



lent

all souls anglican
daily office prayers

morning prayer

opening sentence

If anyone would come after me, let him deny himself
and take up his cross and follow me.

Mark 8:34

confession of sin

**Blessed Almighty God and Father, we confess to you,
to one another, and to the whole company of heaven,
that we have sinned, through our own fault,
in thought, and word, and deed,
and in what we have left undone.
For the sake of your Son our Lord Jesus Christ,
have mercy upon us, forgive us our sins,
and by the power of your Holy Spirit
raise us up to serve you in newness of life,
to the glory of your Name. Amen.**

Grant to your faithful people, merciful Lord, pardon and peace; that
we may be cleansed from all our sins, and serve you with a quiet mind;
through Jesus Christ our Lord. **Amen.**

invitatory

**Create in me a clean heart, O God,
And renew a right spirit within me.
Cast me not away from your presence,
And take not your Holy Spirit from me.
O give me the comfort of your Help again,
And sustain me with your willing Spirit.**

venite

O Come

Officiant and People, all standing

**The Lord is full of compassion and mercy:
O come, let us adore him.
O come, let us sing unto the Lord; ***

INSTRUCTIONS for USE:

Lectionary and Prayers

The ACNA daily lectionary as well as the Collect of the Week, and daily intercessions for those in our community may be found at allsouls.com/weekly-readings

You will also find these prayer services, including readings from the Lectionary, and prayers for our community at <https://liturgywith.us/seed42>

daily office prayers

in group or family settings:

The booklet has been designed for individual and group use. Individually, you may want to substitute a singular personal pronoun where there are plural, for instance use “I” rather than “we.” In a group, 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. Psalms and Canticles may be read in unison or alternating verses between two groups or a group and a leader. The asterisk indicates where a pause (a *selah*) may take place.

This booklet is available for download or viewing on your mobile device at allsouls.com

The texts in this booklet are taken from the Book of Common Prayer (2019) Anglican Church in North America.

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**let us heartily rejoice in the strength of our salvation.
Let us come before his presence with thanksgiving *
and show ourselves glad in him with psalms.
For the Lord is a great God *
and a great King above all gods.
In his hand are all the depths of the earth, *
and the heights of the hills are his also.
The sea is his, for he made it, *
and his hands prepared the dry land.
O come, let us worship and fall down, *
and kneel before the Lord our Maker.
For he is our God, *
and we are the people of his pasture,
and the sheep of his hand.
Today, if you will hear his voice, harden not your hearts *
as in the provocation, and as in the day of temptation in the
wilderness,
When your fathers tested me, *
and put me to the proof, though they had seen my works.
Forty years long was I grieved with this generation and said, *
“It is a people that err in their hearts, for they have not known my
ways,”
Of whom I swore in my wrath *
that they should not enter into my rest.**

The Lord is full of compassion and mercy:
O come, let us adore him.

psalmody

*The appointed psalmody is said.
Each psalm or group of psalms ends with:*

**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.**

scripture reading

One or more readings from the Daily Lectionary are read ending with

The Word of the Lord

Thanks be to God

The reading(s) may be followed by a time of silence

canticle

A Song of the Word of the Lord

Seek the Lord while he wills to be found, *
call upon him when he is near;
Let the wicked forsake their ways, *
and the evil ones their thoughts;
And let them turn to the Lord, And he will have compassion, *
and to our God, for he will richly pardon.
‘For my thoughts are not your thoughts, *
nor your ways my ways,’ says the Lord.
‘For as the heavens are higher than the earth, *
so are my ways higher than your ways
and my thoughts than your thoughts.
For as rain and snow fall from the heavens, *
and return not again but water the earth,
Bringing forth life and giving growth, *
seed for sowing and bread for eating,
‘So is my word that goes forth from my mouth; *
it will not return to me empty,
‘But it will accomplish that which I have purposed, *
and prosper in that for which I sent it.

Isaiah 55.6-11

Glory 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.

*Following the New Testament or Gospel Reading– the Gospel Canticle
may be read, especially in group settings*

A prayer from the Iona Community

slow us down for the fast
Slow us down for the fast.
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 the fast.
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 for the fast.
Before the journey begins ...
Before the wanderlust calls us ...
Before the wilderness beckons
and breaks our searching spirits ...
Slow us down for the fast.
We ask it for your own name's sake.
Amen.

Additional prayers suitable for Lent from the Book of Common Prayer, 2019

For the Human Family

O God, you made us in your own image, and you have redeemed us through your Son Jesus Christ: Look with compassion on the whole human family; take away the arrogance and hatred which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne; through Jesus Christ our Lord. Amen.

In Times of Suffering

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.

For Seeking God

Teach me to seek you, and as I seek you, show yourself to me; for I cannot seek you unless you show me how, and I will never find you unless you show yourself to me. Let me seek you by desiring you, and desire you by seeking you; let me find you by loving you, and love you in finding you. Amen.

