

Common Prayer

2020



PRACTICING
MORNING PRAYER
& COMPLINE

 **ST. JOHN'S**
VANCOUVER



Why use our Prayer Booklet?

This little booklet in your hand is a devotional resource. It is intended to help you create time and space in your life for prayer, so that you might be strengthened in your walk with Jesus.

We have taken the basic rubric for two Anglican prayer services and modified both the content and the length. The goal is to provide an accessible pattern which will hopefully enrich your prayer life, and introduce you to the riches of the Book of Common Prayer as well.

We encourage you to use this booklet daily, as best you can, so that through regular, Scripture-inspired prayer, you continue to abide in our Lord.

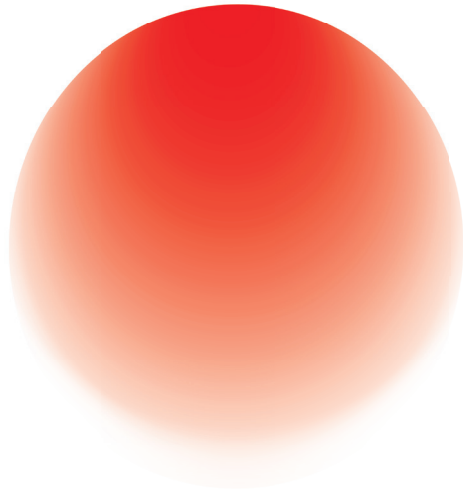
What's Included?

There are two times of prayer included: Morning and Night. The Morning service makes space for intercession, while the Night service (Compline) encourages a time of reflection. The services can be prayed alone, or as a group. If you are curious about various elements of the service, we've included a brief explanation at the back.

A Note on Posture

Sometimes, when reading set prayers, there is a temptation to just go through the motions. In these moments, it may be helpful to use the posture of your body to remind your heart of the posture it ought to have. We've included a few icons in the margin to help with this. Stand, sit, or kneel as you are able.





SHORT PRAYER

If you don't have time for the full service

Blessed are you, creator of all,
to you be praise and glory forever.
As your dawn renews the face of the earth
bringing light and life to all creation,
may we rejoice in this day you have made;
as we wake refreshed from the depths of sleep,
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.
Amen.



OPENING

The Lord is in his holy temple.
Let all the earth keep silence before him.
(Habakkuk 2.20)



CONFESSION

Almighty Father, Lord of heaven and earth:
We confess that we have sinned against you
in thought, word, and deed. Have mercy upon us,
O Lord, have mercy upon us, because of your great goodness.
According to your many mercies, put away our offences,
wash us thoroughly from wickedness,
and cleanse us from our sins,
for Jesus Christ's sake. Amen.



PARDON

Almighty Father, who gave your dearly beloved Son
to die for us because of your great love:
Grant that through his Cross
our sins may be put away and remembered no more,
and that cleansed by his Blood and mindful of his sufferings,
we may take up our cross daily and follow him in
newness of life, until we come to his everlasting kingdom;
through your son Jesus Christ our Lord. Amen.



THANKSGIVING

As we rejoice in the gift of this new day,
so may the light of your presence, O God,
set our hearts on fire with love for you;
now and forever. Amen.


SCRIPTURE READING
To read through the entire bible this year, pick up a One Year Bible Reading Plan.

