

## Getting together online

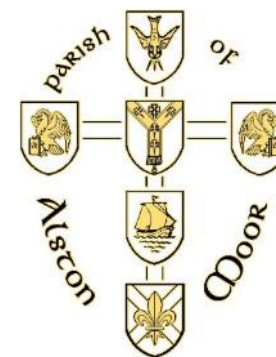
### Every day

If you just fancy a chat over a cuppa, we'll be having a virtual coffee break together every day (except Sunday) at 11am, and a virtual tea break every day at 3.30pm – for anyone who wants to. Just make yourself a drink and log into Zoom (same app and phone numbers as above, Meeting ID **142 024 241**)

**Keep safe,  
and God bless you all**



Churches Together on Alston Moor



## **An Order for Morning and Evening Prayer**

*for use throughout Hexham Deanery*

with additional material

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## Notes

This simple order of Morning and Evening Prayer is designed to allow us, individually or in groups, to focus at this time of uncertainty on God and the needs of those around us.

During this time when there are no acts of public worship in our Parish Churches, it will be said daily at 9am and 5pm in every church in Hexham Deanery. You are invited to pray at home at the same times.

All you need is in this booklet. The psalms and readings set for each day are found at the end of the booklet

If said individually, please say all the words.

If said with others in your home the leader says the normal type words, all others respond with the words in **bold**.

The **Psalms** can be said together or taking a verse each.

The **Gloria** at the end of the Psalm is said together.

The **Gospel Canticle** is said together.

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## ¶ Other prayer resources

### Online

You will find a wealth of resources online – including at <https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-liturgy-and-prayer-resources>

Here you will find, among other things, a document called “Worship at Home”, which includes Morning Prayer and Night Prayer (Compline)

You may also find the Church of England’s free apps useful <https://www.chpublishing.co.uk/apps>

I’ll be posting links to other resources on our parish website [www.alstonmoorcofe.org.uk](http://www.alstonmoorcofe.org.uk) as I come across them.

## Praying with others

### Sundays

We’re intending to worship every Sunday at 11am using Zoom – download the app from your usual source, or from <https://zoom.us>, and use the Meeting ID **357 123 751**

Or else phone one of these numbers

0203 051 2874

0203 481 5237

0203 481 5240

0131 460 1196

and use the same Meeting ID.

### Fridays

Mark will be saying Night Prayer at 9pm every Friday on Zoom – the service is on the Church of England apps and in “Worship at Home” (mentioned above). To join him, use the same Meeting ID as for Sundays.

O God, the protector of all who trust in you,  
without whom nothing is strong, nothing is holy:  
increase and multiply upon us your mercy;  
that with you as our ruler and guide,  
we may so pass through things temporal  
that we lose not our hold on things eternal;  
through Jesus Christ our Lord.

*Common Worship*

Be with us, Lord, in all our prayers,  
and direct our way toward the attainment of salvation,  
that among the changes and chances of this mortal life,  
we may always be defended by your gracious help,  
through Jesus Christ our Lord.

*Common Worship*

O gracious and holy Father,  
give us wisdom to perceive you,  
diligence to seek you,  
patience to wait for you,  
eyes to behold you,  
a heart to meditate upon you,  
and a life to proclaim you,  
through the power of the spirit  
of Jesus Christ our Lord.

*St Benedict*

## **Before going to sleep**

God our Father, by whose mercy  
the world turns safely into darkness and returns again to light:  
we place in your hands our unfinished tasks,  
our unsolved problems, and our unfulfilled hopes,  
knowing that only what you bless will prosper.  
To your love and protection  
we commit each other and all those we love,  
knowing that you alone are our sure defender,  
through Jesus Christ our Lord.

*Church of South India*

## **¶ An Order for Morning Prayer**



### **Preparation**

O Lord, open our lips

**All and our mouth shall proclaim your praise.**

Blessed are you, creator of all,  
to you be praise and glory for ever.  
As your dawn renews the face of the earth  
bringing light and life to all creation,  
may we rejoice in this day you have made;  
as we wake refreshed from the depths of sleep,  
open our eyes to behold your presence  
and strengthen our hands to do your will,  
that the world may rejoice and give you praise.  
Blessed be God, Father, Son and Holy Spirit.

