



The Daily Offices

THE ANCIENT

PRACTICE OF

MORNING, MIDDAY

AND EVENING

PRAYER







WHAT IS THIS BOOK?

Anglicans are known as people of two books. The first is The Bible. The second is The Book of Common Prayer (BCP). The BCP contains a breathtakingly rich heritage of worship and prayers that connects the church of today with the church of the past. Whether it's communion service, marriage or ordination services, or the offices of morning and evening prayer – each is robustly biblical containing the very best representation of how the church has worshipped throughout history.

One of the greatest gifts of the Anglican heritage is The BCP. It is through the services and prayers contained therein that one learns the essential doctrines of the Anglican Church: the supremacy and centrality of the Bible, justification by grace through faith, the substitutionary atoning death of Jesus Christ, and the episcopal form of church governance. However, if you have ever picked up that little red book known as the BCP, you know that it can be an overwhelming experience. It is not an Apple product. It's not simple, intuitive and easy to use right out of the box. The BCP requires discipline and practice. In our age of instant gratification, we tend to avoid practices – let alone spiritual practices – that involve a steep learning curve coupled with the need for persistent commitment. But if we cave in to the spirit of our age, we in turn miss out on one of the most phenomenal offerings of our Anglican heritage. So what are we to do?

This little booklet in your hands is a stepping stone. We have taken the Forms of Prayers to be used in Families (found in the back of the BCP) and tailored them into a user-friendly form of The Order of Morning and Evening Prayer. Our goal in doing this is to offer the BCP as a tool for prayer that can be intuitively and easily utilized. This booklet will allow you to take either a dip in the shallow end, or dive into the deep end of the ancient Daily Offices. These offices (or forms of prayer) have shaped and enriched Christian prayer and worship for centuries. We must stress that even though the format of this spiritual resource is accessible and full of promise, a persistent commitment is still required. The benefits of the Daily Offices are only discovered through the consistent and enduring investment of time and energy. But the results are immeasurable: a robustly biblical and worshipful experience of Christ's glory in the morning and evening – over and over again!

So, come! Take a dip until you're ready to dive in with us!

HOW TO USE THIS BOOK

This book has three services of prayer: Morning, Midday, and Evening. Each has unique content and is divided into parts. For example, on any given morning, you begin with Part One. Once you work through its contents, turn to the corresponding day (Monday thru Saturday) in Part Two. From this point, you conclude with Part Three. Part One and Part Three are the same every day. Part Two rotates, according to the day of the week. Easy enough! The three parts come together to make the whole. However, each part also stands on its own. If you're ever pressed for time, you can simply pray Part One. When you have more time, and want to engage with Scripture, you can incorporate Part Two (or use it on its own). Part Three provides space for focused intercession for other people.

Ideally you can pray through the entire service of prayer, every morning, midday, and evening. Setting aside a consistent time and place will make all the difference. The Morning Prayer readies us for the day, inviting us to intercede for one another (and the city and world) as we do so. The Evening Prayer is more reflective, looking back on the day. To this end, it creates space to repent of our sins and to give thanks for how God has been faithful to us. Each prayer service contains a number of different elements:

INVITATION We begin our prayers as people invited into God's presence. The invitation helps us to become aware and mindful of God's presence.

LORD'S PRAYER When asked, "How do we pray?" Jesus taught what we

now call the Lord's Prayer. We begin our daily prayers by putting Jesus' instruction into practice which provides the framework for how we see and understand our lives within the world. It can be really helpful to pray it slowly, saying one petition at a time and meditating upon it.

COLLECTS A "collect" is a prayer which assists us in collecting our thoughts for intercession and thanksgiving. They affirm God's character and lead us to pray in light of who God is. Collects gather our individual prayers together as one.

PSALMS The psalms have taught God's people how to pray for several millennia. St. Augustine called them "the school of prayer." There will be times when a psalm doesn't match or connect with your immediate experience. That's okay! It may be expressing someone else's experience; it may even be your experience one day. So, let the Psalms prepare you to respond to God with a full range of emotion, based on life's ups and downs.

SCRIPTURE Every morning and evening service includes readings from the Bible. Our reading plan will take you through most of the Bible in a year (turn to p. 30 for more details).

DWELLING Dwelling is rooted in the ancient Christian practice of *Lectio Divina* (you can explore this tradition further online). This is a way of reading the Bible slowly and contemplatively. The goal isn't only to gain information but to create space to listen for the Spirit to speak. Dwelling assumes that prayer is a two-way conversation. It enables us to dialogue with Jesus by hearing, listening, and responding to the Word.

INTERCESSION & GIVING THANKS

In this prayer book, intercession takes place in the morning, and thanksgiving is done in the evening. We begin our day asking God for the needs and concerns of our church, city and world; as well as our personal needs. This is a crucial prayer practice in an age of isolation, hyper-individualism, and self-sufficiency. We end our day by giving thanks both as an expression of gratitude and way of cultivating gratitude.

CONFESSION God wants us to be honest with him. God invites us to name the areas of our lives where we have sinned and are subject to passing or chronic brokenness. Confession is an opportunity to share our failures, shortcomings, struggles, and sin with God. It is a time to lay our neediness—and the shame it often causes—before our Maker. In confession we ask for God's compassion through Jesus Christ. The practice of confession reminds us daily that we all have need of God's mercy and forgiveness. After reading the prayer of confession, pause to bring specificity to this prayer as may be relevant to your circumstances. Reflect on your day, that confession may become an expression of your heart.

ASSURANCE As we confess our sins, the point is not to park in guilt or shame but to open ourselves up to the grace of God. This prayer affirms our trust in Jesus and gives concrete expression to the gospel. Even at our worst, God loves us, forgives us, and is working for our good—and we know this because while we were sinners, Christ died for us.

