

The Daily Offices

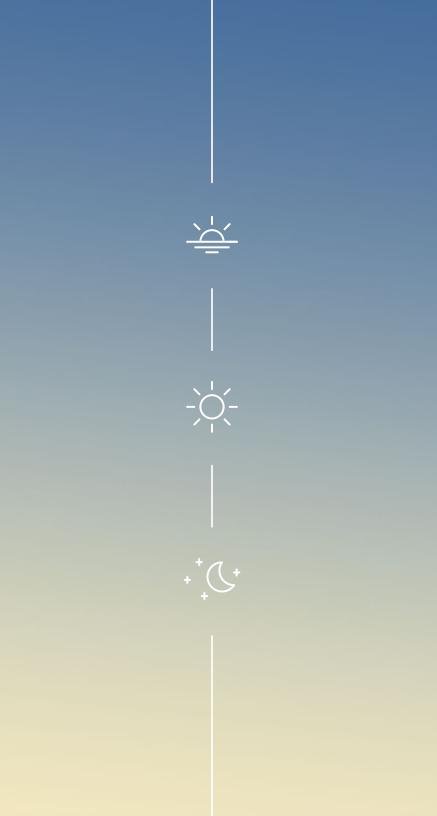
THE ANCIENT

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 a 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 Daily Office, found in the BCP. It is through the prayer book that we can learn 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 do we do?

This little booklet in your hands is a stepping stone. We have tailored our favourite parts of the BCP into user-friendly forms of morning, midday, 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. 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–over and over again.

HOW TO USE THIS BOOK

This book has three services of prayer: Morning, Midday, and Evening. You can pray these services on your own, or with others; sections of each service have been formatted in bold to indicate where a group could read prayers responsively. Each service 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 through 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 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:

OPENING SENTENCE We give God the first word in our worship, as we begin our prayers as people invited into God's presence. The invitation helps us to become aware and mindful of God's presence.

APOSTLES' CREED Think of this like a national anthem. As we say this ancient creed written in the 4th century, we acknowledge the historical truths of the gospel, and the unifying and non-negotiable aspects of our faith which have been passed down throughout the ages. Just in case you're wondering, catholic means the universal Christian church of all times and all places.

LORD'S PRAYER When Jesus was asked to teach his disciples to pray, he taught them what we now call the Lord's Prayer (Matthew 9.9-13). It has been handed down generation to generation teaching us to pray. 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 collects our individual prayers together as one. They affirm God's character and we pray together in light of that characteristic.

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.

See the Bible Reading Plan insert for details, or visit **www.stpf.ca/dailyoffice**

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 booklet, 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 practice in an age of isolation, hyperindividualism, 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. Through confession we acknowledge our failures, shortcomings, imperfections, struggles, and sin before God. Together we ask for God's forgiveness through Jesus Christ, as we are equally in need of God's mercy. The point of confession, however, is not to dwell in guilt or shame. Even at our worst, Jesus loves us and gave himself for us. 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.

CLOSING SENTENCE 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 fervours of their heart, until it again wants the assistance of their usual petitions.

May you find the format of this booklet 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. Relying on God has to begin all over again every day as if nothing had yet been done.

C.S. LEWIS





OPENING SENTENCE

"I was glad when they said unto me, 'We will go to the house of the Lord."

Psalm 122.1

O Lord, open our lips; And our mouth shall proclaim your praise. 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.

Quiet

APOSTLES' 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 hell. 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 again 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.

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!*

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.

Read the 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

O God, the King eternal, whose light divides the day from the night and turns the shadow of death into 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.**

PRAY FOR THE FLOURISHING OF THE CHURCH

Pray for the Church, that we "may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ" (Eph 4:12-13):

- For people to discover the goodness of God, to be formed into Christlikeness, and rooted in the joyful presence of Jesus for the sake of others. *Pray St. Peter's will be marked by discovery, formation, and goodness*
- For our pastors, staff, parish council, and care team: that they may lead with conviction and humility. *Pray for a few leaders by name today*
- For St. Pete's Kids: that our children may know God's love with their head, heart, and feet. *Pray for one or two children from our community*
- For Community Groups: to embody the rhythms (up, in, with, out) and for their leaders. *Pray for a specific group, or a specific rhythm*

Before you read the 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

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.**

PRAY FOR PEACE IN THE WORLD

Ask God to work "healing among the nations" (Rev 22:2) today:

- For the well-being of all who struggle with mental health and the good work of Sanctuary Mental Health Ministries
- For ongoing global crises and for God's shalom to manifest
- 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. *Visit opendoorscanada.org to learn more and to receive regular, specific requests*



Before you read the 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

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.**

PRAY FOR THE REDEMPTION OF OUR CITY

Ask for God's "Kingdom to come" (Matt 6:10) in each of these spaces:

- For the business sector and non-profit sector. Look around on your commute today. Pick a business or nonprofit to pray for "your Kingdom come"
- For the opioid endemic: those suffering from addiction, front-line workers, and policy-makers
- For our Outward partners. Pray "your Kingdom come" through these partnerships. For a list of outward partners, see the prayer card insert or visit our website
- For our institutions of learning within the city, such as UBC and Regent College. *Pray "your Kingdom come"* in faculty meetings, classrooms, and spaces of study