**All Blessed be God for ever.**

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.

**All Amen.**

## The Word of God

*The Psalm and Scripture reading set for each day are found between pages 11-29.*

*Silence for reflection may be kept*

## Gospel Canticle

**All Blessed be the Lord the God of Israel,  
who has come to his people and set them free.  
He has raised up for us a mighty Saviour,  
born of the house of his servant David.  
Through his holy prophets God promised of old  
to save us from our enemies,  
from the hands of all that hate us,  
To show mercy to our ancestors,  
and to remember his holy covenant.  
This was the oath God swore to our father Abraham:  
to set us free from the hands of our enemies,  
Free to worship him without fear,  
holy and righteous in his sight all the days of our life.**

**And you, child,  
shall be called the prophet of the Most High,  
for you will go before the Lord to prepare his way,  
To give his people knowledge of salvation  
by the forgiveness of all their sins.  
In the tender compassion of our God  
the dawn from on high shall break upon us,  
To shine on those who dwell in darkness  
and the shadow of death,  
and to guide our feet into the way of peace.**

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

## Personal prayers

Lord Jesus Christ, you said to your disciples,  
'I am with you always'.  
Be with me today, as I offer myself to you.  
Hear my prayers for others and for myself,  
and keep me in your care.

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.

*from St Patrick's Breastplate*

I am giving you worship with all my life,  
I am giving you obedience with all my power,  
I am giving you praise with all my strength,  
I am giving you honour with all my speech.  
I am giving you love with all my heart,  
I am giving you affection with all my sense,  
I am giving you my being with all my mind,  
I am giving you my soul, O most high and holy God.  
Praise to the Father,  
Praise to the Son,  
Praise to the Spirit,  
The Three in One.

*adapted from Alexander Carmichael,  
Carmina Gadelica (1900)*

Lord Jesus Christ,  
Son of the living God,  
have mercy on me, a sinner.

*The Jesus Prayer*

## A PRAYER AT BEDTIME

Before the ending of the day,  
Creator of the world, we pray  
That you, with steadfast love, would keep  
Your watch around us while we sleep.

Tonight we pray especially for  
(names family or friends who are affected by Coronavirus) and  
the people of (country or place which is affected by Coronavirus).  
Please give skill and wisdom to all who are caring for them.

**All Amen.**

## A PRAYER REMEMBERING GOD IS WITH US

Lord God, you are always with me.  
You are with me in the day and in the night.  
You are with me when I'm happy and when I'm sad.  
You are with me when I'm healthy and when I am ill.  
You are with me when I am peaceful and when I am worried.  
Today I am feeling (name how you are feeling)  
because (reasons you are feeling this way).  
Help me to remember that you love me  
and are with me in everything today.

**All Amen.**



## Prayers

*These or other prayers are offered*

*Prayers from pages 30-38 may also be used*

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.

**All Amen.**

Gracious Father,  
renew the Church in our day  
and make your churches on Alston Moor  
holy, fruitful, and faithful,  
for your glory's sake

**All Amen**

Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from your love  
in Christ Jesus our Lord.

**All Amen.**

Let us pray with confidence as our Saviour has taught us

**All** **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 Conclusion**

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

**All** **Amen.**

Let us bless the Lord.

**All** **Thanks be to God.**

## **Prayers with children**

### **A PRAYER FOR WHEN A FRIEND IS ILL**

Dear God, (*name of friend*) is ill.  
They are not allowed to go to school or come over to play.  
I'm sad because I miss them.  
They must be feeling miserable and lonely as well.  
Please be close to them.  
Please be with the people who are looking after them.  
Please help them to get better and to know that you love them.