DOXOLOGY Written in 1674 by Thomas Ken, the words of doxology anchor us in the reality that our only

proper response to God is worship and praise.

BENEDICTION We give God the last word in our worship. First, God blesses us. From a place of blessing, God sends us out into the world, to live a life that reflects his love, mercy, and truth.

QUIET Sometimes we need to slow down and be still instead of rushing in order to "get things done." When you see the word Quiet, be still for a moment and remember that Christ abides in you as you abide in him.


PRAYING SET WORDS

You may not be accustomed to a way of praying that involves pre-set words. Don't write it off before giving it a try! The Anglican theologian, William Law, offers a helpful way of seeing this:

"Christians ought to use forms of prayer at all the regular times of prayer. It seems right for every one to begin with a form of prayer. If, in the midst of their devotions, they find their heart ready to break forth into new and higher strains of devotions, they should leave this form for awhile and follow those fervors of their heart, until it again wants the assistance of their usual petitions."

May you find Morning and Evening Prayer to be helpful springboards and not irksome structures. We are confident that this prayer resource will serve you well—for closer identification with Christ—as it has countless Christians in centuries before our own.

Godspeed.



*Prayer is the exercise
of drawing on the
grace of God*

OSWALD CHAMBERS

MORNING PRAYER



Every Morning

MORNING PRAYER PART ONE

INVITATION

"If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

John 15.5

Quiet

Jesus, my Lord and my God:
With this new dawn, I seek you.
In the morning, I call out to you:
Guard and guide my steps this day.

LORD'S PRAYER

Our Father in heaven, hallowed be your name.
Your kingdom come, your will be done,
on earth as it is in heaven.
Give us today 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.

MORNING COLLECT

We give you heartfelt thanks, Heavenly Father, for the rest of the past night and the gift of this new day. Grant that we may pass its hours in the perfect freedom of your service, that when evening comes, we may again give thanks to you, through Jesus Christ our Lord.
Amen.

PSALM

Open your Bible to the Psalms. You can choose a Psalm at random, or read them sequentially through the year. However, don't just read the Psalm. *Pray with the Psalmist!*

SCRIPTURE READING

Read your passage for this Monday morning.
Don't rush! This is *God's* Word!

DWELLING

Slowly read the passage again, out loud. Reflect on what this passage tells you about God. Spend some time talking to God about what stood out to you.

COLLECT

Almighty Father, whose blessed Son before his passion prayed for his disciples that they might be one, as you and he are one: grant that your church, being bound together in love and obedience to you, may be united in one body by the one Spirit, that the world may believe in him whom you have sent, your Son Jesus Christ our Lord. Amen.

PRAY FOR THE FLOURISHING OF THE CHURCH

- For our pastors, our ministry team, our interns, and our care team
- For *discovery, formation, and joyful presence*: to be a space where people discover or rediscover the goodness of God, a place of holistic formation into Christlikeness, rooted in the joyful presence of Jesus for the sake of others
- For the flourishing of our new evening service in East Vancouver
- For our Community Groups to embody the rhythms (up, in, with, out) and for their leaders

PRAYER LIST

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Jan 6	Jn 9
Jan 13	Jn 21
Jan 20	Gen 12
Jan 27	Gen 24
Feb 3	Gen 36
Feb 10	Gen 48
Feb 17	Rom 10
Feb 24	Ex 6
Mar 2	Ex 18
Mar 9	Ex 30
Mar 16	Acts 2
Mar 23	Acts 14
Mar 30	Acts 26
Apr 6	Deut 10
Apr 13	Deut 22
Apr 20	Deut 34
Apr 27	Mk 12
May 4	Judg 8
May 11	Judg 20
May 18	1 Cor 11
May 25	2 Cor 7
Jun 1	Esth 2
Jun 8	1 Pet 4
Jun 15	Jude
Jun 22	1 Sam 12
Jun 29	1 Sam 24
Jul 6	2 Sam 5
Jul 13	2 Sam 17
Jul 20	Mt 5
Jul 27	Mt 17
Aug 3	1 Kings 1
Aug 10	1 Kings 13
Aug 17	2 Kings 3
Aug 24	2 Kings 15
Aug 31	Gal 2
Sep 7	Phil 2
Sep 14	Dan 6
Sep 21	2 Thess 1
Sep 28	2 Tim 4
Oct 5	Jer 12
Oct 12	Jer 24
Oct 19	Jer 36
Oct 26	Jer 48
Nov 2	Song 3
Nov 9	Heb 7
Nov 16	Titus 1
Nov 23	Ecc 9
Nov 30	Lk 9
Dec 7	Lk 21
Dec 14	Hos 9
Dec 21	Rev 7
Dec 28	Rev 19

Tuesday

MORNING PRAYER PART TWO

Jan 7	Jn 11
Jan 14	Gen 2
Jan 21	Gen 14
Jan 28	Gen 26
Feb 4	Gen 38
Feb 11	Gen 50
Feb 18	Rom 12
Feb 25	Ex 8
Mar 3	Ex 20
Mar 10	Ex 32
Mar 17	Acts 4
Mar 24	Acts 16
Mar 31	Acts 28
Apr 7	Deut 12
Apr 14	Deut 24
Apr 21	Mk 2
Apr 28	Mk 14
May 5	Judg 10
May 12	1 Cor 1
May 19	1 Cor 13
May 26	2 Cor 9
Jun 2	Esth 4
Jun 9	2 Pet 1
Jun 16	1 Sam 2
Jun 23	1 Sam 14
Jun 30	1 Sam 26
Jul 7	2 Sam 7
Jul 14	2 Sam 19
Jul 21	Mt 7
Jul 28	Mt 19
Aug 4	1 Kings 3
Aug 11	1 Kings 15
Aug 18	2 Kings 5
Aug 25	2 Kings 17
Sep 1	Gal 4
Sep 8	Phil 4
Sep 15	Dan 8
Sep 22	2 Thess 3
Sep 29	Jer 2
Oct 6	Jer 14
Oct 13	Jer 26
Oct 20	Jer 38
Oct 27	Jer 50
Nov 3	Song 5
Nov 10	Heb 9
Nov 17	Titus 3
Nov 24	Ecc 11
Dec 1	Lk 11
Dec 8	Lk 23
Dec 15	Hos 11
Dec 22	Rev 9
Dec 29	Rev 21

SCRIPTURE READING

Before you read your passage for this Tuesday morning, remember: The Scriptures are no ordinary words, they are God's Word.