JAN	FEB	MAR	APR
1 Jn 1:1-28	1 Jn 18:1-27	1 Mk 14:1-25	1 2 Cor 10
2 Jn 1:29-51	2 Jn 18:28-40	2 Mk 14:26-52	2 2 Cor 11
3 Jn 2	3 Jn 19:1-37	3 Mk 14:53-72	3 2 Cor 12:1-13
4 Jn 3:1-21	4 Jn 19:38-42	4 Mk 15	4 2 Cor 12:14-13:14
5 Jn 3:22-36	5 Jn 20	5 Mk 16	5 Gal 1
6 Jn 4:1-16	6 Jn 21	6 1 Cor 1:1-25	6 Gal 2
7 Jn 4:27-54	7 Mk 1:1-13	7 1 Cor 1:26-2:16	7 Gal 3
8 Jn 5:1-24	8 Mk 1:14-31	8 1 Cor 3	8 Gal 4
9 Jn 5:25-47	9 Mk 1:32-45	9 1 Cor 4:1-17	9 Gal 5
10 Jn 6:1-21	10 Mk 2:1-22	10 1 Cor 4:18-5:21	10 Eph 1
11 Jn 6:22-40	11 Mk 2:23-3:12	11 1 Cor 6	11 Eph 2:1-10
12 Jn 6:41-71	12 Mk 3:13-35	12 1 Cor 7	12 Eph 3
13 Jn 7:1-24	13 Mk 4:1-34	13 1 Cor 8	13 Eph 4:1-16
14 Jn 7:25-52	14 Mk 4:35-5:20	14 1 Cor 9	14 Eph 4:17-32
15 Jn 7:53-8:30	15 Mk 5:21-43	15 1 Cor 10	15 Eph 5:1-17
16 Jn 8:31-47	16 Mk 6:1-29	16 1 Cor 11	16 Eph 5:18-33
17 Jn 9	17 Mk 6:30-56	17 1 Cor 12	17 Eph 6:1-9
18 Jn 10:1-21	18 Mk 7:1-23	18 1 Cor 13	18 Eph 6:10-24
19 Jn 10:22-42	19 Mk 7:24-8:10	19 1 Cor 14:1-19	19 Phil 1:1-11
20 Jn 11:1-44	20 Mk 8:11-9:1	20 1 Cor 14:20-40	20 Phil 1:12-30
21 Jn 11:45-57	21 Mk 9:2-29	21 1 Cor 15:1-34	21 Phil 2:1-11
22 Jn 12:1-19	22 Mk 9:30-50	22 1 Cor 15:35-58	22 Phil 2:12-30
23 Jn 12:20-50	23 Mk 10:1-31	23 1 Cor 16	23 Phil 3
24 Jn 13	24 Mk 10:32-52	24 2 Cor 1:1-2:11	24 Phil 4
25 Jn 14:1-14	25 Mk 11:1-26	25 2 Cor 2:12-3:18	25 Col 1:1-20
26 Jn 14:15-31	26 Mk 11:27-12:12	26 2 Cor 4	26 Col 1:21-2:7
27 Jn 15:1-17	27 Mk 12:13-34	27 2 Cor 5	27 Col 2:8-19
28 Jn 15:18-27	28 Mk 12:35-13:13	28 2 Cor 6	28 Col 2:20-3:11
29 Jn 16:1-15	29 Mk 13:14-36	29 2 Cor 7	29 Col 3:12-4:1
30 Jn 16:16-33		30 2 Cor 8	30 Col 4:2-18
31 Jn 17		31 2 Cor 9	

MAY	JUN	JUL	AUG
1 1 Th 1	1 Act 13:44-14:7	1 Rom 5	1 Heb 9:1-14
2 1 Th 2:1-16	2 Act 14:8-28	2 Rom 6	2 Heb 9:15-28
3 1 Th 2:17-3:13	3 Act 15:1-21	3 Rom 7	3 Heb 10:1-18
4 1 Th 4:1-12	4 Act 15:22-35	4 Rom 8:1-17	4 Heb 10:19-39
5 1 Th 4:13-5:11	5 Act 15:36-16:5	5 Rom 8:18-39	5 Heb 11
6 1 Th 5:12-28	6 Act 16:6-40	6 Rom 9	6 Heb 12:1-17
7 2 Th 1	7 Act 17:1-15	7 Rom 10	7 Heb 12:18-29
8 2 Th 2	8 Act 17:16-34	8 Rom 11	8 Heb 13
9 2 Th 3	9 Act 18:1-23	9 Rom 12	9 Ja 1
10 Act 1:1-14	10 Act 18:24-19:7	10 Rom 13	10 Ja 2:1-13
11 Act 1:15-26	11 Act 19:8-20	11 Rom 14	11 Ja 2:14-26
12 Act 2:1-21	12 Act 19:21-41	12 Rom 15	12 Ja 3
13 Act 2:22-47	13 Act 20:1-16	13 Rom 16	13 Ja 4
14 Act 3:1-4:4	14 Act 20:17-38	14 1 Tim 1:1-17	14 Ja 5
15 Act 4:5-31	15 Act 21:1-16	15 1 Tim 1:18-2:15	15 1 Pet 1:1-21
16 Act 4:32-5:11	16 Act 21:17-36	16 1 Tim 3	16 1 Pet 1:22-2:10
17 Act 5:12-42	17 Act 21:37-22:22	17 1 Tim 4	17 1 Pet 2:11-3:7
18 Act 6:1-7:16	18 Act 22:23-23:11	18 1 Tim 5	18 1 Pet 3:8-4:6
19 Act 7:17-34	19 Act 23:12-35	19 1 Tim 6	19 1 Pet 4:7-19
20 Act 7:35-8:3	20 Act 24:1-23	20 2 Tim 1	20 1 Pet 5
21 Act 8:4-25	21 Act 24:24-25:12	21 2 Tim 2	21 2 Pet 1
22 Act 8:26-40	22 Act 25:13-27	22 2 Tim 3	22 2 Pet 2
23 Act 9:1-31	23 Act 26	23 2 Tim 4	23 2 Pet 3
24 Act 9:32-43	24 Act 27	24 Heb 1	24 1 Jn 1:1-2:6
25 Act 10:1-23	25 Act 28:1-15	25 Heb 2	25 1 Jn 2:7-22
26 Act 10:24-48	26 Act 28:16-31	26 Heb 3	26 1 Jn 3:1-10
27 Act 11:1-18	27 Rom 1	27 Heb 4:1-13	27 1 Jn 3:11-4:6
28 Act 11:19-30	28 Rom 2	28 Heb 4:14-5:10	28 1 Jn 4:7-21
29 Act 12:1-24	29 Rom 3	29 Heb 5:11-6:20	29 1 Jn 5
30 Act 12:25-13:12	30 Rom 4	30 Heb 7	30 2 Jn
31 Act 13:13-43		31 Heb 8	31 3 Jn

