

TRI  
NITY  
daily  
OFFICE  
PRAYERS  
*all souls*



## *morning prayer*

### PREPARATION

O Lord, open our lips  
**and our mouth shall proclaim your praise.**

### **prayer of thanksgiving**

From the rising of the sun, till its setting in the west

**God's holy name be praised.**

On the lips of children, by babies at their mother's breast

**God's holy name be praised.**

In the visions of the old and the dreaming of the young

**God's holy name be praised.**

Let all that has life and breath praise the Lord

**Amen. We praise the Lord.**

### **opening prayer**

O God our Creator,

Your kindness has brought us the gift of a new morning

Help us to leave yesterday and not to covet tomorrow

But to accept the uniqueness of today.

*Silence is kept.*

Jesus Christ, Son of God have mercy upon us.

**Jesus Christ, Son of God, have mercy upon us.**

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 for ever.

### THE WORD *of* GOD

### **psalmody**

*The appointed psalmody is said.*

*Each psalm or group of psalms may end with:*

**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 God's Praise*

O God, you are my God; eagerly I seek you; \*  
my soul is athirst for you.  
My flesh also faints for you, \*  
as in a dry and thirsty land where there is no water.  
So would I gaze upon you in your holy place, \*  
that I might behold your power and your glory.  
Your loving-kindness is better than life itself \*  
and so my lips shall praise you.  
I will bless you as long as I live \*  
and lift up my hands in your name.  
My soul shall be satisfied, as with marrow and fatness, \*  
and my mouth shall praise you with joyful lips,  
When I remember you upon my bed \*  
and meditate on you in the watches of the night.  
For you have been my helper \*  
and under the shadow of your wings will I rejoice.  
My soul clings to you; \*  
your right hand shall hold me fast. *Psalm 63.1-9*

**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 reading

*One or more readings appointed for the day are read.  
The reading(s) may be followed by a time of meditation and this response:*

Your salvation is near to those who fear you;  
that glory may dwell in our land.  
**Your salvation is near to those who fear you;  
that glory may dwell in our land.**  
Mercy and truth have met together;  
righteousness and peace have kissed each other.  
**That glory may dwell in our land.**  
Glory to the Father and to the Son  
and to the Holy Spirit.  
**Your salvation is near to those who fear you;  
that glory may dwell in our land.** *Psalm 85*

*The Gospel Canticle may be read following Gospel or  
New Testament reading, especially in group settings*

**gospel canticle: the 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 his 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 him without fear, \*  
holy and righteous in his 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 his way,  
To give his people knowledge of salvation \*  
by the forgiveness of all 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*

**PRAYERS**

**thanksgivings and intercessions** *are offered*

*Silence is kept.*

**the collect of the week** *or the following is said*

Kindle in our hearts, O God,  
the flame of love which never ceases,  
that it may burn in us, giving light to others.  
May we shine for ever in your temple,  
set on fire with your eternal light,  
even your Son Jesus Christ,  
our Saviour and our Redeemer.

**the lord's prayer** *is said*

## THE CONCLUSION

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.*

*a brief order for  
midday prayer*

## PREPARATION

### **praise**

I bind unto myself today  
the strong name of the Trinity,  
by invocation of the same,  
the Three in One, and One in Three.  
Of whom all nature hath creation;  
eternal Father, Spirit, Word:  
Praise to the Lord of my salvation,  
salvation is of Christ the Lord. *from St Patrick's Breastplate*

## THE WORD *of* GOD

*A psalm or reading from the Daily Lectionary is read.*

## PRAYERS

### **invocation**

O God of peace, who hast taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of thy Spirit lift us, we pray thee, to thy presence, where we may be still and know that thou art God; through Jesus Christ our Lord. *Amen.*

*Silence is kept.*

**thankgivings and intercessions** *may be offered*

**the lord's prayer** *is said*

## THE CONCLUSION

May God bless the work of our hands. Let us bless His Name.  
*Amen.*

## *compline*

*prayers to end the day (from the Iona community)*

### PREPARATION

O God, for your love for us, warm and brooding,  
which has brought us to birth and opened our eyes  
to the wonder and beauty of creation,

**We give you thanks**

For your love for us, wild and freeing,  
which has awakened us to the energy of creation:  
to the sap that flows,  
the blood that pulses,  
the heart that sings.

**We give you thanks**

For your love for us, compassionate and patient,  
which has carried us through our pain,  
wept beside us in our sin,  
and waited with us in our confusion.

**We give you thanks**

For your love for us, strong and challenging,  
which has called us to risk for you,  
asked for the best in us,  
and shown us how to serve.

**We give you thanks**

O God we come to celebrate  
that your Holy Spirit is present deep within us,  
and at the heart of all life.

