

Instructions for Daily Prayer at Home

These prayers are adapted from what is traditionally called the “Daily Office” in the Book of Common Prayer, and I hope they will enrich your prayer life at home during this season of Lent and beyond.

The order for prayer begins with the same opening and Psalm no matter what time of day. The Psalm (and canticles that come later) can be read either altogether or with one person reading a verse and others then responding with the next verse. If you are praying alone then everything can be said individually. The * marks a point of brief pause in each verse and helps us to center ourselves, slow down from our hectic lives, and focus. The Psalm and Canticle end by praying the *gloria Patri* (“Glory to the Father ...”), a central prayer of praise that orients all our prayer toward God and acknowledges God’s love that always sustains.

There are then brief readings: for morning, evening, or night, depending on when you are praying. If there are multiple people in the household, one can do the reading. After a brief period of silence following the reading, there is a canticle for the morning, evening, or night that can be read in the same way as the Psalm (or, you can always sing the Psalm and Canticle, of course!).

A brief time of prayer for ourselves and others can then be offered, followed by the Lord’s Prayer. The liturgy then closes with a Collect prayer for morning, evening, or night, and a blessing. Again, if there are multiple people in a household prayer together, one can read the Collect while all say the closing blessing together.

You can take a few minutes at the same part of the day for prayer, change the time of prayer based on your schedule each day, pray all three as time allows, or join in whenever you are able. The important thing to remember is that prayer is not another task to accomplish, but a gift and invitation. No one should feel pressured or guilty about “missing” times of prayer, but “enter God’s gates with thanksgiving, and enter God’s courts with praise” (Psalm 100:4).

May Christ who passed through the wilderness and endured the cross be present with you during this holy season of Lent.

Fr Jarred

Daily Prayer at Home

O Lord, open our lips
And our mouth will proclaim your praise

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 will be forever. Amen.**

Psalm 23

The Lord is my shepherd;*

I shall not be in want.

The Lord makes me lie down in green pastures *
and leads me beside still waters.

The Lord revives my soul *

and guides me along right pathways for his Name's sake.

Though I walk through the valley of the shadow of death, I shall fear no evil; *
for you are with me;

your rod and your staff, they comfort me.

You spread a table before me in the presence of those who trouble me; *

you have anointed my head with oil,

and my cup is running over.

Surely your goodness and mercy shall follow me all the days of my life, *
and I will 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 will be forever. Amen.**

Reading

Morning

Blessed be the God and Father of our Lord Jesus Christ! By God's great mercy we have been born anew to a living hope through the resurrection of Jesus Christ from the dead.

1 Peter 1:3

Evening

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

Night

Lord, you are in the midst of us and we are called by your Name: Do not forsake us, O Lord our God.

Jeremiah 14:9, 22

a period of silence may follow the reading

Canticle (see attached page)

after the canticle all say:

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

Prayers may be offered for the day, for our world, and for ourselves

The Lord's Prayer is said together

Collect

Morning

Lord God, Almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. **Amen.**

Evening

Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, and awaken hope, that we may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love. **Amen.**

Night

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen.**

Closing

The almighty and most merciful God, the Father, the Son, and the Holy Spirit, bless us and keep us. Amen.

Canticles

Morning

Benedictus (The Song of Zechariah)

Blessed be the Lord, the God of Israel; *
 he 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 he promised of old, that we would be saved from our enemies,*
 from the hands of all who hate us.
He promised to show mercy to our fathers *
 and to remember his holy covenant.
This was the oath he swore to our father Abraham, *
 to set us free from the hands of our enemies,
Free to worship him without fear, *
 holy and righteous in his sight all the days of our life.
You, my child, shall be called the prophet of the Most High, *
 for you will go before the Lord to prepare his way,
To give his people knowledge of salvation *
 by the forgiveness of their sins.
In the tender compassion of our God *
 the dawn from on high shall 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.

Luke 1:68-79

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 fathers, *
 to Abraham and his children for ever.

Luke 1: 46-55

Night

Nunc dimittis (The Song of Simeon)

Lord, you now have set your servant free *
 to go in peace as you have promised;
For these eyes of mine have seen the Saviour, *
 whom you have prepared for all the world to see:
A light to enlighten the nations, *
 and the glory of your people Israel.

Luke 2:29-32