DWELLING

Leisurely read the passage again. Is there a word or idea that stuck with you? Take a moment to talk to God about it and to rest in his presence.

COLLECT

Almighty God our heavenly Father, you declare your glory and show forth your handiwork in the heavens and in the earth: deliver us in our various occupations from the service of self alone, that we may do the work you give us to do in truth and beauty and for the common good; for the sake of him who came among us as one who serves, your Son Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

PRAY FOR THE REDEMPTION OF OUR CITY

- For business sector and non-profit sector
- For our Outward partners: More Than A Roof, Broadway Lodge, Kinbrace, Creative Life, Partners in Hope, and Union Gospel Mission
- For our institutions of learning within the city, such as UBC and Regent College

PRAYER LIST

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Wednesday

MORNING PRAYER PART TWO

SCRIPTURE READING

Before you read your passage for this Wednesday morning, thank God for revealing himself through the written Word of Scripture.

DWELLING

Read the passage again, perhaps out loud. Reflect and meditate on what has connected with your heart and mind. Pray to God about what has moved you today. Turn your thoughts to him and enjoy his presence.

COLLECT

Lord God Almighty, you have made all the peoples of the earth for your glory, to serve you in freedom and in peace: give to the people of our country a zeal for justice and the strength of forbearance, that we may use our liberty in accordance with your gracious will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

PRAY FOR JUSTICE IN OUR GOVERNMENT

- For our provincial and municipal government, our premier and mayor, and all who work alongside them
- For our national government and our Prime Minister, Justin Trudeau
- For the Queen – God save the Queen!

PRAYER LIST

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Jan 1	Jn 1
Jan 8	Jn 13
Jan 15	Gen 4
Jan 22	Gen 16
Jan 29	Gen 28
Feb 5	Gen 40
Feb 12	Rom 2
Feb 19	Rom 14
Feb 26	Ex 10
Mar 4	Ex 22
Mar 11	Ex 34
Mar 18	Acts 6
Mar 25	Acs 18
Apr 1	Deut 2
Apr 8	Deut 14
Apr 15	Deut 26
Apr 22	Mk 4
Apr 29	Mk 16
May 6	Judg 12
May 13	1 Cor 3
May 20	1 Cor 15
May 27	2 Cor 11
Jun 3	Esth 6
Jun 10	2 Pet 3
Jun 17	1 Sam 4
Jun 24	1 Sam 16
Jul 1	1 Sam 28
Jul 8	2 Sam 9
Jul 15	2 Sam 21
Jul 22	Mt 9
Jul 29	Mt 21
Aug 5	1 Kings 5
Aug 12	1 Kings 17
Aug 19	2 Kings 7
Aug 26	2 Kings 19
Sep 2	Gal 6
Sep 9	Col 2
Sep 16	Dan 10
Sep 23	1 Tim 2
Sep 30	Jer 4
Oct 7	Jer 16
Oct 14	Jer 28
Oct 21	Jer 40
Oct 28	Jer 52
Nov 4	Song 7
Nov 11	Heb 11
Nov 18	Ecc 1
Nov 25	Lk 1
Dec 2	Lk 13
Dec 9	Hos 1
Dec 16	Hos 13
Dec 23	Rev 11

Thursday

MORNING PRAYER PART TWO

Jan 2	Jn 3
Jan 9	Jn 15
Jan 16	Gen 6
Jan 23	Gen 18
Jan 30	Gen 30
Feb 6	Gen 42
Feb 13	Rom 4
Feb 20	Rom 16
Feb 27	Ex 12
Mar 5	Ex 24
Mar 12	Ex 36
Mar 19	Acts 8
Mar 26	Acts 20
Apr 2	Deut 4
Apr 9	Deut 16
Apr 16	Deut 28
Apr 23	Mk 6
Apr 30	Judg 2
May 7	Judg 14
May 14	1 Cor 5
May 21	2 Cor 1
May 28	2 Cor 13
Jun 4	Esth 8
Jun 11	1 Jn 2
Jun 18	1 Sam 6
Jun 25	1 Sam 18
Jul 2	1 Sam 30
Jul 9	2 Sam 11
Jul 16	2 Sam 23
Jul 23	Mt 11
Jul 30	Mt 23
Aug 6	1 Kings 7
Aug 13	1 Kings 19
Aug 20	2 Kings 9
Aug 27	2 Kings 21
Sep 3	Eph 2
Sep 10	Col 4
Sep 17	Dan 12
Sep 24	1 Tim 4
Oct 1	Jer 6
Oct 8	Jer 18
Oct 15	Jer 30
Oct 22	Jer 42
Oct 29	Lam 2
Nov 5	Heb 1
Nov 12	Heb 13
Nov 19	Ecc 3
Nov 26	Lk 3
Dec 3	Lk 15
Dec 10	Hos 3
Dec 17	Rev 1
Dec 24	Rev 13

SCRIPTURE READING

Read the passage for this Thursday morning.
Don't rush! This is *God's Word*!

