



St Peter's Church Arlesey

Prayers for use at home

Introduction

During our time of 'exile' from our parish church, it is important that we remember that we are still part of a worshipping community.

Prayers will be said daily in Church as well as at our usual service time on Sunday mornings (9.30am) I will also make a recording of my sermon available each online – see the link on our website; www.arlesey.org.uk

If we can all join in, although somewhat in isolation, we will still feel that we are all branches of the vine of which our Lord is the root and stock.

There are, of course, broadcast services which we can join in, such as;

Television

BBC One	Sunday	13:15	Songs of Praise
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Radio

BBC Radio 3	Weds	15.30	Choral Evensong
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	Sun	15.00	
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BBC Radio 4	Daily	05:43	Prayer for the day
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		09.45	Daily Service (Long wave only)
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I have included here two orders of worship. The first is quite long and is designed originally for use in the morning. However there is no reason why it cannot be used whenever it is convenient. If it is too long feel free to use as much or as little as you wish.

The very much shorter 'Night Prayer' (sometimes called Compline) is designed to be used last thing, just before going to bed.

I have included a selection of bible readings at the end, a set for each day of the week. This was designed for 'travellers' and would seem particularly suitable as we find ourselves on a journey with a very uncertain destination. Each set contains an old testament, new testament and gospel reading.

All the words here are from The Daily Office, the prayer book of the Society of Saint Francis.

Morning or daytime Prayer

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

Blessèd are you, Lord our God, redeemer and king of all;
to you be glory and praise for ever!

From the waters of chaos you drew forth the world,
and in your great love, fashioned us in your image.

Now, through the deep waters of death
you have brought your people to new birth
by raising your Son to life in triumph.

May we, the first-fruits of your new creation,
rejoice in this new day you have made;
may Christ your light ever dawn in our hearts
as we offer you our sacrifice of thanks and praise,
Father, Son and Holy Spirit:

Blessèd be God for ever!

The following is said:

God is the creator and redeemer of all.

O come, let us worship.

THE OPENING CANTICLE Either: A SONG OF JOY

1 Be joyful in the Lord, all you lands;
serve the Lord with gladness
and come before his presence with a song.

2 Know this: the Lord himself is God;
he himself has made us and we are his;
we are his people and the sheep of his pasture.

3 Enter his gates with thanksgiving;
go into his courts with praise;
give thanks to him and call upon his name.

4 For the Lord is good; his mercy is everlasting;
and his faithfulness endures from age to age.

Glory . . .

Psalm 100

THE OPENING PRAYER may be said.

The night has passed and the day lies open before us;
let us pray with one heart and mind:
(*Silence may be kept*)

As we rejoice in the gift of this new day,
so may the light of your presence, O God,
set our hearts on fire with love for you;
now and for ever. **Amen.**

THE WORD OF GOD

A psalm may be said

A reading from either the Old Testament or New Testament

THE SONG OF MOSES & MIRIAM (1)

Refrain: **In your unfailing love, O Lord,
you lead the people whom you have redeemed.**

1 I will sing to the Lord, who has triumphed gloriously;
the horse and his rider have been thrown into the sea.

2 The Lord is my strength and my song
and has become my salvation.

3 This is my God whom I will praise
the God of my forebears whom I will exalt.

4 The Lord fights for his people,
the Lord is his name.

5 Your right hand, O Lord, is glorious in power:
your right hand, O Lord, shatters the enemy.

6 At the blast of your nostrils, the sea covered them;
they sank as lead in the mighty waters.

7 In your unfailing love, O Lord,
you lead the people whom you have redeemed,

8 And by your invincible strength
you will guide them to your holy dwelling.

9 You will bring them in and plant them, O Lord,
in the sanctuary which your hands have established.

Glory . . . *Exodus 15. 1b-2, 6a, 11-12a, 13-18*

**In your unfailing love, O Lord,
you lead the people whom you have redeemed.**

A reading from one of the Gospels

A RESPONSORY may be said.