**All** **Amen.**

### **A PRAYER FOR THE WORLD**

God of love and hope,  
you made the world and care for all creation,  
but the world feels strange right now.  
The news is full of stories about Coronavirus.  
Some people are worried that they might get ill.  
Others are anxious for their family and friends.  
Be with them and help them to find peace.  
We pray for the doctors and nurses and scientists,  
and all who are working to discover the right medicines  
to help those who are ill.  
Thank you that even in these anxious times,  
you are with us.  
Help us to put our trust in you and keep us safe.

**All** **Amen.**

## Set B

Let us pray to the Lord,  
who is our refuge and stronghold.

For the health and well-being of our nation,  
that all who are fearful and anxious  
may be at peace and free from worry:  
Lord, hear us,

**All Lord, graciously hear us.**

For the isolated and housebound,  
that we may be alert to their needs,  
and care for them in their vulnerability:  
Lord, hear us,

**All Lord, graciously hear us.**

For our homes and families,  
our schools and young people,  
and all in any kind of need or distress:  
Lord, hear us,

**All Lord, graciously hear us.**

For a blessing on our local community,  
that our neighbourhoods may be places of trust and friendship,  
where all are known and cared for:  
Lord, hear us,

**All Lord, graciously hear us.**

We commend ourselves, and all for whom we pray,  
to the mercy and protection of God.  
Merciful Father,

**All accept these prayers  
for the sake of your Son,  
our Saviour Jesus Christ. Amen.**

## ¶ An Order for Evening Prayer



### Preparation

O Lord, open our lips

**All and our mouth shall proclaim your praise.**

Blessed are you, Lord God, creator of day and night:  
to you be praise and glory for ever.

As darkness falls you renew your promise  
to reveal among us the light of your presence.

By the light of Christ, your living Word,  
dispel the darkness of our hearts  
that we may walk as children of light  
and sing your praise throughout the world.

Blessed be God, Father, Son and Holy Spirit:

**All Blessed be God for ever.**

That this evening may be holy, good and peaceful,  
let us pray with one heart and mind.

*Silence is kept.*

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.

**All Amen.**

## The Word of God

The **Psalm and Scripture reading** set for each day are found between pages 11-29

*Silence for reflection may be kept*

## Gospel Canticle

**All** My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Saviour;  
he has looked with favour on his lowly servant.  
From this day all generations will call me blessed;  
the Almighty has done great things for me  
and holy is his name.

He has mercy on those who fear him,  
from generation to generation.  
He has shown strength with his arm  
and has scattered the proud in their conceit,  
Casting down the mighty from their thrones  
and lifting up the lowly.  
He has filled the hungry with good things  
and sent the rich away empty.

He has come to the aid of his servant Israel,  
to remember his promise of mercy,  
The promise made to our ancestors,  
to Abraham and his children for ever.

Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever.  
Amen.

## Intercessions

### Set A

Let us pray to God, who alone makes us dwell in safety:

For all who are affected by coronavirus,  
through illness or isolation or anxiety,  
that they may find relief and recovery:  
Lord, hear us,

**All** Lord, graciously hear us.

For those who are guiding our nation at this time,  
and shaping national policies,  
that they may make wise decisions:  
Lord, hear us,

**All** Lord, graciously hear us.

For doctors, nurses and medical researchers,  
that through their skill and insights  
many will be restored to health:  
Lord, hear us,

**All** Lord, graciously hear us.

For the vulnerable and the fearful,  
for the gravely ill and the dying,  
that they may know your comfort and peace:  
Lord, hear us,

**All** Lord, graciously hear us.

We commend ourselves, and all for whom we pray,  
to the mercy and protection of God.  
Merciful Father,

**All** accept these prayers  
for the sake of your Son,  
our Saviour Jesus Christ. Amen.



## FOR THE CHRISTIAN COMMUNITY

We are not people of fear:  
we are people of courage.  
We are not people who protect our own safety:  
we are people who protect our neighbours' safety.  
We are not people of greed:  
we are people of generosity.  
We are your people God,  
giving and loving,  
wherever we are,  
whatever it costs  
For as long as it takes  
wherever you call us.

