

## How to Use This Booklet:

Join believers around the world and throughout history by participating in the never-ceasing prayers of the Church by praying the Daily Offices. The best way to begin is to set aside a set time each day that you know would work for you on a regular basis. Then choose the corresponding BCP prayer office for that time of day. Gradually you may want to add other set times; or, many choose to also pray the Midday Office to take a few moments to rest in God's presence in the midst of a busy day, or to pray Compline before going to sleep at night.

The Daily Offices in the ACNA Book of Common Prayer are:

- **Morning Prayer**, p. 11 (prayer when you rise)
- **Midday Prayer**, p. 33 (prayer to reset your day)
- **Evening Prayer** p. 41 (at sunset or early evening, before or after an evening meal)
- **Compline**, p. 57 (prayer to end the day)

Where to start:

- Tuck this booklet in your Book of Common Prayer or Bible
- Preparation:
  - Decide on the **content** you want to include in each *section* for each office
  - Regularize your content for a few weeks, giving the prayers time to settle into your soul (Use the last page of this booklet for notes)
  - Consider using ribbons or bookmarks; many sources for these but here is one: <https://tinyurl.com/Prayerbook-ribbons>
  - Refer to the additional content on the closing pages of Morning & Evening Prayer for making any modifications for the current church season.
  - If you are praying with another person or person(s), pray responsively, with a leader beginning with the **bolded text** or as indicated by asterisks in the texts. If you are praying individually you may want to only pray the bolded text in the antiphons.

## Introduction to the Daily Offices

*The essential structure of all the Daily Offices includes each of these sections in this order:*

- PREPARATION & CONFESSION
- PRAISE (CANTICLES AND/OR PSALMS)
- READING (S) FROM YOUR BIBLE
- COLLECTS & PERSONAL INTERCESSION
- CLOSING PRAYERS FOR GRACE AND OF THANKSGIVING

Keep this structure in mind as you fill in the content for each **worship step** in its section with the appropriate prayers, psalms/canticles. In the Daily Office outlines below **the sections are in red**, the **worship steps are bolded**, and the content choices are described in unbolded text. **Optional steps or content are marked with an \*\***. Keep in mind the full services of Morning and Evening Prayer are designed to be corporate worship services. We adjust the content for our personal prayer offices, following the tradition of the monastic Divine Hours at home, which is the tradition the Book of Common Prayer was founded upon. Decide how much Scripture you want to read and how many Psalms, Collects & Canticles you want to pray based on what fits best into your own practices of intercession, silent prayer, and *lectio divina*.

### Regarding the Scripture Lessons:

(From *The ACNA Daily Office Lectionary*, p. 738 cf.)

The ACNA Daily Office Lectionary is founded on the original BCP principle that the “whole of Holy Scripture” should be read each year. If one reads the appointed Scriptures for Morning Prayer and Evening Prayer each day (a one-year lectionary) you will read through most of the Old Testament in one year and the New Testament in its entirety twice. However, the BCP also offers an appropriate option to this plan: (p. 737)

- To read the ACNA one-year lectionary *every two years*:
  - In odd-numbered years, use the two readings for Morning Prayer each day
  - In even-numbered years, use the two readings for Evening Prayer each day

If you choose a two-year cycle you are then reading the New Testament each year, and the entirety of the Old Testament over a two year period.

Additionally:

- The † symbol, when it appears in the lectionary, indicates a way to shorten an Old Testament reading if desired.
- Readings from the Apocrypha are in italics. You can replace them with a different lesson for the day if you'd like.
- If you pray more than one prayer office each day, you may choose to spread out the Psalms and Scripture readings across the offices.
- The Daily Office Lectionary is a continuous lectionary according to the day of the month. The Daily Office Lectionary is a different lectionary than the one used for Sunday Eucharists and Feast Days which is a rotating three-year lectionary. (p. 716 cf.)