Awake, O sleeper, and arise from the dead
And Christ shall give you light.

You have died,
and your life is hid with Christ in God.
Awake, O sleeper, and arise from the dead.

Set your minds on things that are above,
not on things that are on the earth.
And Christ shall give you light.

When Christ our life appears
you will appear with him in glory.
**Awake, O sleeper, and arise from the dead,
and Christ shall give you light.**

Benedictus Domine

- 1 Blessèd be the Lord, the God of Israel,
for he has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour,
born of the house of his servant, David.
- 3 Through his holy prophets, he promised of old
that he would save us from our enemies,
from the hands of all that hate us;
- 4 He promised to show mercy to our forebears,
and to remember his holy covenant.
- 5 This was the oath he swore to our father, Abraham,
to set us free from the hands of our enemies,
- 6 Free to worship him without fear,
holy and righteous in his sight,
all the days of our life.
- 7 You, my child,
shall be called the prophet of the Most High,
for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation
by the forgiveness of all their sins.

9 In the tender compassion of our God
the dawn from on high shall break upon us,
10 To shine on those who dwell in darkness
and the shadow of death,
and to guide our feet into the way of peace.

Glory . . .

Refrain: **This is the day that the Lord has made;
let us rejoice and be glad in it.**

THE COLLECT of the day, or the following.

Almighty and everlasting God,
we thank you that you have brought us safely
to the beginning of this day.
Keep us from falling into sin
or running into danger,
order us in all our doings
and guide us to do always
what is righteous in your sight;
through Jesus Christ our Lord

OTHER PRAYERS may be said

THE LORD'S PRAYER may be said.

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as 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 the kingdom, the power,
and the glory are yours
now and for ever. Amen.**

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
and forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power, and the glory,
for ever and ever. Amen.**

THE BLESSING

**The Lord bless us, and preserve us from all evil,
and keep us in eternal life. Amen.**

Let us bless the Lord.

Thanks be to God.

Night Prayers

A candle may be lit

From Psalm 22

We lift up our eyes to the hills;
from where is our help to come?

Our help comes from the Lord,
the maker of heaven and earth.

He will not suffer your foot to stumble;
he who watches over you will not sleep.

Behold, he who keeps watch over Israel
shall neither slumber nor sleep.

The Lord himself watches over you;
the Lord is your shade at your right hand,

So that the sun shall not strike you by day,
neither the moon by night.

The Lord shall keep you from all evil;
it is he who shall keep your soul.

The Lord shall keep watch over your going out
and your coming in,
from this time forth for evermore.

A prayer for protection

**May the cross of the Son of God,
which is mightier than all the hosts of Satan
and more glorious than all the hosts of heaven,
abide with us in your going out and in our coming in.
By day and by night, at morning and at evening,
at all times and in all places may it protect and defend us.
From the wrath of evildoers, from the assaults of evil spirits,
from foes visible and invisible, from the snares of the devil,**

**from all passions that beguile the soul and body:
may it guard, protect and deliver us.
Amen.**

A personal prayer

Almighty God, heavenly Father,
breathe your Holy Spirit into the heart of your servant
and inspire me with love for goodness and truth.
May I, fearing only you, have no other fear;
knowing your compassion, be ever mindful of your love;
and serving you faithfully unto death, live eternally with you;
through Jesus Christ our Lord.
Amen.

For our home

**Visit, Lord, we pray, this place
and drive far from it all the snares of the enemy.
Let your holy angels dwell here to keep us in peace,
and may your blessing be upon it evermore;
through Jesus Christ our Lord.
Amen.**

Before sleep

**May the cross of the Son of God,
which is mightier than all the hosts of Satan
and more glorious than all the hosts of heaven,
abide with us in our going out and in our coming in.
By day and by night, at morning and at evening,
at all times and in all places may it protect and defend us.
From the wrath of evildoers, from the assaults of evil spirits,
from foes visible and invisible, from the snares of the devil,
from all passions that beguile the soul and body:
may it guard, protect and deliver us.
Amen.**

A blessing

**The peace of God, which passes all understanding,
keep our hearts and mind
in the knowledge and the love of God.
May the blessing of God Almighty,
Father, Son and Holy Spirit
be with us now and always.
Amen.**

A prayer to take to bed

Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace.