*Barbara Glasson, President of the Methodist Conference*



## Prayers

*These or other prayers are offered*

*Prayers from pages 30-38 may also be used*

Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from your love  
in Christ Jesus our Lord.

**All Amen.**

Merciful God,  
we entrust to your unfailing and tender care this night  
those who are ill or in pain,  
knowing that whenever danger threatens  
your everlasting arms are there to hold us safe.  
Comfort and heal them,  
and restore them to health and strength;  
through Jesus Christ our Lord.

**All Amen.**

O Lord,  
support us all the day long of this troublous life,  
until the shades lengthen and the evening comes,  
the busy world is hushed,  
the fever of life is over and our work is done;  
then Lord, in thy mercy, grant us safe lodging,  
a holy rest, and peace at the last,  
through Jesus Christ our Lord.

**All Amen.**

Let us pray with confidence as our Saviour has taught us

*All* **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 Conclusion**

*All* **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.**

Let us bless the Lord.

*All* **Thanks be to God.**

### **FOR THOSE WHO ARE ILL**

Merciful God,  
we entrust to your tender care  
those who are ill or in pain,  
knowing that whenever danger threatens  
your everlasting arms are there to hold them safe.  
Comfort and heal them,  
and restore them to health and strength;  
through Jesus Christ our Lord.

*All* **Amen.**

### **FOR HOSPITAL STAFF AND MEDICAL RESEARCHERS**

Gracious God,  
give skill, sympathy and resilience  
to all who are caring for the sick,  
and your wisdom to those searching for a cure.  
Strengthen them with your Spirit,  
that through their work many will be restored to health;  
through Jesus Christ our Lord.

*All* **Amen.**

### **FROM ONE WHO IS ILL OR ISOLATED**

O God,  
help me to trust you,  
help me to know that you are with me,  
help me to believe that nothing can separate me from your love  
revealed in Jesus Christ our Lord.

*All* **Amen.**

## ¶ Additional prayers

### Prayers about the outbreak

Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from your love  
in Christ Jesus our Lord.

*All* **Amen.**

Lord Jesus Christ,  
you taught us to love our neighbour,  
and to care for those in need  
as if we were caring for you.  
In this time of anxiety, give us strength  
to comfort the fearful, to tend the sick,  
and to assure the isolated  
of our love, and your love,  
for your name's sake.

*All* **Amen.**

God of compassion,  
be close to those who are ill, afraid or in isolation.  
In their loneliness, be their consolation;  
in their anxiety, be their hope;  
in their darkness, be their light;  
through him who suffered alone on the cross,  
but reigns with you in glory,  
Jesus Christ our Lord.

*All* **Amen.**

## ¶ Psalms and Readings

### Sunday – Morning Prayer

#### PSALM 19

- 1 The heavens are telling the glory of God ♦  
and the firmament proclaims his handiwork.
- 2 One day pours out its song to another ♦  
and one night unfolds knowledge to another.
- 3 They have neither speech nor language ♦  
and their voices are not heard,
- 4 Yet their sound has gone out into all lands ♦  
and their words to the ends of the world.
- 5 In them has he set a tabernacle for the sun, ♦  
that comes forth as a bridegroom out of his chamber  
and rejoices as a champion to run his course.
- 6 It goes forth from the end of the heavens  
and runs to the very end again, ♦  
and there is nothing hidden from its heat.
- 7 The law of the Lord is perfect, reviving the soul; ♦  
the testimony of the Lord is sure  
and gives wisdom to the simple.
- 8 The statutes of the Lord are right and rejoice the heart; ♦  
the commandment of the Lord is pure and gives light to the eyes.
- 9 The fear of the Lord is clean and endures for ever; ♦  
the judgements of the Lord are true and righteous altogether.
- 10 More to be desired are they than gold,  
more than much fine gold, ♦  
sweeter also than honey, dripping from the honeycomb.
- 11 By them also is your servant taught ♦  
and in keeping them there is great reward.