### Regarding the Psalter

- A 60-day cycle of the Psalms is included in the Daily Lectionary. To follow this 60 day cycle pray *both* the MP and EP assigned psalms at one office or throughout the day if additional offices are prayed.
- OR alternate each day's Psalter reading between the MP and EP assigned Psalms to provide a continuous reading of the Psalter over 120 days
- OR Follow the 30 day cycle that is indicated within the Psalter itself.
- Always conclude the chanting/singing of the Psalms in an office with the *Gloria Patri*:

*Gloria 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.*

Praying the *Gloria Patri* reminds us that all our prayers and praises are grounded in our relationship with the Divine One who is Trinity.

- To aid our parish we prepare each month an *All Souls Lectionary and Collects* insert which lists Bible readings according to the two year lectionary cycle and a continuous reading of the Psalms in a 120 day period. These inserts are found on the table in our Narthex. The lectionary for the month is on one side and the Collects for the month are on the reverse.

## The Daily Offices

### *morning prayer*

#### PREPARATION

- **Pray one of the opening sentences of Scripture**, p. 11 or other choices on pp. 27-29
- **Confess your sins**, p. 12

*Option: The Confession from the Renewed Ancient Text*

Most Merciful God,

We confess that we have sinned against you  
in thought, word, and deed,  
by what we have done, and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will, and walk in your ways,  
to the glory of your name. *Amen.*

- **Ask for Pardon & Peace**

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.*

- **Pray the the Invitatory**, p. 13 (an “invitation” to prayer and praise)

**PRAISE: OPENING CANTICLE AND APPOINTED PSALM(S)**

- \*\* **Say or chant the Venite or the Jubilate**, pp. 14-15

The *Paxa Nostrum* is used during Eastertide.

You may choose to say an antiphon to say before or after the Canticle(s), p.14 or pp. 29-30 for specific seasons in the church calendar

- **Pray the appointed Psalm(s)**

**READING(S) FROM YOUR BIBLE**

- **Read appointed readings from the Daily Lectionary**

- **\*\* Say or chant a Canticle after each reading selection from the Old Testament and the New Testament, or one at the conclusion of both readings.**

(The customary canticles are on pp. 17-20; note the seasonal changes. You may also choose from the supplemental canticles, pp.79-88.)

- **\*\* Say the Apostle’s Creed**, p. 20

**COLLECTS & PERSONAL INTERCESSION**

- **Begin with:**

Lord, have mercy.

**Christ, have mercy.**

Lord, have mercy.

*A period of silence may follow*

- **Pray the Lord’s Prayer**

- **Pray the suffrages:** “O Lord, show your mercy upon us ...” p. 21-22

- **Pray the Collect of the Week or for the appointed feast day**, pp. 598-640, or refer to the *All Souls monthly Lectionary Readings and Collects insert*.

- **Pray the Collect of the weekday**, pp. 22-24 (the Collect for Grace is traditionally read daily at the close of morning prayer)

- **Pray one of the Prayers for Mission**, pp. 24-25

- **\*\*Pray any additional Collects** (on p. 22-25) **or Occasional Prayers** on pp. 642-683\*\*

- Offer personal intercessions and praise

#### CLOSING PRAYERS FOR GRACE AND OF THANKSGIVING

- Pray the **General Thanksgiving**, p. 25
- **\*\*If praying with a group you may want to pray the Prayer of St. John Chrysostom**, p. 26
- **\*\*Pray the Collect for Grace**, p. 23
  - Oh 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.
- Pray a closing **Benediction**, p. 26

### *Midday Prayer*

The suggested content for Midday Prayer is shorter by intention, fitting into the center of the day moments to welcome the presence of God.