A prayer for the morning

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Silence is kept.

**As we rejoice in the gift of this new day,
so may the light of your presence, O God,
set our hearts on fire with love for you;
now and for ever.
Amen.**

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SUNDAYS

Moses addressed all Israel and said: When your children ask you in time to come, 'What is the meaning of the decrees and the statutes and the ordinances that the Lord our God has commanded you?' then you shall say to your children, 'We were Pharaoh's slaves in Egypt, but the Lord brought us out of Egypt with a mighty hand. The Lord displayed before our eyes great and awesome signs and wonders against Egypt, against Pharaoh and all his household. He brought us out from there in order to bring us in, to give us the land that he promised on oath to our ancestors. Then the Lord commanded us to observe all these statutes, to fear the Lord our God, for our lasting good, so as to keep us alive, as is now the case. If we diligently observe this entire commandment before the Lord our God, as he has commanded us, we will be in the right.' *Deuteronomy 6. 20-25*

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. *Romans 5. 1-5*

The eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshipped him; but some doubted. And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.'

Matthew 28. 16-20

MONDAYS

Who has measured the waters in the hollow of his hand and marked off the heavens with a span, enclosed the dust of the earth in a measure and weighed the mountains in scales and the hills in a balance. Even the nations are like a drop from a bucket and are accounted as dust on the scales; see, he takes up the isles like

fine dust. Lebanon would not provide fuel enough, nor are its animals enough for a burnt offering. All the nations are as nothing before him; they are accounted by him as less than nothing and emptiness. To whom, then, will you liken God, or what likeness compare with him *Isaiah 40. 12, 15-18*

All who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, 'Abba! Father!' it is that very Spirit bearing witness with our spirit that we are children of God and, if children, then heirs, heirs of God and joint heirs with Christ – if, in fact, we suffer with him so that we may also be glorified with him. *Romans 8. 14-17*

After three days, the parents of Jesus found him in the temple, sitting among the teachers, listening to them and asking them questions. And all who heard him were amazed at his understanding and his answers. When his parents saw him they were astonished; and his mother said to him, 'Child, why have you treated us like this. Look, your father and I have been searching for you in great anxiety.' He said to them, 'Why were you searching for me. Did you not know that I must be in my Father's house?' But they did not understand what he said to them. Then he went down with them and came to Nazareth and was obedient to them. His mother treasured all these things in her heart. *Luke 2. 46-51*

TUESDAYS

The Lord is exalted, he dwells on high; he filled Zion with justice and righteousness; he will be the stability of your times, abundance of salvation, wisdom and knowledge; the fear of the Lord is Zion's treasure. *Isaiah 33. 5-6*

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first-fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen. But if we hope for what

we do not see, we wait for it with patience. *Romans 8. 18-25*

In those days, John the Baptist appeared in the wilderness of Judea, proclaiming, 'Repent, for the kingdom of heaven has come near.' This is the one of whom the prophet Isaiah spoke when he said, 'The voice of one crying out: In the wilderness prepare the way of the Lord, make his paths straight.' Then the people of Jerusalem and all Judea were going out to him, and all the region along the Jordan, and they were baptised by him in the river Jordan, confessing their sins. *Matthew 3. 1-6*

WEDNESDAYS

Hear the word of the Lord, O nations, and declare it in the coastlands far away; say, 'He who scattered Israel will gather him and will keep him as a shepherd a flock.' For the Lord has ransomed Jacob and has redeemed him from hands too strong for him. They shall come and sing aloud on the height of Zion and they shall be radiant over the goodness of the Lord, over the grain, the wine and the oil, and over the young of the flock and the herd; their life shall become like a watered garden and they shall never languish again. Then shall the young women rejoice in the dance and the young men and the old shall be merry. I will turn their mourning into joy, I will comfort them and give them gladness for sorrow. *Jeremiah 31. 10-13*