Anselm of Canterbury

For satisfaction in Christ

O God, of your goodness, give me yourself, for you are enough for me. I can ask for nothing less that is completely to your honor, and if I do ask anything less, I shall always be in want. Only in you I have all. Amen.

Julian of Norwich

gospel canticle: the 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 Savior, *
born of the house of his servant David.
Through his holy prophets he promised of old *
that he would save us 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 in the shadow of death,*
and to guide our feet into the way of peace.**

Luke 1.68-79

**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.**

prayers

The Lord be with you.
And with your spirit.

Let us pray

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

the lord's prayer is said

the suffrages

O Lord, show your mercy upon us;
And grant us your salvation.
O Lord, guide those who govern us;
And lead us in the way of justice and truth.
Clothe your ministers with righteousness;
And let your people sing with joy.
O Lord, save your people;
And bless your inheritance.
Give peace in our time, O Lord;
And defend us by your mighty power.
Let not the needy, O Lord, be forgotten;
Nor the hope of the poor be taken away.
Create in us clean hearts, O God;
And take not your Holy Spirit from us.

the collect of the week or the collect for lent is said

Almighty and everlasting God, you hate nothing you have made, and you forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

thanksgivings and intercessions are offered. At the close of each intercession, the supplicant shall pray, "Lord in your Mercy", followed by the response, "Hear our Prayer".

the general thanksgiving

**Almighty God, Father of all mercies,
we your unworthy servants give you humble thanks
for all your goodness and loving-kindness
to us and to all whom you have made.
We bless you for our creation, preservation,
and all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world by our Lord Jesus Christ;**

the collect

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

thanksgivings and intercessions

Prayers may be offered for ourselves and others. It is appropriate that prayers of thanksgiving for the blessings of the day, and penitence for our sins, be included.

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. Amen.

Nunc Dimittis

The Song of Simeon

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

**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.**

Luke 2:29-32

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

Let us bless the Lord.
Thanks be to God.

the conclusion

The almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and keep us, this night and evermore. **Amen**

psalmody
Psalm 134

Behold now, praise the Lord,*
all you servants of the Lord,
You that stand by night in the house of the Lord,*
even in the courts of the house of our God.
Lift up your hands in the sanctuary*
and sing praises unto the Lord.
The Lord who made heaven and earth*
give you blessing out of Zion.

**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.**

scripture reading

Come to me, all who labor and are heavy laden, and I will give you rest.
Take my yoke upon you, and learn from me, for I am gentle and lowly in
heart, and you will find rest for your souls. For my yoke is easy, and my
burden is light.

Matthew 11:28-30

The Word of the Lord
Thanks be to God

A period of silence may follow.

prayers

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.

Lord, have mercy upon us,
Christ, have mercy upon us.
Lord, have mercy upon us.

the Lord's Prayer is said

for the means of grace, and for the hope of glory.
And, we pray, give us such an awareness of your mercies,
that with truly thankful hearts we may show forth your praise,
not only with our lips, but in our lives,
by giving up our selves to your service,
and by walking before you
in holiness and righteousness all our days;
Through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be honor and glory throughout all ages. Amen.

the conclusion

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.**

midday prayer

invitatory

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

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

psalms

a psalm from the Daily Lectionary is read

Each psalm or group of psalms ends with:

**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.**

scripture reading

a reading from the Daily Lectionary is read or the following:

If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation.

2 Corinthians 5:17-18

The Word of the Lord

Thanks be to God

the prayers

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.

the Lord's Prayer is said

the collect

Pour your grace into our hearts, O Lord, that we who have known the incarnation of your Son Jesus Christ, announced by an angel to the Virgin Mary, may by his Cross and passion be brought to the glory of his resurrection; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever Amen.

thanksgivings and intercessions

*Silence may be kept, and other intercessions and thanksgivings may be offered.
At the close of each intercession, the supplicant shall pray, Lord in your Mercy,
followed by the response, Hear our Prayer.*

the conclusion

May God bless the work of our hands.

Let us bless His Name. Amen

compline: prayers to end the day

opening sentence

I will lay me down in peace, and take my rest;
for you, LORD, only, make me dwell in safety.

Psalms 4:8

The Lord almighty grant us a peaceful night
And a perfect end. **Amen.**

Our help is in the Name of the Lord;
The maker of heaven and earth.

Confession of Sin

**Blessed Almighty God and Father, we confess to you,
to one another, and to the whole company of heaven,
that we have sinned, through our own fault,
in thought, and word, and deed,
and in what we have left undone.
For the sake of your Son our Lord Jesus Christ,
have mercy upon us, forgive us our sins,
and by the power of your Holy Spirit
raise us up to serve you in newness of life,
to the glory of your Name. Amen.**

Grant to your faithful people, merciful Lord, pardon and peace; that we may be cleansed from all our sins, and serve you with a quiet mind; through Jesus Christ our Lord. **Amen.**