 SCRIPTURE READING

SEP	OCT	NOV	DEC
1 Isa 1:1-20	1 Isa 30:1-17	1 Isa 57	1 Lk 9:18-50
2 Isa 1:21-31	2 Isa 30:18-33	2 Isa 58	2 Lk 9:51-62
3 Isa 2	3 Isa 31	3 Isa 59	3 Lk 10:1-24
4 Isa 3:1-17	4 Isa 32	4 Isa 60	4 Lk 10:25-42
5 Isa 3:18-4:6	5 Isa 33	5 Isa 61	5 Lk 11:1-28
6 Isa 5	6 Isa 34	6 Isa 62	6 Lk 11:29-54
7 Isa 6	7 Isa 35	7 Isa 63:1-14	7 Lk 12:1-34
8 Isa 7	8 Isa 36	8 Isa 63:15-64:12	8 Lk 12:35-53
9 Isa 8	9 Isa 37:1-20	9 Isa 65:1-16	9 Lk 12:54-13:9
10 Isa 9:1-10:4	10 Isa 37:21-38	10 Isa 65:17--25	10 Lk 13:10-35
11 Isa 10:5-34	11 Isa 38	11 Isa 66	11 Lk 14:1-24
12 Isa 11	12 Isa 39	12 Lk 1:1-23	12 Lk 14:25-15:10
13 Isa 12	13 Isa 40	13 Lk 1:24-56	13 Lk 15:11-32
14 Isa 13	14 Isa 41:1-20	14 Lk 1:57-80	14 Lk 16
15 Isa 14	15 Isa 41:21-31	15 Lk 2:1-21	15 Lk 17:1-19
16 Isa 15-16	16 Isa 42:1-17	16 Lk 2:22-52	16 Lk 17:20--37
17 Isa 17	17 Isa 42:18-25	17 Lk 3:1-22	17 Lk 18:1-30
18 Isa 18	18 Isa 43	18 Lk 3:23-38	18 Lk 18:31-19:10
19 Isa 19	19 Isa 44	19 Lk 4:1-30	19 Lk 19:11-28
20 Isa 20	20 Isa 45	20 Lk 4:31-44	20 Lk 19:29-48
21 Isa 21	21 Isa 46	21 Lk 5:1-16	21 Lk 20:1-26
22 Isa 22	22 Isa 47	22 Lk 5:17-39	22 Lk 20:27-21:4
23 Isa 23	23 Isa 48	23 Lk 6:1-19	23 Lk 21:5-38
24 Isa 24	24 Isa 49	24 Lk 6:20-38	24 Lk 22:1-38
25 Isa 25	25 Isa 50	25 Lk 6:39-7:10	25 Lk 22:39-53
26 Isa 26	26 Isa 51	26 Lk 7:11-35	26 Lk 22:54-71
27 Isa 27	27 Isa 52:1-12	27 Lk 7:36-49	27 Lk 23:1-25
28 Isa 28:1-13	28 Isa 52:13-53:12	28 Lk 8:1-21	28 Lk 23:26-49
29 Isa 28:14-29	29 Isa 54	29 Lk 8:22--56	29 Lk 23:50-24:12
30 Isa 29	30 Isa 55	30 Lk 9:1-17	30 Lk 24:13--53
	31 Isa 56		31 Philemon

 READING CONCLUSION

This is the word of the Lord.
Thanks be to God.

 CANTICLE (BENEDICTUS)

Blessed be the Lord God of Israel,
for he has visited and redeemed his people
and has raised up a horn of salvation for us
in the house of his servant David,
as he spoke by the mouth of his holy prophets from of old,
that we should be saved from our enemies
and from the hand of all who hate us;
to show the mercy promised to our fathers
and to remember his holy covenant,
the oath that he swore to our father Abraham,
to grant us that we, being delivered
from the hand of our enemies,
might serve him without fear,
in holiness and righteousness
before him all our days.

And you, child, will be called the prophet of the Most High;
for you will go before the Lord to prepare his ways,
to give knowledge of salvation to his people
in the forgiveness of their sins,
because of the tender mercy of our God,
whereby the sunrise shall visit us from on high
to give light to those who sit in darkness
and in the shadow of death,
to guide our feet into the way of peace.



APOSTLE'S CREED

I believe in God, the Father Almighty,
Creator of heaven and earth.