We know that all things work together for good for those who love God, who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the first-born within a large family. And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified. What then are we to say about these things. If God is for us, who is against us. He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else. *Romans 8. 28-32*

In the beginning was the Word and the Word was with God and the Word was God. He was in the beginning with God. All things came into being through him and without him not one thing came into being. What has come into being in him was life and the life was the light of all people. And the Word became flesh and lived among us and we have seen his glory, the glory as of a father's only son, full of grace and truth. *John 1. 1-3, 14*

THURSDAYS

Thus says the Lord: 'Heaven is my throne and the earth is my footstool; what is the house which you would build for me and what is the place of my rest. All these things my hand has made and so all these things are mine', says the Lord. 'But this is the one to whom I will look, the one who is humble and contrite in spirit and trembles at my word.' *Isaiah 66. 1, 2*

Who will separate us from the love of Christ. Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword. As it is written: For your sake we are being killed all the day long; we are accounted as sheep to be slaughtered. No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. *Romans 8. 35-39*

Jesus said, 'I thank you, Father, Lord of heaven and of earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.' *Matthew 11. 25-27*

FRIDAYS

Then David blessed the Lord in the presence of all the assembly; David said: 'Blessèd are you, O Lord, the God of our ancestor Israel, forever and ever. Yours, O Lord, are the greatness, the power, the glory, the victory and the majesty; for all that is in the heavens and on the earth is yours; yours is the kingdom, O Lord, and you are exalted as head over all. Riches and honour come from you, and you rule over all. In your hand are power and might, and it is in your hand to make great and to give strength to all. And now, our God, we give thanks to you and praise your glorious name.' *1 Chronicles 29. 10-13*

Apart from the law, the righteousness of God has been disclosed, and is attested by the law and the prophets, the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction, since all have sinned and fall short of the glory of God; they are now justified by his grace as a gift, through the redemption that is in Christ Jesus, whom God put

forward as a sacrifice of atonement by his blood, effective through faith. He did this to show his righteousness, because in his divine forbearance he had passed over the sins previously committed; it was to prove at the present time that he himself is righteous and that he justifies the one who has faith in Jesus.

Romans 3. 21-26

It was about noon, and darkness came over the whole land until three in the afternoon, while the sun's light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, 'Father, into your hands I commend my spirit.' Having said this he breathed his last. When the centurion saw what had taken place, he praised God and said, 'Certainly, this man was innocent.'

Luke 23. 44-47

SATURDAYS

Turn to me and be saved, all the ends of the earth! For I am God, and there is no other. By myself I have sworn, from my mouth has gone forth in righteousness a word that shall not return: To me every knee shall bow, every tongue shall swear. Only in the Lord, it shall be said of me, are righteousness and strength; all who were incensed against him shall come to him and be ashamed. In the Lord all the offspring of Israel shall triumph and glory.

Isaiah 45. 22-25

When the goodness and loving-kindness of God our Saviour appeared, he saved us, not because of any works of righteousness that we had done, but according to his mercy, through the water of rebirth and renewal by the Holy Spirit. This Spirit he poured out on us richly through Jesus Christ our Saviour, so that, having been justified by his grace, we might become heirs according to the hope of eternal life.

Titus 3. 4-7

There was a good and righteous man named Joseph who, though a member of the council, had not agreed to their plan and action. He came from the Jewish town of Arimathea, and he was waiting expectantly for the kingdom of God. This man went to Pilate and asked for the body of Jesus. Then he took it down, wrapped it in a linen cloth, and laid it in a rock-hewn tomb where no one had ever been laid. It was the day of Preparation, and the sabbath was beginning. The women who had come with him from Galilee followed, and they saw the tomb and how his body was laid. Then they returned, and prepared spices and ointments. On the sabbath they rested, according to the commandment.

Luke 23. 50-56