DWELLING

Remind yourself that you are in God's presence.
Read the passage again. Notice what is good about God in this passage. Is there a specific characteristic of God on display? Spend some time praising him for his goodness.

COLLECT

Almighty God, kindle, we pray, in every heart the true love of peace, and guide with your wisdom those who take counsel for the nations of the earth, that in tranquility your dominion may increase until the earth is filled with the knowledge of your love; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

PRAY FOR PEACE IN THE WORLD

- For the Kigeme Diocese in Rwanda and the work of Kids for Kids as they promote education in the village of Bugarama
- For countries afflicted by war, natural disasters, and oppressive governments; especially for refugees
- Pray for those who are being persecuted for their faith across the world

PRAYER LIST

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SCRIPTURE READING

The words you're about to read are inspired and infallible. Now, read the passage for this Friday morning.

DWELLING

Read the passage once more. Find a word or phrase that catches your eye. Why has this idea moved you? Slowly repeat it in your mind. Pray through this idea with God, talk to him about it. Enjoy the presence of your Saviour.

COLLECT

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: grant that people everywhere may seek after you and find you, bring the nations into your fold, pour out your Spirit upon all flesh, and hasten the coming of your kingdom; through Jesus Christ our Lord.
Amen.

PRAY FOR THE SPREADING OF THE GOSPEL

- For Redeemer City to City and Always Forward: their gospel-centered church planting work in Canada and around the world
- For Alpha, and all who participate in the Alpha course throughout our city and the world
- For Church of the Messiah and their church planter Daniel Avitan as they plant in Kanata, Ottawa.

PRAYER LIST

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Jan 3	Jn 5
Jan 10	Jn 17
Jan 17	Gen 8
Jan 24	Gen 20
Jan 31	Gen 32
Feb 7	Gen 44
Feb 14	Rom 6
Feb 21	Ex 2
Feb 28	Ex 14
Mar 6	Ex 26
Mar 13	Ex 38
Mar 20	Acts 10
Mar 27	Acts 22
Apr 3	Deut 6
Apr 10	Deut 18
Apr 17	Deut 30
Apr 24	Mk 8
May 1	Judg 4
May 8	Judg 16
May 15	1 Cor 7
May 22	2 Cor 3
May 29	Ruth 2
Jun 5	Esth 10
Jun 12	1 Jn 4
Jun 19	1 Sam 8
Jun 26	1 Sam 20
Jul 3	2 Sam 1
Jul 10	2 Sam 13
Jul 17	Mt 1
Jul 24	Mt 13
Jul 31	Mt 25
Aug 7	1 Kings 9
Aug 14	1 Kings 21
Aug 21	2 Kings 11
Aug 28	2 Kings 23
Sep 4	Eph 4
Sep 11	Dan 2
Sep 18	1 Thess 2
Sep 25	1 Tim 6
Oct 2	Jer 8
Oct 9	Jer 20
Oct 16	Jer 32
Oct 23	Jer 44
Oct 30	Lam 4
Nov 6	Heb 3
Nov 13	Jas 2
Nov 20	Ecc 5
Nov 27	Lk 5
Dec 4	Lk 17
Dec 11	Hos 5
Dec 18	Rev 3
Dec 25	Rev 15

Saturday

MORNING PRAYER PART TWO

Jan 4	Jn 7
Jan 11	Jn 19
Jan 18	Gen 10
Jan 25	Gen 22
Feb 1	Gen 34
Feb 8	Gen 46
Feb 15	Rom 8
Feb 22	Ex 4
Feb 29	Ex 16
Mar 7	Ex 28
Mar 14	Ex 40
Mar 21	Acts 12
Mar 28	Acts 24
Apr 4	Deut 8
Apr 11	Deut 20
Apr 18	Deut 32
Apr 25	Mk 10
May 2	Judg 6
May 9	Judg 18
May 16	1 Cor 9
May 23	2 Cor 5
May 30	Ruth 4
Jun 6	1 Pet 2
Jun 13	2 Jn
Jun 20	1 Sam 10
Jun 27	1 Sam 22
Jul 4	2 Sam 3
Jul 11	2 Sam 15
Jul 18	Mt 3
Jul 25	Mt 15
Aug 1	Mt 27
Aug 8	1 Kings 11
Aug 15	2 Kings 1
Aug 22	2 Kings 13
Aug 29	2 Kings 25
Sep 5	Eph 6
Sep 12	Dan 4
Sep 19	1 Thess 4
Sep 26	2 Tim 2
Oct 3	Jer 10
Oct 10	Jer 22
Oct 17	Jer 34
Oct 24	Jer 46
Oct 31	Song 1
Nov 7	Heb 5
Nov 14	Jas 4
Nov 21	Ecc 7
Nov 28	Lk 7
Dec 5	Lk 19
Dec 12	Hos 7
Dec 19	Rev 5
Dec 26	Rev 17

SCRIPTURE READING

Ask God to speak to you as you read your passage for this Saturday morning. Don't rush! This is *God's Word*!

DWELLING

Slowly read the passage again, out loud. Reflect on what this passage tells you about God. Spend some time talking to God about what stood out to you.

COLLECT

Almighty God, the giver of all good gifts, in your divine providence you have appointed various orders in your Church: give your grace, we humbly pray, to all who are called to any office and ministry for your people; and so fill them with the truth of your doctrine and clothe them with holiness of life, that they may faithfully serve before you, to the glory of your great Name and for the benefit of your holy Church; through Jesus Christ our Lord. Amen.