I believe in Jesus Christ, his only Son our Lord,
who was conceived by the Holy Spirit, born of the virgin Mary,
suffered under Pontius Pilate, was crucified, died and was buried;
he descended to the dead. On the third day he rose again;
he ascended into heaven, he is seated at the right hand of the
Father and he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church,
the communion of saints, the forgiveness of sins,
the resurrection of the body and the life everlasting.
Amen.



LORD'S PRAYER

Our Father, who art in heaven:
Hallowed be your name.

Your Kingdom come, your will be done,
on earth as it is in heaven.

Give us this day our daily bread.

Forgive us our sins as we forgive those who sin against us.

Lead us not into temptation but deliver us from evil.

For yours is the kingdom, and the power, and
the glory, forever and ever. Amen.



COLLECT

SUN	<p>STRENGTH TO WAIT FOR CHRIST'S RETURN</p> <p>O God our King, by the resurrection of your Son Jesus Christ on the first day of the week, you conquered sin, put death to flight, and gave us the hope of everlasting life: Redeem all our days by this victory; forgive our sins, banish our fears, make us bold to praise you and to do your will; and steel us to wait for the consummation of your kingdom on the last great Day; through Jesus Christ our Lord. Amen.</p>
MON	<p>RENEWAL OF LIFE</p> <p>O God, the king eternal, whose light divides the day from the night and turns the shadow of death into the morning: drive far from us all wrong desires, incline our hearts to keep your law, and guide our feet into the way of peace; that, having done your will with cheerfulness during the day, we may, when night comes, rejoice to give you thanks; through Jesus Christ our Lord. Amen.</p>
TUE	<p>PEACE</p> <p>O God, the author of peace and lover of concord, to know you is eternal life and to serve you is perfect freedom: defend us, your humble servants, in all assaults of our enemies; that we, surely trusting in your defense, may not fear the power of any adversaries, through the might of Jesus Christ our Lord. Amen.</p>

 COLLECT

<p>WED</p>	<p>GRACE</p> <p>O Lord, our heavenly Father, Almighty and everlasting God, you have brought us safely to the beginning of this day: defend us by your mighty power, that we may not fall into sin nor run into any danger; and that, guided by your Spirit, we may do what is righteous in your sight; through Jesus Christ our Lord. Amen.</p>
<p>THU</p>	<p>GUIDANCE</p> <p>Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen.</p>
<p>FRI</p>	<p>ENDURANCE</p> <p>Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the Cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord. Amen.</p>
<p>SAT</p>	<p>SABBATH REST</p> <p>Almighty God, who after the creation of the world rested from all your works and sanctified a day of rest for all your creatures: grant that we, putting away all earthly anxieties, may be duly prepared for the service of your sanctuary, and that our rest here upon earth may be a preparation for the eternal rest promised to your people in heaven; through Jesus Christ our Lord. Amen.</p>

Additional collects on pp. 26-29.

 PRAYER LIST

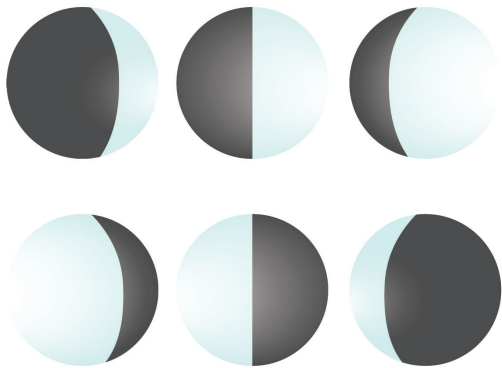
 INTERCESSION

Almighty God, you have given us grace at this time, with one accord to make our common supplications to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will grant their requests: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. Amen.

 GRACE

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.





SHORT PRAYER

If you don't have time for the full service

O Lord, who has pity for all our weakness:
Put away our worries and anxious fears,
so that having finished our day's work in your sight,
and committing our tasks, ourselves,
and all we love into your care,
we may now at the coming of the night
receive from you your gift of sleep;
through Jesus Christ our Lord.
Amen.



OPENING

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

ANTIPHON



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



Glory be to the Father, and to the Son,
and to the Holy Spirit; As it was in the beginning,
is now, and ever shall be, world without end. Amen.

Praise the Lord!

The Lord's Name be praised.



Into your hands, O Lord, I commend my spirit.
For you have redeemed me, O Lord, O God of truth.
Keep me, O Lord, as the apple of your eye,
Hide me under the shadow of your wings.

Preserve us, O Lord, while waking
And guard us while sleeping,
That awake we may watch with Christ,
And asleep we may rest in peace.