- 12 Who can tell how often they offend? ♦  
 cleanse me from my secret faults!
- 13 Keep your servant also from presumptuous sins  
 lest they get dominion over me; ♦  
 so shall I be undefiled, and innocent of great offence.
- 14 Let the words of my mouth and the meditation of my heart  
 be acceptable in your sight, ♦  
 O Lord, my strength and my redeemer.

**Glory to the Father and to the Son  
 and to the Holy Spirit;  
 as it was in the beginning is now  
 and shall be for ever. Amen.**

### GENESIS 1.1-5

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, 'Let there be light'; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

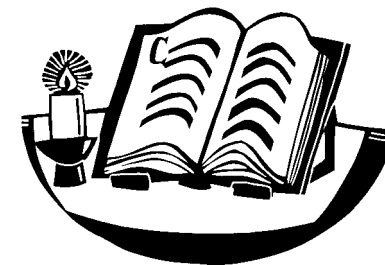
## Sunday – Evening Prayer

### PSALM 34

- 1 I will bless the Lord at all times; ♦  
 his praise shall ever be in my mouth.
- 2 My soul shall glory in the Lord; ♦  
 let the humble hear and be glad.
- 3 O magnify the Lord with me; ♦  
 let us exalt his name together.

### LUKE 12.22-31

Jesus said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.'



## Saturday – Evening Prayer

### PSALM 138

- 9 I will give thanks to you, O Lord, with my whole heart; ♦  
before the gods will I sing praise to you.
- 10 I will bow down towards your holy temple  
and praise your name,  
because of your love and faithfulness; ♦  
for you have glorified your name  
and your word above all things.
- 11 In the day that I called to you, you answered me; ♦  
you put new strength in my soul.
- 12 All the kings of the earth shall praise you, O Lord, ♦  
for they have heard the words of your mouth.
- 13 They shall sing of the ways of the Lord, ♦  
that great is the glory of the Lord.
- 14 Though the Lord be high, he watches over the lowly; ♦  
as for the proud, he regards them from afar.
- 15 Though I walk in the midst of trouble,  
you will preserve me; ♦  
you will stretch forth your hand against the fury of my enemies;  
your right hand will save me.
- 16 The Lord shall make good his purpose for me; ♦  
your loving-kindness, O Lord, endures for ever;  
forsake not the work of your hands.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

- 4 I sought the Lord and he answered me ♦  
and delivered me from all my fears.
- 5 Look upon him and be radiant ♦  
and your faces shall not be ashamed.
- 6 This poor soul cried, and the Lord heard me ♦  
and saved me from all my troubles.
- 7 The angel of the Lord encamps around those who fear him ♦  
and delivers them.
- 8 O taste and see that the Lord is gracious; ♦  
blessed is the one who trusts in him.
- 9 Fear the Lord, all you his holy ones, ♦  
for those who fear him lack nothing.
- 10 Lions may lack and suffer hunger, ♦  
but those who seek the Lord lack nothing that is good.
- 11 Come, my children, and listen to me; ♦  
I will teach you the fear of the Lord.
- 12 Who is there who delights in life ♦  
and longs for days to enjoy good things?
- 13 Keep your tongue from evil ♦  
and your lips from lying words.
- 14 Turn from evil and do good; ♦  
seek peace and pursue it.
- 15 The eyes of the Lord are upon the righteous ♦  
and his ears are open to their cry.
- 16 The face of the Lord is against those who do evil, ♦  
to root out the remembrance of them from the earth.
- 17 The righteous cry and the Lord hears them ♦  
and delivers them out of all their troubles.
- 18 The Lord is near to the brokenhearted ♦  
and will save those who are crushed in spirit.

- 19 Many are the troubles of the righteous; ♦  
from them all will the Lord deliver them.
- 20 He keeps all their bones, ♦  
so that not one of them is broken.
- 21 But evil shall slay the wicked ♦  
and those who hate the righteous will be condemned.
- 22 The Lord ransoms the life of his servants ♦  
and will condemn none who seek refuge in him.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

#### REVELATION 21.1-4

I, John, saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, 'See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.'

