

Daily Prayer *in*



Advent

The **Parish** *of the* **Holy Trinity**, *East Ham*
St Bartholomew St Mary Magdalene St Edmund



Advent

Advent is a season of expectation and preparation, as the Church prepares to celebrate the coming (*adventus*) of Christ in his incarnation, and also looks ahead to his final advent as judge at the end of time. Advent not only direct us towards Christ's birth, it also challenges the modern reluctance to confront the theme of divine judgement:

*Every eye shall now behold him
robed in dreadful majesty.
(Charles Wesley)*

The characteristic note of Advent is expectation, rather than penitence. In the northern hemisphere, the Advent season falls at the darkest time of the year, and the natural symbols of darkness and light are powerfully at work throughout Advent and Christmas. The lighting of candles on an Advent wreath was imported into Britain from northern Europe in the nineteenth century, and is now a common practice. The Third Sunday of Advent was observed in medieval times as a splash of colour in the restrained atmosphere of Advent (*Gaudete* or 'Rose Sunday'), and the last days of Advent were marked by the sequence of Great 'O' Antiphons, which continue to inspire modern Advent hymns and meditations, and which are reproduced here as refrains to use with the Magnificat from 17th – 23rd December.

These prayer resources are offered to you to support your prayer life through this time. There are two services, one that can be used in the morning or later in the day (afternoon or early evening), and Compline, which is most suitable for use in the late evening. Please use them in any way that is helpful to you.

MORNING *or* EVENING PRAYER

THE PREPARATION

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

○ God, make speed to save us
○ Lord, make haste to help us.

Blessed are you, Sovereign God of all,
to you be praise and glory for ever.
In your tender compassion
the dawn from on high is breaking upon us
to dispel the lingering shadows of night.
As we look for your coming among us this day,
open our eyes to behold your presence
and strengthen our hands to do your will,
that the world may rejoice and give you praise.
Blessed be God, Father, Son and Holy Spirit.
Blessed be God for ever.

Our Sovereign and Saviour draws near.
○ come, let us worship.

THE WORD OF GOD

The Psalm of the Day or
Psalm 80. 1-8

Hear, O Shepherd of Israel,
you that led Joseph like a flock;

Shine forth, you that are enthroned upon the cherubim,
before Ephraim, Benjamin and Manasseh.

Stir up your mighty strength
and come to our salvation.

*Turn us again, O God;
show the light of your countenance, and we shall be saved.*

O Lord God of hosts,
how long will you be angry at your people's prayer?

You feed them with the bread of tears;
you give them abundance of tears to drink.

You have made us the derision of our neighbours,
and our enemies laugh us to scorn.

*Turn us again, O God of hosts;
show the light of your countenance, and we shall be saved.*

**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.**

Canticle: A Song of the Wilderness

(Isaiah 35.1,2b-4a,4c-6,10)

The wilderness and the dry land shall rejoice,
the desert shall blossom and burst into song.

They shall see the glory of the Lord,
the majesty of our God.

Strengthen the weary hands,
and make firm the feeble knees.

Say to the anxious, 'Be strong, fear not,
your God is coming with judgement,
coming with judgement to save you.'

Then shall the eyes of the blind be opened,
and the ears of the deaf unstopped;

Then shall the lame leap like a hart,
and the tongue of the dumb sing for joy.

For waters shall break forth in the wilderness,
and streams in the desert;

The ransomed of the Lord shall return with singing,
with everlasting joy upon their heads.

Joy and gladness shall be theirs,
and sorrow and sighing shall flee away.

**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 Scripture Reading

The Reading of the Day, or

Luke 12.35–37

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

The Gospel Canticle

either in the morning:

Benedictus – The Song of Zechariah

Blessed be the Lord, the God of Israel
Who has come to his people and set them free.

He has raised up for us a mighty saviour
Born of the house of his servant David.

Through his holy prophets God promised of old
To save us from our enemies, from the hands of all that hate us.

To show mercy to our ancestors
And to remember God's holy covenant.

This was the oath God swore to our father Abraham
To set us free from the hands of our enemies.

Free to worship God without fear,
Holy and righteous in God's sight, all the days of our life.

And you, child, shall be called the prophet of the Most High,
For you will go before the Lord to prepare the way.

To give God's people knowledge of salvation
By the forgiveness of all their sins

In the tender compassion of our God
The dawn from on high will break upon us.

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.

or, in the Evening:

Magnificat – The Song of Mary

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

For he has looked with favour on his lowly servant.
From this day all generations will call me blessed:

The Almighty has done great things for me
and holy is his name.

He has mercy on those who fear him,
in every generation.

He has shown the strength of his arm
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones
and has lifted up the lowly.

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

He has come to the help of his servant, Israel,
for he has remembered his promise of mercy,

The promise he made to our forebears,*
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.

○ Antiphons

May be said as refrains at the beginning and end of the Magnificat from 17th – 23rd December.

17 December – ○ Sapientia

○ Wisdom, coming forth from the mouth of the Most High,
reaching from one end to the other mightily,
and sweetly ordering all things:
Come and teach us the way of prudence.