PSALM READING

JAN	FEB	MAR	APR
1 1	1 31	1 59	1 85
2 2	2 32	2 60	2 86
3 3	3 33	3 61	3 87
4 4	4 34	4 62	4 88
5 5	5 35	5 63	5 89:1-18
6 6	6 36	6 64	6 89:19-52
7 7	7 37:1-20	7 65	7 90
8 8	8 37:21-40	8 66	8 91
9 9	9 38	9 67	9 92
10 10	10 39	10 68:1-18	10 93
11 11	11 40	11 68:19-35	11 94
12 12	12 41	12 69:1-18	12 95
13 13	13 42	13 69:19-36	13 96
14 14	14 43	14 70	14 97
15 15	15 44	15 71	15 98
16 16	16 45	16 72	16 99
17 17	17 46	17 73:1-17	17 100
18 18:1-19	18 47	18 73:18-28	18 101
19 18:20-50	19 48	19 74	19 102:1-11
20 19	20 49	20 75	20 102:12-28
21 20	21 50	21 76	21 103
22 21	22 51	22 77	22 104:1-18
23 22	23 52	23 78:1-20	23 104:19-35
24 23	24 53	24 78:21-40	24 105:1-22
25 24	25 54	25 78:41-72	25 105:23-45
26 25	26 55	26 79	26 106:1-23
27 26	27 56	27 80	27 106:24-48
28 27	28 57	28 81	28 107:1-22
29 28	29 58	29 82	29 107:23-43
30 29		30 83	30 108
31 30		31 84	

To read through the entire bible this year, pick up a One Year Bible Reading Plan.

MAY	JUN	JUL	AUG
1 109:1-15	1 128	1 8	1 37:21-40
2 109:16-31	2 129	2 9	2 38
3 110	3 130	3 10	3 39
4 111	4 131	4 11	4 40
5 112	5 132	5 12	5 41
6 113	6 133	6 13	6 42
7 114	7 134	7 14	7 43
8 115	8 135	8 15	8 44
9 116	9 136	9 16	9 45
10 117	10 137	10 17	10 46
11 118:1-13	11 138	11 18:1-19	11 47
12 118:14-29	12 139	12 18:20-50	12 48
13 119:1-16	13 140	13 19	13 49
14 119:17-40	14 141	14 20	14 50
15 119:41-56	15 142	15 21	15 51
16 119:57-72	16 143	16 22	16 52
17 119:73-88	17 144	17 23	17 53
18 119:89-104	18 145	18 24	18 54
19 119:105-120	19 146	19 25	19 55
20 119:121-128	20 147	20 26	20 56
21 119:129-144	21 148	21 27	21 57
22 119:145-160	22 149	22 28	22 58
23 119:161-176	23 150	23 29	23 59
24 120	24 1	24 30	24 60
25 121	25 2	25 31	25 61
26 122	26 3	26 32	26 62
27 123	27 4	27 33	27 63
28 124	28 5	28 34	28 64
29 125	29 6	29 35	29 65
30 126	30 7	30 36	30 66
31 127		31 37:1-20	31 67

 PSALM READING

SEP	OCT	NOV	DEC
1 68:1-18	1 92	1 117	1 136
2 68:19-35	2 93	2 118:1-13	2 137
3 69:1-18	3 94	3 118:14-29	3 138
4 69:19-36	4 95	4 119:1-16	4 139
5 70	5 96	5 119:17-40	5 140
6 71	6 97	6 119:41-56	6 141
7 72	7 98	7 119:57-72	7 142
8 73:1-17	8 99	8 119:73-88	8 143
9 73:18-28	9 100	9 119:89-104	9 144
10 74	10 101	10 119:105-120	10 145
11 75	11 102:1-11	11 119:121-128	11 146
12 76	12 102:12-28	12 119:129-144	12 147
13 77	13 103	13 119:145-160	13 148
14 78:1-20	14 104:1-18	14 119:161-176	14 149
15 78:21-40	15 104:19-35	15 120	15 150
16 78:41-72	16 105:1-22	16 121	16 1
17 79	17 105:23-45	17 122	17 2
18 80	18 106:1-23	18 123	18 3
19 81	19 106:24-48	19 124	19 4
20 82	20 107:1-22	20 125	20 5
21 83	21 107:23-43	21 126	21 6
22 84	22 108	22 127	22 7
23 85	23 109:1-15	23 128	23 8
24 86	24 109:16-31	24 129	24 9
25 87	25 110	25 130	25 10
26 88	26 111	26 131	26 11
27 89:1-18	27 112	27 132	27 12
28 89:19-52	28 113	28 133	28 13
29 90	29 114	29 134	29 14
30 91	30 115	30 135	30 15
	31 116		31 16

 READING CONCLUSION

Glory be to the Father, and to the Son,
and to the Holy Spirit; As it was in the beginning,
is now, and ever shall be, world without end. Amen.

 CANTICLE (NUNC DIMITTIS)

Lord, now 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;
To be a light to lighten the Gentiles,
and to be the glory of your people Israel.
Glory be to the Father, and to the Son,
and to the Holy Spirit;
As it was in the beginning, is now, and ever shall be,
world without end. Amen.

 ANTIPHON

Preserve us, O Lord, while waking
And guard us while sleeping,
That awake we may watch with Christ,
And asleep we may rest in peace.