## Monday – Morning Prayer

#### PSALM 126

- 1 When the Lord restored the fortunes of Zion, ♦  
then were we like those who dream.
- 2 Then was our mouth filled with laughter ♦  
and our tongue with songs of joy.
- 3 Then said they among the nations, ♦  
'The Lord has done great things for them.'

## Saturday – Morning Prayer

#### PSALM 63: 1-8

- 1 O God, you are my God; eagerly I seek you; ♦  
my soul is athirst for you.
- 2 My flesh also faints for you, ♦  
as in a dry and thirsty land where there is no water.
- 3 So would I gaze upon you in your holy place, ♦  
that I might behold your power and your glory.
- 4 Your loving-kindness is better than life itself ♦  
and so my lips shall praise you.
- 5 I will bless you as long as I live ♦  
and lift up my hands in your name.
- 6 My soul shall be satisfied, as with marrow and fatness, ♦  
and my mouth shall praise you with joyful lips,
- 7 When I remember you upon my bed ♦  
and meditate on you in the watches of the night.
- 8 For you have been my helper ♦  
and under the shadow of your wings will I rejoice.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

#### ISAIAH 11.6-9

The wolf shall live with the lamb, the leopard shall lie down with the kid, the calf and the lion and the fatling together, and a little child shall lead them. The cow and the bear shall graze, their young shall lie down together; and the lion shall eat straw like the ox. The nursing child shall play over the hole of the asp, and the weaned child shall put its hand on the adder's den. They will not hurt or destroy on all my holy mountain; for the earth will be full of the knowledge of the Lord as the waters cover the sea.

## Friday – Evening Prayer

### PSALM 124

- 1 If the Lord himself had not been on our side, ♦  
now may Israel say;
- 2 If the Lord had not been on our side, ♦  
when enemies rose up against us;
- 3 Then would they have swallowed us alive ♦  
when their anger burned against us;
- 4 Then would the waters have overwhelmed us  
and the torrent gone over our soul; ♦  
over our soul would have swept the raging waters.
- 5 But blessed be the Lord ♦  
who has not given us over to be a prey for their teeth.
- 6 Our soul has escaped  
as a bird from the snare of the fowler; ♦  
the snare is broken and we are delivered.
- 7 Our help is in the name of the Lord, ♦  
who has made heaven and earth.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

### ROMANS 19.9-12

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.

- 4 The Lord has indeed done great things for us, ♦  
and therefore we rejoiced.
- 5 Restore again our fortunes, O Lord, ♦  
as the river beds of the desert.
- 6 Those who sow in tears ♦  
shall reap with songs of joy.
- 7 Those who go out weeping, bearing the seed, ♦  
will come back with shouts of joy,  
bearing their sheaves with them.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

### ISAIAH 49.1B-4

The Lord called me before I was born, while I was in my mother's womb he named me. He made my mouth like a sharp sword, in the shadow of his hand he hid me; he made me a polished arrow, in his quiver he hid me away. And he said to me, 'You are my servant, Israel, in whom I will be glorified.' But I said, 'I have laboured in vain, I have spent my strength for nothing and vanity; yet surely my cause is with the Lord, and my reward with my God.'

## Monday – Evening Prayer

### PSALM 65

- 1 Praise is due to you, O God, in Zion; ♦  
to you that answer prayer shall vows be paid.
- 2 To you shall all flesh come to confess their sins; ♦  
when our misdeeds prevail against us, you will purge them away.
- 3 Happy are they whom you choose  
and draw to your courts to dwell there. ♦

We shall be satisfied with the blessings of your house,  
even of your holy temple.