PRAY FOR CHRIST TO LEAD OUR LEADERS

- For our Leadership Team to lead our community with wisdom, discernment, faithfulness, and grace
- For our Province, The Anglican Church of North America and our Archbishop, Foley Beach; For the Anglican Network in Canada and our bishops; Charlie Masters, Trevor Walters, and Stephen Leung
- For God to continue raising up future leaders in our own community

PRAYER LIST

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INTERCESSORY PRAYER

O Lord God, who makes light shine out of darkness, and who has again awakened us to praise you for your goodness and to ask for your grace: accept the offering of our worship and thanksgiving, and grant to us all such requests as may be acceptable to your holy will.

Make us to live as children of the light, and heirs of your everlasting kingdom. And remember Lord, according to the vastness of your mercies, your whole Church, those who join us in prayer, and all our brothers and sisters wherever they may be who stand in need of your help:

Dwell for a moment. Pray for people who come to mind.


Pour down upon us all the riches of your grace, so that, redeemed in soul and body, and steadfast in faith, we may ever praise your wonderful and holy Name; through Jesus Christ our Lord.
Amen.

Quiet

God most High and Holy, Three in One,
Father, Son, and Holy Spirit:
today we offer you ourselves,
our souls and bodies, and all that we have,
to be a reasonable, holy, and living sacrifice to you,
to whom be all praise and glory.
Amen.

BENEDICTION

Lord, be gracious to us and bless us
and make your face shine upon us,
that your way may be known on earth
and your saving power among all nations.
Amen.



***Even if you did nothing
during the whole time
of prayer but bring
your heart back and
place it again in our
Lord's presence, though
it went away every time
you brought it back,
your time will be very
well employed***

ST. FRANCIS DE SALES

MIDDAY PRAYER



Midday Prayer

MIDDAY PRAYER OPTION ONE

INVITATION

"I am the living bread that came down from heaven.
Whoever eats this bread will live forever. This bread
is my flesh, which I will give for the life of the world."

John 6.21

Quiet

LORD'S PRAYER

Our Father in heaven, hallowed be your name.
Your kingdom come, your will be done,
on earth as it is in heaven.
Give us today 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.

MIDDAY COLLECT

Blessed Saviour, at this hour you hung upon the
Cross, stretching out your loving arms: Grant
that all the peoples of the earth may look to you
and be saved; for your tender mercies' sake.
Amen.

PRAY FOR THOSE YET TO KNOW JESUS

Jot down the names of friends, family,
acquaintances, neighbours or co-workers:

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O Lord, hear our prayer and let our cry come to you.
Amen.

MIDDAY PRAYER OPTION TWO


Set a daily alarm or reminder for 12:12pm to join our movement of prayer. When it pings, take a moment to pray.

"Rejoice in hope, be patient in tribulation,
be constant in prayer."

Quiet

Visit STPF.CA/PRAYER and write down our season prayer focus as a church:

19



*In prayer it is better to
have a heart without
words than words
without a heart*

JOHN BUNYAN

EVENING PRAYER



Every Evening

EVENING PRAYER PART ONE

INVITATION

"Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master."

Matthew 25.21

Quiet

As our evening prayer rises before you, O God,
so may your mercy come down upon us to cleanse our
hearts and set us free to sing your praise now and for ever.

CONFESSION

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.

ASSURANCE IN THE CROSS

Almighty Father, in your great love you gave your dearly
beloved Son to die for us: grant that through his cross our
sins may be put away, and remembered no more against
us, 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.

REJOICE

Dwell upon the magnitude of salvation and the free gift
of grace: the forgiveness of sins, the hope of everlasting
life and the reconciliation of all things. Express your
gratitude to the Father for the redemption offered
to us in Christ and for the gift of his Holy Spirit.

Monday

EVENING PRAYER PART TWO

SCRIPTURE READING

Read your passage for this Monday evening.
As the sun has set, remember that God's "word is
a lamp for my feet."

Psalm 119.105

DWELLING

Read your passage again, out loud. Read it slowly.
How has God's Word moved you? Reflect on what
this passage tells you about God. Spend some
time talking to God about what stood out to you.

COLLECT

Lighten our darkness, we ask 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 Saviour Jesus Christ.
Amen.

GIVE THANKS

"Fix your thoughts on what is true, and honourable,
and right, and pure, and lovely, and admirable.
Think about things that are excellent and worthy
of praise."

Philippians 4.8

Take St. Paul's instruction to heart and reflect
upon your day. Have you seen any prayer
answered? A conflict resolved? The Spirit working?
Sincere love in a friendship? Demonstrations
of mercy? Anything worthy of praise?

Slow down, reflect, and take time to thank God
for the good you've seen in your day.

Jan 6	Jn 10
Jan 13	Gen 1
Jan 20	Gen 13
Jan 27	Gen 25
Feb 3	Gen 37
Feb 10	Gen 49
Feb 17	Rom 11
Feb 24	Ex 7
Mar 2	Ex 19
Mar 9	Ex 31
Mar 16	Acts 3
Mar 23	Acts 15
Mar 30	Acts 27
Apr 6	Deut 11
Apr 13	Deut 23
Apr 20	Mk 1
Apr 27	Mk 13
May 4	Judg 9
May 11	Judg 21
May 18	1 Cor 12
May 25	2 Cor 8
Jun 1	Esth 3
Jun 8	1 Pet 5
Jun 15	1 Sam 1
Jun 22	1 Sam 13
Jun 29	1 Sam 25
Jul 6	2 Sam 6
Jul 13	2 Sam 18
Jul 20	Mt 6
Jul 27	Mt 18
Aug 3	1 Kings 2
Aug 10	1 Kings 14
Aug 17	2 Kings 4
Aug 24	2 Kings 16
Aug 31	Gal 3
Sep 7	Phil 3
Sep 14	Dan 7
Sep 21	2 Thess 2
Sep 28	Jer 1
Oct 5	Jer 13
Oct 12	Jer 25
Oct 19	Jer 37
Oct 26	Jer 49
Nov 2	Song 4
Nov 9	Heb 8
Nov 16	Titus 2
Nov 23	Ecc 10
Nov 30	Lk 10
Dec 7	Lk 22
Dec 14	Hos 10
Dec 21	Rev 8
Dec 28	Rev 20