Ecclesiasticus 24.3; Wisdom 8.1

18 December – ○ Adonai

○ Adonai, and leader of the House of Israel,
who appeared to Moses in the fire of the burning bush
and gave him the law on Sinai:

Come and redeem us with an outstretched arm. *Exodus 3.2, 24.12*

19 December – ○ Radix Jesse

○ Root of Jesse, standing as a sign among the peoples;
before you kings will shut their mouths,
to you the nations will make their prayer:
Come and deliver us, and delay no longer.

Isaiah 11.10, 45.14, 52.15; Romans 15.12

20 December – ○ Clavis David

○ Key of David and sceptre of the House of Israel;
you open and no one can shut;
you shut and no one can open:
Come and lead the prisoners from the prison house,
those who dwell in darkness and the shadow of death.

Isaiah 22.22, 42.7

21 December – ○ Oriens

○ Morning Star,
splendour of light eternal and sun of righteousness:
Come and enlighten those who dwell in darkness
and the shadow of death.

Malachi 4.2

22 December – O Rex Gentium

O King of the nations, and their desire,
the cornerstone making both one:
Come and save the human race,
which you fashioned from clay.

Isaiah 28.16; Ephesians 2.14

23 December – O Emmanuel

O Emmanuel, our king and our lawgiver,
the hope of the nations and their Saviour:
Come and save us, O Lord our God.

Isaiah 7.14

THE PRAYERS

The Collect of the day or the following:

Almighty God,
give us grace to cast away the works of darkness
and to put on the armour of light,
now in the time of this mortal life,
in which your Son Jesus Christ came to us in great humility;
that on the last day,
when he shall come again in his glorious majesty
to judge the living and the dead,
we may rise to the life immortal;
through him who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen.

The Lord's Prayer

Waiting in joyful expectation for the coming of the Kingdom,
as our Saviour taught us, so we pray:

**Our Father, who art in heaven;
hallowed be thy 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;
for ever and ever.
Amen.**

✠ May the Lord, when he comes,
find us watching and waiting.
Amen.

Let us bless the Lord.
Thanks be to God.

COMPLINE

Night Prayer during Advent

THE PREPARATION

The Lord almighty grant us a quiet night and a perfect end.
Amen.

✠ Our help is in the name of the Lord
Who made heaven and earth.

A period of silence follows, for reflection on the past day.

Words of penitence may be used; the following or some other.

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

**Holy God,
holy and strong,
holy and immortal:
have mercy on us.**

✠ 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. Alleluia!**

THE WORD OF GOD

The Psalmody

Psalm 143

Hear my prayer, O Lord,
and in your faithfulness give ear to my supplications;
answer me in your righteousness.

Enter not into judgement with your servant,
for in your sight shall no one living be justified.

For the enemy has pursued me,
crushing my life to the ground,
making me sit in darkness like those long dead.

My spirit faints within me;
my heart within me is desolate.

I remember the time past; I muse upon all your deeds;
I consider the works of your hands.

I stretch out my hands to you;
my soul gasps for you like a thirsty land.

O Lord, make haste to answer me; my spirit fails me;
hide not your face from me
lest I be like those who go down to the Pit.

Let me hear of your loving-kindness in the morning,
for in you I put my trust;
show me the way I should walk in,
for I lift up my soul to you.

Deliver me, O Lord, from my enemies,
for I flee to you for refuge.

Teach me to do what pleases you, for you are my God;
let your kindly spirit lead me on a level path.

Revive me, O Lord, for your name's sake;
for your righteousness' sake, bring me out of trouble.

In your faithfulness, slay my enemies,
and destroy all the adversaries of my soul,
for truly I am your servant.

**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 Reading: *Mark 13.35-end*

Keep awake – for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say to you I say to all: Keep awake.

The Responary *may be said.*

Into your hands, O Lord,
I commend my spirit.

**Into your hands, O Lord,
I commend my spirit.**

For you have redeemed me, Lord God of truth.

I commend my spirit.

Glory to the Father, and to the Son,
and to the Holy Spirit:

**Into your hands, O Lord,
I commend my spirit.**

Keep me as the apple of your eye.

Hide me under the shadow of your wings.

The Gospel Canticle: *Nunc Dimittis*

Refrain:

**Come, O Lord, and visit us in peace;
that we may rejoice before you with a perfect heart.**

Now, Lord, you let your servant go in peace:
your word has been fulfilled.

My own eyes have seen the salvation
which you have prepared in the sight of every people;

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

Luke 2. 29-32

**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.**

**Come, O Lord, and visit us in peace;
that we may rejoice before you with a perfect heart.**

THE PRAYERS

Intercessions and thanksgivings may be offered here.

The Collect

Stir up your power, O God, and come among us.
Heal our wounds, calm our fears and give us peace;
through Jesus our Redeemer.

Amen.

The Lord's Prayer *may be said.*

[As we come to the ending of the day,
let us pray as our Redeemer has taught us:]

**Our Father, who art in heaven;
hallowed be thy 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;
for ever and ever.
Amen.**

The Blessing

In peace, we will lie down and sleep;
For you alone, Lord, make us dwell in safety.

Abide with us, Lord Jesus,
For the night is at hand and the day is now past.

As the night-watch looks for the morning,
So do we look for you, O Christ.

Restore us again, O God of hosts;
show us the light of your countenance
and we shall be saved.
Bless and keep us, this night and always.
Amen.



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easthamparish.org.uk easthamparish@gmail.com 020 8470 0011