- 4 With wonders you will answer us in your righteousness,  
O God of our salvation, ♦  
O hope of all the ends of the earth and of the farthest seas.
- 5 In your strength you set fast the mountains ♦  
and are girded about with might.
- 6 You still the raging of the seas, ♦  
the roaring of their waves and the clamour of the peoples.
- 7 Those who dwell at the ends of the earth  
tremble at your marvels; ♦  
the gates of the morning and evening sing your praise.
- 8 You visit the earth and water it; ♦  
you make it very plenteous.
- 9 The river of God is full of water; ♦  
you prepare grain for your people,  
for so you provide for the earth.
- 10 You drench the furrows and smooth out the ridges; ♦  
you soften the ground with showers and bless its increase.
- 11 You crown the year with your goodness, ♦  
and your paths overflow with plenty.
- 12 May the pastures of the wilderness flow with goodness ♦  
and the hills be girded with joy.
- 13 May the meadows be clothed with flocks of sheep ♦  
and the valleys stand so thick with corn  
that they shall laugh and sing.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

## Friday – Morning Prayer

### PSALM 23

- 1 The Lord is my shepherd; ♦  
therefore can I lack nothing.
- 2 He makes me lie down in green pastures ♦  
and leads me beside still waters.
- 3 He shall refresh my soul ♦  
and guide me in the paths of righteousness for his name's sake.
- 4 Though I walk through the valley of the shadow of death,  
I will fear no evil; ♦  
for you are with me; your rod and your staff, they comfort me.
- 5 You spread a table before me  
in the presence of those who trouble me; ♦  
you have anointed my head with oil and my cup shall be full.
- 6 Surely goodness and loving mercy shall follow me  
all the days of my life, ♦  
and I will dwell in the house of the Lord for ever.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

### ISAIAH 57.15-19

Thus says the high and lofty one who inhabits eternity, whose name is Holy: I dwell in the high and holy place, and also with those who are contrite and humble in spirit, to revive the spirit of the humble, and to revive the heart of the contrite. For I will not continually accuse, nor will I always be angry; for then the spirits would grow faint before me, even the souls that I have made. Because of their wicked covetousness I was angry; I struck them, I hid and was angry; but they kept turning back to their own ways. I have seen their ways, but I will heal them; I will lead them and repay them with comfort, creating for their mourners the fruit of the lips. Peace, peace, to the far and the near, says the Lord; and I will heal them.



- 9 When you are angry, all our days are gone; ♦  
our years come to an end like a sigh.
- 10 The days of our life are three score years and ten,  
or if our strength endures, even four score; ♦  
yet the sum of them is but labour and sorrow,  
for they soon pass away and we are gone.
- 11 Who regards the power of your wrath ♦  
and your indignation like those who fear you?
- 12 So teach us to number our days ♦  
that we may apply our hearts to wisdom.
- 13 Turn again, O Lord; how long will you delay? ♦  
Have compassion on your servants.
- 14 Satisfy us with your loving-kindness in the morning, ♦  
that we may rejoice and be glad all our days.
- 15 Give us gladness for the days you have afflicted us, ♦  
and for the years in which we have seen adversity.
- 16 Show your servants your works, ♦  
and let your glory be over their children.
- 17 May the gracious favour of the Lord our God be upon us; ♦  
prosper our handiwork; O prosper the work of our hands.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

### EPHESIANS 2.19-22

You are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

### JOHN 14.1-6

Jesus said to the disciples, 'Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.' Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me.

### Tuesday – Morning Prayer

#### PSALM 17: 1-8

- 1 Hear my just cause, O Lord; consider my complaint; ♦  
listen to my prayer, which comes not from lying lips.
- 2 Let my vindication come forth from your presence; ♦  
let your eyes behold what is right.
- 3 Weigh my heart, examine me by night, ♦  
refine me, and you will find no impurity in me.
- 4 My mouth does not trespass for earthly rewards; ♦  
I have heeded the words of your lips.
- 5 My footsteps hold fast in the ways of your commandments; ♦  
my feet have not stumbled in your paths.
- 6 I call upon you, O God, for you will answer me; ♦  
incline your ear to me, and listen to my words.
- 7 Show me your marvellous loving-kindness, ♦  
O Saviour of those who take refuge at your right hand  
from those who rise up against them.
- 8 Keep me as the apple of your eye; ♦  
hide me under the shadow of your wings,

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

### **ISAIAH 35.2C-6**

They shall see the glory of the Lord, the majesty of our God. Strengthen the weak hands, and make firm the feeble knees. Say to those who are of a fearful heart, 'Be strong, do not fear! Here is your God. He will come with vengeance, with terrible recompense. He will come and save you.' Then the eyes of the blind shall be opened, and the ears of the deaf unstopped; then the lame shall leap like a deer, and the tongue of the speechless sing for joy. For waters shall break forth in the wilderness, and streams in the desert.