Tuesday

EVENING PRAYER PART TWO

Jan 7 Jn 12
Jan 14 Gen 3
Jan 21 Gen 15
Jan 28 Gen 27
Feb 4 Gen 39
Feb 11 Rom 1
Feb 18 Rom 13
Feb 25 Ex 9
Mar 3 Ex 21
Mar 10 Ex 33
Mar 17 Acts 5
Mar 24 Acts 17
Mar 31 Deut 1
Apr 7 Deut 13
Apr 14 Deut 25
Apr 21 Mk 3
Apr 28 Mk 15
May 5 Judg 11
May 12 1 Cor 2
May 19 1 Cor 14
May 26 2 Cor 10
Jun 2 Esth 5
Jun 9 2 Pet 2
Jun 16 1 Sam 3
Jun 23 1 Sam 15
Jun 30 1 Sam 27
Jul 7 2 Sam 8
Jul 14 2 Sam 20
Jul 21 Mt 8
Jul 28 Mt 20
Aug 4 1 Kings 4
Aug 11 1 Kings 16
Aug 18 2 Kings 6
Aug 25 2 Kings 18
Sep 1 Gal 5
Sep 8 Col 1
Sep 15 Dan 9
Sep 22 1 Tim 1
Sep 29 Jer 3
Oct 6 Jer 15
Oct 13 Jer 27
Oct 20 Jer 39
Oct 27 Jer 51
Nov 3 Song 6
Nov 10 Heb 10
Nov 17 Philemon
Nov 24 Ecc 12
Dec 1 Lk 12
Dec 8 Lk 24
Dec 15 Hos 12
Dec 22 Rev 10
Dec 29 Rev 22

SCRIPTURE READING

Read the passage for this Tuesday evening. As the day has now past, find your peace in *God's Word*.

DWELLING

Read the passage once again. Find a word or phrase that catches your eye. Why has this idea moved you? Slowly repeat it in your mind. Pray through this idea with God, talk to him about it. Enjoy the presence of your Saviour.

Quiet

COLLECT

Look down, Lord, from your heavenly throne, and illuminate the darkness of this night with your celestial brightness; and from the children of light banish the deeds of darkness, through Christ Jesus our Lord. Amen.

GIVE THANKS

"Remember your leaders who taught you the word of God. Think of all the good that has come from their lives, and follow the example of their faith."

Hebrews 13.7

Thank God for our many leaders: Our archbishop and bishops, and our pastors; all who lead Community Groups, Alpha, in Children's Ministry, and on our Parish Leadership Team.

Thank God for leaders, past and present, who have personally invested in your life and made a lasting impact upon your growth in Christ.

Wednesday

EVENING PRAYER PART TWO

SCRIPTURE READING

Ask God to send his Spirit to bring his Word to life in your soul. Now, read the passage for this Wednesday evening.

DWELLING

Remind yourself that you are in God's presence. Read the passage again. Notice what is good about God in this passage. Is there a specific characteristic of God on display? Spend some time praising him for his goodness.

Quiet

COLLECT

O Lord, you have supported us all the day long of this troublous life; now, as the shadows lengthen and the evening comes, grant us safe lodging. As the busy world is hushed, the fervour of life is over, and our work concludes, bring us a holy rest and peace at last; through Jesus Christ our Lord. Amen.

GIVE THANKS

"Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."

1 Thessalonians 5.16-18

No matter how your day has gone – up or down, bad or great – God's desire is for us to be thankful. Even if we don't feel gratitude, we can still give thanks, which in turn may cultivate gratitude in our hearts.

What are five things you can thank God for today?

Jan 1	Jn 2
Jan 8	Jn 14
Jan 15	Gen 5
Jan 22	Gen 17
Jan 29	Gen 29
Feb 5	Gen 41
Feb 12	Rom 3
Feb 19	Rom 15
Feb 26	Ex 11
Mar 4	Ex 23
Mar 11	Ex 35
Mar 18	Acts 7
Mar 25	Acts 19
Apr 1	Deut 3
Apr 8	Deut 15
Apr 15	Deut 27
Apr 22	Mk 5
Apr 29	Judg 1
May 6	Judg 13
May 13	1 Cor 4
May 20	1 Cor 16
May 27	2 Cor 12
Jun 3	Esth 7
Jun 10	1 Jn 1
Jun 17	1 Sam 5
Jun 24	1 Sam 17
Jul 1	1 Sam 29
Jul 8	2 Sam 10
Jul 15	2 Sam 22
Jul 22	Mt 10
Jul 29	Mt 22
Aug 5	1 Kings 6
Aug 12	1 Kings 18
Aug 19	2 Kings 8
Aug 26	2 Kings 20
Sep 2	Eph 1
Sep 9	Col 3
Sep 16	Dan 11
Sep 23	1 Tim 3
Sep 30	Jer 5
Oct 7	Jer 17
Oct 14	Jer 29
Oct 21	Jer 41
Oct 28	Lam 1
Nov 4	Song 8
Nov 11	Heb 12
Nov 18	Ecc 2
Nov 25	Lk 2
Dec 2	Lk 14
Dec 9	Hos 2
Dec 16	Hos 14
Dec 23	Rev 12