#### PREPARATION

- Pray the **Opening Sentences**, “Oh God make speed to save us...”, p. 33

#### PRAISE (CANTICLES AND/OR PSALMS)

- Pray **one or more of the Psalms**, pp. 33-36 (or one of the appointed Psalms of the day)

#### READING (S) FROM YOUR BIBLE

- **Read a verse of Scripture**, on p. 36, a verse from your morning readings to meditate further upon, or an appointed lectionary reading

#### COLLECTS & PERSONAL INTERCESSION

- **Begin with:**
  - Lord, have mercy.
  - Christ, have mercy.**
  - Lord, have mercy.
  - A period of silence may follow*

- Pray the **Lord’s Prayer**
- Pray a **Collect** (from those on p. 38, or another personal choice)
- Offer **personal intercessions and praise**

#### CLOSING PRAYERS FOR GRACE AND OF THANKSGIVING

- Pray a **closing sentence**, p. 39 or one from Morning or Evening Prayer you may be praying regularly

### *Evening Prayer*

#### PREPARATION & CONFESSION

- Pray **one of the opening sentences of Scripture**, p. 41 or other choices on pp. 54-56
- **Confess your sins**, p. 41-42 (see Morning Prayer office for optional words of formal confession or if you prayed a formal confession in Morning Prayer you may prefer to offer words of personal confession)

- **Ask for Pardon & Peace**

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.*

- **Pray the the Invitatory**, p. 43 (an evening “invitation” to prayer and praise)

**PRAISE: OPENING CANTICLE AND APPOINTED PSALM(S)**

- **Say or chant the *Phos Hilaron***, p. 44
- **Pray the appointed Psalm(s)**

**READING(S) FROM YOUR BIBLE**

- **Read appointed readings from the Daily Lectionary**
- **\*\* Say or chant a Canticle after each reading selection from the Old Testament and the New Testament, or one at the conclusion of both readings**, pp. 43-44 (the *Magnificat* is the traditional canticle after the first lesson of Evening Prayer. You may also choose from the supplemental canticles, pp.79-88.)
- **\*\* Say the Apostle’s Creed**, p. 46

**COLLECTS & PERSONAL INTERCESSION**

- **Begin with:**

Lord, have mercy.

**Christ, have mercy.**

Lord, have mercy.

*A period of silence may follow*

- **Pray the Lord’s Prayer**
- **Pray *one* of the sets of suffrages**, p. 47-48
- **Pray the Collect of the Week or for the appointed feast day**, pp. 598-640, or refer to the *All Souls monthly Lectionary Readings and Collects insert*.
- **\*\*Pray the Collect of the Day**, p. 49-51
- **\*\*Pray any additional Collects**, on p. 49-51 or Occasional Prayers on pp. 642-683
- **Offer personal intercessions and praise**

**CLOSING PRAYERS FOR GRACE AND OF THANKSGIVING**

- **Pray the General Thanksgiving**, p. 51
- **\*\*If praying with a group you may want to pray the Prayer of St. John Chrysostom**, p. 52
- **Pray the closing Benediction**, p. 53

## ***Compline***

**PREPARATION & CONFESSION**

- **Pray the opening prayer**, p. 57
- **Confess your sins**, p. 57
- **Ask for Pardon & Peace**

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.*

#### PRAISE (CANTICLES AND/OR PSALMS)

- **Pray the Psalm(s)**, choose one or more Psalms from p. 60-62 or one of the appointed Psalms in the Daily Lectionary

#### READING (S) FROM YOUR BIBLE

- **Read one or more of the Scripture selections**, p. 61 or an appointed reading from the Daily Lectionary

#### COLLECTS & PERSONAL INTERCESSION

- **Begin with:** “Into your hands, O Lord, I commend my spirit...”, p. 62
- **Then:**

Lord, have mercy.

**Christ, have mercy.**

Lord, have mercy.

*A period of silence may follow*

- **Pray the Lord’s Prayer**
- **Pray one or more of the Collects for Compline**, p. 63
- **Pray one of the closing collects for Compline**, p. 64

#### CLOSING PRAYERS FOR GRACE AND OF THANKSGIVING

- **Pray the Nunc Dimittis, the *Song of Simeon***, p. 64
- **Pray the closing prayer of Compline, “Guide us waking...”**, p. 65
- **Pray the closing words of Benediction**, p. 65

#### *Notes*

