

Night Prayer

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

O God make speed to save us.

O Lord make haste to help us.

Psalms Psalms 134, then 91 or 139 (omit verses 19-22)

Bible Reading e.g. Jeremiah and Reflection on the day

Into your hands I commend my spirit,

you have redeemed me O Lord, you God of truth.

Keep me as the apple of your eye

hide me under the shelter of your wings.

The Nunc Dimittis (Luke 2.29-32)

Save us, O Lord, while waking,

watch over us while sleeping;

that awake we may watch with Christ,

and asleep we may rest in peace. (repeated at end)

Lord, now 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.

Glorify 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.

Final prayer

Visit this place, O Lord, we pray.

And drive far from it the snares of the enemy;

may your holy angels dwell here and guard us in peace,

and may your blessing be always upon us;

through Jesus Christ our Lord. Amen.

Morning Prayers

Introduction

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

one true God to whom be glory

and on us mercy and compassion for ever and ever. Amen.

Holy, holy, holy Lord

God of power and might,

Heaven and earth are full of your glory.

Hosanna in the highest.

Blessed is he who comes in the name of the Lord.

Hosanna in the highest.

Holy God,))

Holy and strong,)) three times

Holy and immortal,))

have mercy on us.))

Lord, have mercy upon us.

Lord, have pity and mercy upon us.

Lord, receive our service and our prayers

and have mercy upon us.

Glorify to you, O God.

Glorify to you, Creator,

Glorify to you, Christ the King,

who have compassion on your sinful servants.

Bless, Lord.

The Lord's Prayer: Our Father

who art in heaven...

Creator of the morning,

who drives out the darkness

and brings light and joy to all creation:

create in us habits of virtue,

and drive away from us all

the darkness of sin.

With the light give us joy

by the glorious rays of your grace,

Lord our God for ever. Amen

Psalms

	Week 1	Week 2
Monday	51.1-17; 63.1-8; 113	86, 96
Tuesday	6; 27; 100	25, 97
Wednesday	130; 103	102, 98
Thursday	32, 33	38, 36.5-9, 99
Friday	22, 138	69 (om. 22=28), 93
Saturday	40, 23, 146	143, 145
Sunday	95, 118	95, 66, 67

Bible meditation

A short Bible passage is read, e.g. from a Gospel, followed by 5 minutes' silent meditation.

Intercessions (Prayer for others) starting with the Lord's Prayer

Closing Prayers

Open your doors of mercy. Lord;
hear our prayer and have mercy upon our souls.
Lord of the morning and ruler of the seasons,
hear our prayer and have mercy upon our souls.
Shine on us , Lord, and make us light like the day;
let your light shine in our minds
and drive away the shadows of error and night.
The creation is full of light,
give your light also to our hearts
that we may praise you all the day long.
The morning and evening praise you, Lord,
they bring you the prayers of your Church.
Light which gives light to all creatures,
give light to our minds that we may thank you.

It is good to give thanks to the Lord,
to sing praise to your name, Most High,
to proclaim your goodness in the morning
and your faithfulness in the night.
Lord, in the morning , we pray, hear our voice.
In the morning we prepare ourselves to be with you.
Lord, have compassion on your people.
Lord, pardon and forgive the sins of us all.²
Holy One, let your right hand rest upon us,
and pardon our weaknesses ,
because your name is for ever. Amen.

Midday Prayers

Psalms See table below

Reading A chapter from Proverbs, according to date.

Prayer

Bless us, Lord, now in the middle of the day.
Be with us and all who are dear to us
and with everyone we meet.
Keep us in the spirit of the Beatitudes,
joyful, simple, merciful. Amen.

Psalms

	Midday Prayer	Night Prayer Week 1	Week 2
Monday	120, 121	34	56
Tuesday	122, 123	30	62
Wednesday	124, 125	31	71
Thursday	126, 127	16	116
Friday	128, 131	42	42
Saturday	133	4	3
Sunday	_	91	139