APOSTLE'S CREED

I believe in God, the Father Almighty,
Creator of heaven and earth.

I believe in Jesus Christ, his only Son our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary, suffered under Pontius Pilate,
was crucified, died and was buried;
he descended to the dead.
On the third day he rose again;
he ascended into heaven, he is seated at the right hand of the Father
and he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church,
the communion of saints, the forgiveness of sins, the
resurrection of the body and the life everlasting. Amen.

Silence is kept. Reflect on your day.



LORD'S PRAYER

Our Father, who art in heaven,
Hallowed be your name.
Your Kingdom come, your will be done,
on earth as it is in heaven.
Give us this day our daily bread.
Forgive us our sins as we forgive those who sin against us.
Lead us not into temptation but deliver us from evil.
For yours is the kingdom, and the power,
and the glory, forever and ever. Amen.



CONFESSION

We confess to God Almighty,
the Father, the Son, and the Holy Spirit,
that we have sinned in thought, word, and deed,
through our own grievous fault.
Therefore we pray God to have mercy upon us.

Almighty God, have mercy upon us,
forgive us all our sins and deliver us from all evil,
confirm and strengthen us in all goodness,
and bring us to life everlasting;
through Jesus Christ our Lord. Amen.



PARDON

Almighty Father, who gave your dearly beloved Son
to die for us because of your great love:
Grant that through His Cross our sins may be put away and
remembered no more, and that cleansed by his Blood
and mindful of his sufferings, we may
take up our cross daily and follow him in newness of life,
until we come to his everlasting kingdom;
through your son Jesus Christ our Lord. Amen.



DAILY COLLECT

SUN	<p>FOR RESURRECTION HOPE</p> <p>Lord God, whose Son our Savior Jesus Christ triumphed over the powers of death and prepared for us our place in the new Jerusalem: Grant that we, who have this day given thanks for his resurrection, may praise you in that City of which he is the light, and where he lives and reigns for ever and ever. Amen.</p>
MON	<p>FOR PEACE</p> <p>O God, the source of all holy desires, all good counsels, and all just works: Give to your servants that peace which the world cannot give, that our hearts may be set to obey your commandments, and that we, being defended from the fear of our enemies, may pass our time in rest and quietness; through the merits of Jesus Christ our Savior. Amen.</p>
TUE	<p>FOR AID AGAINST PERILS</p> <p>Lighten our darkness, we beseech you, O Lord; and by your great mercy defend us from all perils and dangers of this night; for the love of your only Son, our Savior Jesus Christ. Amen.</p>
WED	<p>FOR PROTECTION</p> <p>O God, the life of all who live, the light of the faithful, the strength of those who labor, and the repose of the dead: We thank you for the blessings of the day that is past, and humbly ask for your protection through the coming night. Bring us in safety to the morning hours; through him who died and rose again for us, your Son our Savior Jesus Christ. Amen.</p>

THU	<p>FOR THE PRESENCE OF CHRIST</p> <p>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.</p>
FRI	<p>FOR FAITH</p> <p>Lord Jesus Christ, by your death you took away the sting of death: Grant to us your servants so to follow in faith where you have led the way, that we may at length fall asleep peacefully in you and wake up in your likeness; for your tender mercies' sake. Amen.</p>
SAT	<p>FOR THE EVE OF WORSHIP</p> <p>O God, the source of eternal light: Shed forth your unending day upon us who watch for you, that our lips may praise you, our lives may bless you, and our worship on the morrow give you glory; through Jesus Christ our Lord. Amen.</p>



COLLECT

Be present, O merciful God,
and protect us through the silent hours of this night,
so that we who are wearied by the changes
and chances of this fleeting world,
may rest in your eternal changelessness;
through Jesus Christ our Lord. Amen.



ANTIPHON

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.



For a Spirit of Evangelism

Almighty God our Savior, you desire that none should perish, and you have taught us through your Son that there is great joy in heaven over every sinner who repents: Grant that our hearts may ache for a lost and broken world. May your Holy Spirit work through our words, deeds, and prayers, that the lost may be found and the dead made alive, and that all your redeemed may rejoice around your throne; through Jesus Christ our Lord. Amen.

For Stewardship of Creation

O merciful Creator, your loving hand is open wide to satisfy the needs of every living creature: Make us always thankful for your loving providence, and give us grace to honor you with all that you have entrusted to us; that we, remembering the account we must one day give, may be faithful stewards of your good gifts; through Jesus Christ our Lord, who with you and the Holy Spirit lives and reigns, one God, for ever and ever. Amen.

For the Prime Minister of Canada, Lieutenant Governors, and the Premiers of the Provinces

Lord of all power and mercy, we ask you to assist with your favour the Governor General and Prime Minister, and the Lieutenant Governors and Premiers of the Provinces. Cause them to walk before you in truth and righteousness, and to fulfill their office to your glory and the public good; through Jesus Christ our Lord. Amen.