Thursday

EVENING PRAYER PART TWO

Jan 2	Jn 4
Jan 9	Jn 16
Jan 16	Gen 7
Jan 23	Gen 19
Jan 30	Gen 31
Feb 6	Gen 43
Feb 13	Rom 5
Feb 20	Ex 1
Feb 27	Ex 13
Mar 5	Ex 25
Mar 12	Ex 37
Mar 19	Acts 9
Mar 26	Acts 21
Apr 2	Deut 5
Apr 9	Deut 17
Apr 16	Deut 29
Apr 23	Mk 7
Apr 30	Judg 3
May 7	Judg 15
May 14	1 Cor 6
May 21	2 Cor 2
May 28	Ruth 1
Jun 4	Esth 9
Jun 11	1 Jn 3
Jun 18	1 Sam 7
Jun 25	1 Sam 19
Jul 2	1 Sam 31
Jul 9	2 Sam 12
Jul 16	2 Sam 24
Jul 23	Mt 12
Jul 30	Mt 24
Aug 6	1 Kings 8
Aug 13	1 Kings 20
Aug 20	2 Kings 10
Aug 27	2 Kings 22
Sep 3	Eph 3
Sep 10	Dan 1
Sep 17	1 Thess 1
Sep 24	1 Tim 5
Oct 1	Jer 7
Oct 8	Jer 19
Oct 15	Jer 31
Oct 22	Jer 43
Oct 29	Lam 3
Nov 5	Heb 2
Nov 12	Jas 1
Nov 19	Ecc 4
Nov 26	Lk 4
Dec 3	Lk 16
Dec 10	Hos 4
Dec 17	Rev 2
Dec 24	Rev 14

SCRIPTURE READING

Read the passage for this Thursday evening.
Ask God to change you with his Word.

DWELLING

Read your passage again, perhaps out loud.
Hear the Word of God. How has God's Word moved you? Reflect and meditate on what has connected with your heart and mind. Pray to God about what has moved you today. Turn your thoughts to him and enjoy his presence.

Quiet

COLLECT

Almighty God, whose loving hand gives us all that we possess: grant us grace, as this day concludes, that we may increasingly desire to honour you with all our substance, and remembering the account which we must one day give, guide us to be faithful stewards of the resources and bounty with which we have been entrusted; through Christ Jesus, we pray. Amen.

GIVE THANKS

"It is good to give thanks to the Lord ... O Lord, what great works you do!"

Psalm 91.1-5

Thank God for the organizations we partner with: Anglican Network in Canada, Anglican Church in North America, More Than A Roof, Redeemer City to City, C2C Network, Always Forward, and Anglican Relief & Development Fund.

Thank God for organizations you partner with, whose work resonates with your personal convictions.

SCRIPTURE READING

Read the passage for this Friday evening.
Don't rush! This is *God's Word*!

DWELLING

Leisurely read the passage again. Is there a word or idea that stuck with you? Give it your attention. Is there something about this word or idea that you'd like to ask God about? Take a moment to rest in God's presence.

Quiet

COLLECT

Be present, 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 find repose in your eternal changelessness; through Jesus Christ our Lord. Amen.

GIVE THANKS

"You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness, that my glory may sing your praise and not be silent. O Lord my God, I will give thanks to you forever!"

Psalm 30.11-12

Thankfulness doesn't always come easily, especially if we're in a season of grief or mourning. Spend time reflecting on areas of hopelessness, struggle, hurt or frustration in your life. Ask God to grant you a willing and thankful spirit, that you may give thanks to him like the Psalmist.

Jan 3	Jn 6
Jan 10	Jn 18
Jan 17	Gen 9
Jan 24	Gen 21
Jan 31	Gen 33
Feb 7	Gen 45
Feb 14	Rom 7
Feb 21	Ex 3
Feb 28	Ex 15
Mar 6	Ex 27
Mar 13	Ex 39
Mar 20	Acts 11
Mar 27	Acts 23
Apr 3	Deut 7
Apr 10	Deut 19
Apr 17	Deut 31
Apr 24	Mk 9
May 1	Judg 5
May 8	Judg 17
May 15	1 Cor 8
May 22	2 Cor 4
May 29	Ruth 3
Jun 5	1 Pet 1
Jun 12	1 Jn 5
Jun 19	1 Sam 9
Jun 26	1 Sam 21
Jul 3	2 Sam 2
Jul 10	2 Sam 14
Jul 17	Mt 2
Jul 24	Mt 14
Jul 31	Mt 26
Aug 7	1 Kings 10
Aug 14	1 Kings 22
Aug 21	2 Kings 12
Aug 28	2 Kings 24
Sep 4	Eph 5
Sep 11	Dan 3
Sep 18	1 Thess 3
Sep 25	2 Tim 1
Oct 2	Jer 9
Oct 9	Jer 21
Oct 16	Jer 33
Oct 23	Jer 45
Oct 30	Lam 5
Nov 6	Heb 4
Nov 13	Jas 3
Nov 20	Ecc 6
Nov 27	Lk 6
Dec 4	Lk 18
Dec 11	Hos 6
Dec 18	Rev 4
Dec 25	Rev 16

