abide in ours.
We give thanks for our blessings.
And confess our sins, seeking the forgiveness and mercy of God.
We pray for the world, our community and the Church,
For our family, loved ones and all people in need.
Amen.

The Lord's Prayer

Our Father, who art in heaven,
hallowed be your name.
Thy kingdom come,
Thy will be done on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses, as we forgive those who trespass against us.
Lead us not into temptation, but deliver us from evil.
For thine is the kingdom, the power, and the glory.
Forever and ever.
Amen.

Let us bless the Lord.
Thanks be to God.

Be our light in the darkness, O Lord,
and in your great mercy defend us from all perils and dangers of this night;
through the love of your only Son, our Saviour Jesus Christ. Amen.
May the Almighty and most merciful Lord;
the Father, the Son, and the Holy Spirit,
bless and preserve us all and those we love,
this night and always.
Amen.

Collect

Lord, God Almighty,
come and dispel the darkness from our hearts,
that in the radiance of your brightness we may know you,
the only unfading light, glorious in all eternity.
Amen.