For Social Justice

Almighty God, you created us in your own image: Grant us grace to contend fearlessly against evil and to make no peace with oppression; and help us to use our freedom rightly in the establishment of justice in our communities and among the nations, to the glory of your holy Name; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

For the Discouraged and Downcast

O God, almighty and merciful, you heal the broken-hearted, and turn the sadness of the sorrowful to joy, Let your fatherly goodness be upon all whom you have made. Remember in pity all those who are this day destitute, homeless, elderly, infirm, or forgotten. Bless the multitude of your poor. Lift up those who are cast down. Mightily befriend innocent sufferers, and sanctify to them the endurance of their wrongs. Cheer with hope all who are discouraged and downcast, and by your heavenly grace preserve from falling those whose poverty tempts them to sin. Though they be troubled on every side, suffer them not to be distressed; though they are perplexed, save them from despair. Grant this, O Lord, for the love of him who for our sakes became poor, your Son our Savior Jesus Christ. Amen.

For Those We Love

Almighty God, we entrust all who are dear to us [especially _____] to your never failing care and love, for this life and the life to come, knowing that you are doing for them better things than we can desire or pray for; through Jesus Christ our Lord. Amen.

For the Recovery of a Sick Person

Almighty and immortal God, giver of life and health: We implore your mercy for your servant [____], that by your blessing upon him and upon those who minister to him with your healing gifts, he may be restored to health of body and mind, according to your gracious will, and may give thanks to you in your holy Church; through Jesus Christ our Lord. Amen.

For Those Afflicted with Mental Suffering

Almighty God, whose Son took upon himself the afflictions of your people: Regard with your tender compassion those suffering from anxiety, depression, or mental illness [especially _____]; bear their sorrows and their cares; supply all their needs; help them to put their whole trust and confidence in you; and restore them to strength of mind and cheerfulness of spirit; through Jesus Christ our Lord. Amen.

For Those in Bondage to Addiction

O blessed Lord, you ministered to all who came to you: Look with compassion upon those who through addiction have lost their health and freedom. Restore to them the assurance of your unfailing mercy; remove from them the fears that beset them; strengthen them in the work of their recovery; and to those who minister to them, give patient understanding and persevering love; through Jesus Christ our Lord. Amen.

For Guidance

O God, by whom the meek are guided in judgment, and light rises up in darkness for the godly: Grant us, in all our doubts and uncertainties, the grace to ask what you would have us do, that the Spirit of wisdom may save us from all false choices; that in your light we may see light, and in your straight path we may not stumble; through Jesus Christ our Lord. Amen.

In Times of Suffering or Weakness

Dear Lord and Savior Jesus Christ: I hold up all my weakness to your strength, my failure to your faithfulness, my sinfulness to your perfection, my loneliness to your compassion, my little pains to your great agony on the Cross. I pray that you will cleanse me, strengthen me, guide me, so that in all ways my life may be lived as you would have it lived, without cowardice and for you alone. Show me how to live in true humility, true contrition, and true love. Amen.

Each prayer service contains several elements, which deserve a little bit of explanation. They are arranged alphabetically below.

Antiphon

Antiphons are beautiful, short, repetitive prayers, usually taken from the Psalms. Traditionally they are sung as a call and response, but you can also pray them by yourself.

Apostle’s Creed

It is no secret that our lives fluctuate. On any given day we can be bored, frustrated, skeptical, despairing, hopeful, ecstatic, content. In the midst of all of this flux, creeds formulate a profession of faith in the faithfulness of God, and locate us within a community of faith which stretches back to the early Church. The word creed goes back to the Latin *credo*, which means “I believe.” There are three creeds that Anglicans affirm: the Apostle’s Creed, the Nicene Creed, and the Athanasian Creed. The Apostle’s Creed is the earliest of the three, probably written near the end of the second century, and is thus also the simplest.

Benediction

Similar to the Grace, Compline closes by placing our trust in the goodness of God: Father, Son, and Holy Spirit. Benedictions are a crucial reminder to us, regardless of how our days have gone, that God is good and concerned with our well-being.

Canticles

There are three short songs (canticles) at the start of Luke’s gospel, named after the first word of each in the Latin Bible: the Benedictus, the Magnificat, and the Nunc Dimittis. These songs of praise joyfully respond to the good news that Jesus has come to deliver us.

Collects

Collects are designed to gather us in. They are tight, theologically dense prayers. Typically, they achieve the following (example from the 1662 BCP: Collect for Purity):

	COLLECT GOAL	EXAMPLE
1	Address God	Almighty God,
2	Highlight his character	To whom all hearts are open, all desires known, and from whom no secrets are hid;
3	Make a request to him in light of that characteristic	Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit;
4	Express a desired result of that request	So that we may perfectly love you and worthily magnify your holy name;
5	As it all in the name of Jesus	Through Jesus Christ our Lord. Amen.