Saturday

EVENING PRAYER PART TWO

Jan 4 Jn 8
Jan 11 Jn 20
Jan 18 Gen 11
Jan 25 Gen 23
Feb 1 Gen 35
Feb 8 Gen 47
Feb 15 Rom 9
Feb 22 Ex 5
Feb 29 Ex 17
Mar 7 Ex 29
Mar 14 Acts 1
Mar 21 Acts 13
Mar 28 Acts 25
Apr 4 Deut 9
Apr 11 Deut 21
Apr 18 Deut 33
Apr 25 Mk 11
May 2 Judg 7
May 9 Judg 19
May 16 1 Cor 10
May 23 2 Cor 6
May 30 Esth 1
Jun 6 1 Pet 3
Jun 13 3 Jn
Jun 20 1 Sam 11
Jun 27 1 Sam 23
Jul 4 2 Sam 4
Jul 11 2 Sam 16
Jul 18 Mt 4
Jul 25 Mt 16
Aug 1 Mt 28
Aug 8 1 Kings 12
Aug 15 2 Kings 2
Aug 22 2 Kings 14
Aug 29 Gal 1
Sep 5 Phil 1
Sep 12 Dan 5
Sep 19 1 Thess 5
Sep 26 2 Tim 3
Oct 3 Jer 11
Oct 10 Jer 23
Oct 17 Jer 35
Oct 24 Jer 47
Oct 31 Song 2
Nov 7 Heb 6
Nov 14 Jas 5
Nov 21 Ecc 8
Nov 28 Lk 8
Dec 5 Lk 20
Dec 12 Hos 8
Dec 19 Rev 6
Dec 26 Rev 18

SCRIPTURE READING

Read the passage for this Saturday evening.
Let the Word of God refresh your mind.

DWELLING

Read the passage again, out loud. Read it slowly.
How has God's Word moved you? Reflect on what this passage tells you about God. Spend some time talking to God about what stood out to you.

Quiet

COLLECT

Visit this place, we ask of you Lord, and drive from it all the snares of the enemy; let your holy angels dwell herein to preserve us in peace; and may your blessing be upon us evermore; through Jesus Christ our Lord. Amen.

GIVE THANKS

"Give thanks to the Lord, for he is good; his love endures forever. Let the redeemed of the Lord tell their story."

Psalm 107.1-2

The past is an opportunity for thankfulness as much as the present. Sometimes we need to step back and look at the big picture.

Take time to recall your life story and thank God for the times he has shown you his goodness, redeemed you, and demonstrated his steadfast love. Similarly, thank God for what he is doing in the stories of those around you.

PRAYER OF THANKSGIVING

Almighty God, Father of all mercies, we your unworthy servants give you most humble and sincere thanks for all your goodness and loving-kindness to us and to all people; we bless you for our creation, preservation, and all the blessings of this life; but above all for your inestimable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory.

Give us that due sense of all your mercies, that our hearts may be always thankful, and that we may show forth your praise, not only with our lips, but in our lives; by giving up ourselves 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 all honour and glory, world without end.

Quiet

We will lay us down in peace and take our rest;
for it is you, Lord, only, that makes us dwell in safety.
You, O Lord, are in the midst of us, and we are called
by your name. Leave us not, O Lord our God.
Preserve us, O Lord, waking, and guard us sleeping,
that awake we may watch with Christ,
and asleep we may rest in peace.

DOXOLOGY (SUNG)

Praise God from whom all blessings flow
Praise him all creatures here below
Praise him above ye heavenly hosts
Praise Father, Son and Holy Ghost
Amen.

BENEDICTION

The Lord grant us a quiet night, and at the last a perfect end; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be with us this night, and forevermore.
Amen.

ORGANIZATIONS

We have partnered with a few gospel-focused organizations and part of our commitment is to pray regularly for them. We encourage you to visit their sites to learn more about their work and how you can pray specifically for them:

DENOMINATIONAL

ANGLICAN CHURCH
IN NORTH AMERICA

ANGLICANCHURCH.NET

ANGLICAN NETWORK IN CANADA
ANGLICANNETWORK.CA

LOCAL + GLOBAL WORK

MORE THAN A ROOF
MORETHANAROOF.ORG

BROADWAY LODGE
BROADWAYLODGE.CA

KINBRACE
KINBRACE.CA

CREATIVE LIFE
CREATIVE-LIFE.CA

PARTNERS IN HOPE
PARTNERSINHOPE.CA

UNION GOSPEL MISSION
UGM.CA

ALPHA CANADA
ALPHACANADA.ORG

CHURCH PLANTING

REDEEMER CITY TO CITY
REDEEMERCITYTOCITY.COM

ALWAYS FORWARD
ALWAYS-FORWARD.COM

SCRIPTURE READING

People struggle to read Scripture, let alone to make it through the entire Bible year after year. In light of this struggle, we decided to create a reading plan that is attainable: one chapter in the morning, and one chapter in the evening. We also decided to rotate back and forth between Old Testament and New Testament books in their entirety because it's important to comprehend a book's narrative and purpose. Because of these two aims, it is not possible to cover every single book of the Bible in a single year.

We selected the broadest range of genres which cover the overarching story of Scripture. While you will read through the entire New Testament, you will not cover all of the Old Testament. Below is the list of books that have been omitted. Since these books are equally important and inspired, we encourage you to periodically set aside time throughout the year to read them as well. Many can be read in a single sitting, while some may require more time. Alternatively, you can read an additional chapter per day (roughly) to complete the omitted 382 chapters of the Old Testament:

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Leviticus | <input type="checkbox"/> Numbers |
| <input type="checkbox"/> 1 Chronicles | <input type="checkbox"/> 2 Chronicles |
| <input type="checkbox"/> Ezra | <input type="checkbox"/> Nehemiah |
| <input type="checkbox"/> Job | <input type="checkbox"/> Proverbs |
| <input type="checkbox"/> Isaiah | <input type="checkbox"/> Ezekiel |
| <input type="checkbox"/> Joel | <input type="checkbox"/> Amos |
| <input type="checkbox"/> Jonah | <input type="checkbox"/> Micah |
| <input type="checkbox"/> Nahum | <input type="checkbox"/> Habakkuk |
| <input type="checkbox"/> Zephaniah | <input type="checkbox"/> Haggai |
| <input type="checkbox"/> Zechariah | <input type="checkbox"/> Malachi |

We also recommend THEBIBLEPROJECT.COM and their podcast as an excellent resource.





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