Forgive us when we forget your gift of love  
made known to us in Jesus,  
and draw us into your presence.

*silence and personal confession*

Forgive us, O God,  
wherever we have chosen to be, or do, or dare  
less than you have asked of us;  
and as we walk on in the desert with you  
help us watch and wrestle with these things  
so that we might choose differently in future.

**Lord have mercy. Amen.**

## THE WORD *of* GOD

### psalmody

*The appointed psalmody is said.*

*Each psalm or group of psalms may end with:*

**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 readings

*Reading(s) from the Daily Lectionary.*

## PRAYERS

We bring to God  
someone whom we have met or remembered today  
and for whom we want to pray:

We bring to God  
someone who is hurting tonight and needs our prayer:

We bring to God  
a troubled situation in our world tonight:

We bring to God, silently,  
someone whom we find hard to forgive or trust:

We bring ourselves to God  
that we might grow in generosity of spirit,  
clarity of mind,  
and warmth of affection:

## THE CONCLUSION

### **the nunc dimittis (the song of simeon)**

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.**

Oh God of all gods,  
Grant us your light this night,  
Your grace as we sleep,  
Your joy in the morning  
And let us be made pure in the well of your health.  
Jesus Christ, Son of Mary  
Holy Spirit, Light of Life,  
Shield and sustain us and all our dear ones  
this night and every night. *Amen.*

† In the name of the Father, and of the Son,  
and of the Holy Spirit. Amen

*additional prayers*  
*from the Iona community*

**for morning or noonday prayer**

Oh God of life, of all life and each life,  
We lay our lives before you.  
We give our lives to you,  
From whom nothing in us is hidden.  
You are before us, God, you are behind;  
You are around us, God, you are within.

Oh God of life,  
you know the secret thoughts of every heart.  
We bring the faith that is in us, and the doubt;  
We bring the joy that is in us, and the sorrow.

Oh God of life, you are in the light, and in the darkness.  
We bring the knowledge that is in us, and the ignorance;  
We bring the hope that is in us, and the despair.

Oh God of life, O generous Spirit,  
Renew us with your life,  
Today, tomorrow, and always.

*Amen.*

**slow us down to listen**

Slow us down to listen  
Still our restless spirits ...  
Calm our racing minds ...  
Centre our being ...  
Let our longing linger.  
Let it take root  
and create a beautiful yearning space  
that has the time to ache ...  
Slow us down for prayer  
Silence the siren voices ...  
Wait for our weary wanting  
to meet our need and find common ground ...  
Hold back the driving beat of our hearts  
and let the drums of our internal wars fall silent ...

Slow us down to listen  
Before the journey begins ...  
Before the wanderlust calls us ...  
Before the wilderness beckons  
and breaks our searching spirits ...  
Slow us down O Lord,  
We ask it for your own name's sake.  
*Amen.*

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## INSTRUCTIONS FOR USE:

### **daily office prayers**

*in group or family settings:*

The booklet has been designed for individual and group use. When praying by yourself use you may want to substitute a singular personal pronoun where there are plural, for instance use “I” rather than “we.” If praying together in a group setting the bold and unbolded text may be read alternating between a leader and a group or two groups. Prayers are intended to be read in unison, and Psalms and Canticles may be read either in unison or alternating verses between two groups or a group and a leader. The asterisk indicates the alternating verses and where a pause (*a selah*) may take place.

*Midday Prayer* may be shortened to serve as a brief time of prayer before the noonday meal.

The order for *Evening Prayer* (to be read at sunset or early evening, especially in group settings) is available daily online or in a downloadable mobile application @ [churchofengland.org/prayer-worship/join-us-in-daily-prayer.aspx](http://churchofengland.org/prayer-worship/join-us-in-daily-prayer.aspx)

This booklet as well as a service for Evening Prayer is available for download or viewing on your mobile device at [allsouls.com/daily-prayer](http://allsouls.com/daily-prayer).

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### scripture readings:

The Common Worship lectionary readings and the Collect for the Week will be found as an insert in your weekly Sunday bulletin. These Scriptures may be read at designated offices or you may choose one or more tracks of the continuous readings of an Old Testament, Epistle, and Gospel to follow throughout the season at your own appointed times. Intercessions for the week will be found on the reverse side.

You may prefer to use a different reading plan than the Common Worship lectionary, but a Gospel, Old Testament, and Epistle reading should be read each day, and a Psalm at each office.

If you would like to add simply the lectionary into the calendar on your desktop or mobile device, follow the instructions at this link:

[almanac.oremus.org/lectionary/2019.html](http://almanac.oremus.org/lectionary/2019.html)

All the Common Worship Daily Offices and lectionary readings are available daily online @ [allsouls.com/daily-prayer](http://allsouls.com/daily-prayer)



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