Confession

Being in a healthy relationship requires honesty. Confession is an opportunity to share our sin with God; a time to lay our failures – and the shame it often causes – before our good and gracious Maker. In confession we share our neediness, and we ask for God’s forgiveness through Jesus Christ. This daily habit reminds us that we all need God’s mercy and grace. Reflect carefully, so that guided by the Holy Spirit, confession can become an honest expression of your heart.

Compline

This prayer service is distinct from Evening Prayer, and is the time of prayer before going to bed. The word “compline” signifies the completion of the day. It is a prayer service that recognizes our frailty and invites us into God’s rest.

The Grace

This concluding sentence is taken from 2 Corinthians 13, and asks that the blessings of the Triune God be established in us as we leave the time of prayer to go about our daily lives.

Intercessions

God wants us to grapple with our desires, not only in confession, but also in our requests. We are doing our best to say to Him “your kingdom come, your will be done.” Intercessions are opportunities for us to seek God’s heart in a matter, and to plead for his justice, mercy, and grace in the midst of all that is sinful and broken. And we don’t do it alone. Not only do we join with our Christian brothers and sisters, but we do it with Jesus, our great High Priest, and we do it in the power of the Holy Spirit. Because of this, we can confidently draw near to the throne of grace! (Hebrews 4.16).

Opening Sentences

We begin by slowing down and acknowledging that God welcomes us into His presence. Take your time.

Pardon Through the Cross

When we confess our sins, we do not wallow in guilt and shame. Instead, we open ourselves up to the grace of God, and receive his pardon through the death of his Son, Jesus Christ. Even at our worst, nothing can separate us from the love of God. Come to him, repent, and be forgiven!

Lord’s Prayer

This is the prayer Jesus specifically taught us to pray, and it provides the framework for how to see our lives in relationship to God and the rest of the world. It is no exaggeration to say that the prayer of our Lord Jesus lies at the very heart of a healthy prayer life.

Psalms

Across continents and centuries, the book of Psalms, more than any other book of the Bible, has shaped the way that the community of faith has prayed. The Psalms are real, visceral, and deeply challenging prayers. There is joy, rage, sorrow, peace, and everything in between. But the Psalms are not just expressions of our human condition, because they train our hearts and minds so that we can become the people God has made us to be. You might not always feel the way the psalmist feels, and that’s alright. The prayers of the Psalms don’t belong to any one of us individually. In the Psalms, we are lifted above our personal concerns to pray with the entire Church. This very day there are brothers and sisters who grieve, who rejoice, who exult, who lament, who long for the presence of the Lord. Join them in praying the Psalms.

Scripture Readings

Unless God speaks to us, we will have very little to say to him. God speaks to us because he loves us, and wants us to be in a healthy relationship with him. Among all of the ways in which we encounter God, Scripture holds a unique authority: it is the living word of the living God. Scripture can be difficult to read, either because we don’t immediately understand it, or because we do and don’t want to understand it. God gives us his word because he loves us. Meditate upon it throughout your day. Let the Holy Spirit work upon you through it, so that the word of Christ dwells in you richly and you continue to be transformed by the renewal of your mind, able to discern the will of God.

What is the book of common prayer?

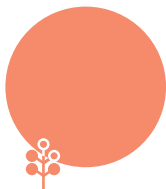
Since the earliest centuries of the Church, Christians have used prayerbooks in their devotional life. They are resources to draw upon as we learn the rhythms and language of prayer. During the Reformation, a fellow named Thomas Cranmer developed a specifically English prayerbook: the Book of Common Prayer (BCP). The BCP is many things, but above all, it is a robustly biblical and thoughtfully traditional expression of Christian devotion.

If you have ever picked up that little maroon book from the pew however, you might have found it to be an intimidating experience. Some of us are unfamiliar with using set prayers in our private devotional life: why pray the same things day in and day out? Others are uncomfortable praying other people's prayers: how can I be honest praying a prayer that isn't mine? For some it is simply the format: there are tables, calendars, Latin terms, and minimal explanation.

So why should you use it?

Simply put, the BCP gives us a time-honored pattern for rehearsing the gospel story; a story we are all learning to live into. The best reason to use the BCP is that it has been thoroughly shaped by the gospel. By participating in its prayers, we are reminded of our sin, pointed to Jesus Christ, and invited to respond in faith. This is the pattern of Christian life, and this is the pattern of the BCP.

If you're curious about the most recent edition of the BCP, published by our province, the Anglican Church of North America, check out <http://bcp2019.anglicanchurch.net/>



How to use this book

There are two times of prayer in this booklet: Morning and Night. The Morning service makes space for intercession, while the Night service (Compline) encourages a time of reflection.

The services can be prayed alone, or as a group. If you are praying alone, read all of the prayers, perhaps aloud. Each service flows from one page to the next, guiding you from start to finish.