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

Heavenly Father, in you we live and move and have our being: We humbly pray you so 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.**

PRAY FOR JUSTICE IN OUR GOVERNMENT

Ask God to raise up leaders who "act justly, love mercy, and walk humbly before the Lord" (Mic 6:8):

- For our provincial and municipal government, our premier and mayor, and all who work alongside them. *Pray for a few MLAs or councillors by name*
- For our national government and our Prime Minister. *Pray for a few MPs by name*
- For our national, provincial, and municipal relationship with First Nations, Métis, and Indigenous Peoples. *Pray for the important work of Truth and Reconcilation*

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

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.**

PRAY FOR THE SPREADING OF THE GOSPEL

Ask God to send workers to proclaim the gospel and make disciples in all nations (Matthew 28:18):

- For Redeemer City to City, Always Forward, and Anglican Explorers: 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
- Pray for all our young church plants and new congregations that are in the process of getting established. *For details, see the prayer card insert, or visit anglicannetwork.ca*

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, 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.**

PRAY FOR CHRIST TO LEAD OUR LEADERS

Pray that our leaders will "set an example ... in speech, in conduct, in love, in faith and in purity" (1 Tim 4:12):

- For our parish council to lead our community with wisdom, discernment, faithfulness, and grace
- For our Archbishop, Foley Beach, and his successor; for our diocese and our bishops Dan Gifford, Mike Stewart, and Stephen Leung.
- For God to continue raising up future leaders in our own community

Every Morning

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.

PRAYER FOR INTERCESSION

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.**

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

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**.

CLOSING SENTENCE

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. **Amen.**

What wings are to a bird and sails to a ship, so is prayer to the soul.

CORRIE TEN BOON

MIDDAY PRAYER



Midday Prayer

INVITATION

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.

Quiet

PSALM

Open your Bible to the Psalms. You can choose a Psalm at random, or read them sequentially through the year. For Midday Prayer, we recommend Psalms 120 - 133. However, don't just read the Psalm. *Pray with the Psalmist!*

SCRIPTURE READING

Monday	John 12.31-32	Thursday	John 15.4-5
Tuesday	2 Corinthians 5.17-18	Friday	Philippians 4.6-7
Wednesday	Malachi 1.11	Saturday	Ephesians 1.3

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.

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 Prayer

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.**

RESPONDING WITH PRAYER

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

Spend some time giving thanks to God, and also praying for people in your life to come to know Jesus. You can use the space below to jot down the names of friends, family, acquaintances, neighbours or co-workers:

Let us bless the Lord. Thanks be to God.

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.**

Prayer is how we press our hands into the invisible and find the hand of Christ reaching back.

JAMES K. A. SMITH

EVENING PRAYER



OPENING SENTENCE

"I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life."

John 8.12

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 neighbours 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

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.**

O GLADSOME LIGHT

O gladsome light, pure brightness of the everliving Father in heaven, O Jesus Christ, holy and blessed! Now as we come to the setting of the sun, and our eyes behold the vesper light, we sing your praises, O God: Father, Son, and Holy Spirit. You are worthy at all times to be praised by happy voices, O Son of God, O Giver of Life, and to be glorified through all the worlds.

Read the 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 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.

COLLECT

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 Saviour. **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.

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

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

"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?



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 God, the life of all who live, the light of the faithful, the strength of those who labour, 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 Saviour Jesus Christ. **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.

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

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.**

GIVE THANKS

"It is good to give thanks to the Lord ... How great are your works, O Lord!"

Psalm 92.1-5

Thank God for the organizations we partner with: Anglican Network in Canada, Anglican Church in North America, Redeemer City to City, Always Forward, Anglican Explorers, Anglican Relief & Development Fund, and our Outwards Partners.

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

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

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.**

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 St. Pete's Kids, and on our parish council.

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

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

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.**

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 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; 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 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 throughout all ages. Amen.

Quiet

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 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.

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.

CLOSING SENTENCE

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.**

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. With this approach, you will be able to read through the majority of the Bible in a year. Each year, we update our reading plan to help you read through the other books not included in the plan.

Our heart behind this guide is for you to read the Bible for yourself. We know there are many other reading plans out there, so if you have another one you are using or prefer, by all means use that instead! But if you aren't sure where to start, or if you want to try a different plan, we hope this one may help you as you read the Bible for yourself.

You can pick up the yearly reading plan on Sunday at St. Peter's Fireside, or you can download a PDF copy at **WWW.STPF.CA/DAILYOFFICE**

OTHER RESOURCES

Here are some other resources to help you engage with Scripture and the Prayer book tradition:

THE BOOK OF COMMON PRAYER (2019) BCP2019.ANGLICANCHURCH.NET THE DAILY OFFICE PODCAST ANCHOR.FM/DAILYOFFICEPODCAST

DAILY OFFICE APP DAILYOFFICE2019.COM

THE BIBLE PROJECT

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	CHURCH PLANTING	LOCAL + GLOBAL WORK
ANGLICAN CHURCH IN NORTH AMERICA	REDEEMER CITY TO CITY REDEEMERCITYTOCITY.COM	You can find a list of local and global ministry
ANGLICANCHURCH.NET		partners that we pray for
	ALWAYS FORWARD	in our prayer focus cards.
ANGLICAN NETWORK IN	ALWAYS-FORWARD.COM	
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