## **Tuesday – Evening Prayer**

### **PSALM 16**

- 1 Preserve me, O God, for in you have I taken refuge; ♦  
I have said to the Lord, 'You are my lord,  
all my good depends on you.'
- 2 All my delight is upon the godly that are in the land, ♦  
upon those who are noble in heart.
- 3 Though the idols are legion that many run after, ♦  
their drink offerings of blood I will not offer,  
neither make mention of their names upon my lips.
- 4 The Lord himself is my portion and my cup; ♦  
in your hands alone is my fortune.
- 5 My share has fallen in a fair land; ♦  
indeed, I have a goodly heritage.
- 6 I will bless the Lord who has given me counsel, ♦  
and in the night watches he instructs my heart.

### **DEUTERONOMY 15.7,8,10,11**

If there is among you anyone in need, a member of your community in any of your towns within the land that the Lord your God is giving you, do not be hard-hearted or tight-fisted towards your needy neighbour. You should rather open your hand, willingly lending enough to meet the need, whatever it may be. Give liberally and be ungrudging when you do so, for on this account the Lord your God will bless you in all your work and in all that you undertake. Since there will never cease to be some in need on the earth, I therefore command you, 'Open your hand to the poor and needy neighbour in your land.'

## **Thursday – Evening Prayer**

### **PSALM 90**

- 1 Lord, you have been our refuge ♦  
from one generation to another.
- 2 Before the mountains were brought forth,  
or the earth and the world were formed, ♦  
from everlasting to everlasting you are God.
- 3 You turn us back to dust and say: ♦  
'Turn back, O children of earth.'
- 4 For a thousand years in your sight are but as yesterday ♦  
which passes like a watch in the night.
- 5 You sweep them away like a dream; ♦  
they fade away suddenly like the grass.
- 6 In the morning it is green and flourishes; ♦  
in the evening it is dried up and withered.
- 7 For we consume away in your displeasure; ♦  
we are afraid at your wrathful indignation.
- 8 You have set our misdeeds before you ♦  
and our secret sins in the light of your countenance.

- 11 Serve the Lord with fear, and with trembling kiss his feet, ♦  
lest he be angry and you perish from the way,  
for his wrath is quickly kindled.
- 12 Happy are all they ♦  
who take refuge in him.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

### COLOSSIANS 3.16,17

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

## Thursday – Morning Prayer

### PSALM 133

- 1 Behold how good and pleasant it is ♦  
to dwell together in unity.
- 2 It is like the precious oil upon the head, ♦  
running down upon the beard,
- 3 Even on Aaron's beard, ♦  
running down upon the collar of his clothing.
- 4 It is like the dew of Hermon ♦  
running down upon the hills of Zion.
- 5 For there the Lord has promised his blessing: ♦  
even life for evermore.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

- 7 I have set the Lord always before me; ♦  
he is at my right hand; I shall not fall.
- 8 Wherefore my heart is glad and my spirit rejoices; ♦  
my flesh also shall rest secure.
- 9 For you will not abandon my soul to Death, ♦  
nor suffer your faithful one to see the Pit.
- 10 You will show me the path of life;  
in your presence is the fullness of joy ♦  
and in your right hand are pleasures for evermore.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

### PHILIPPIANS 4.8-9

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

## Wednesday – Morning Prayer

### PSALM 48

- 1 Great is the Lord and highly to be praised, ♦  
in the city of our God.
- 2 His holy mountain is fair and lifted high, ♦  
the joy of all the earth.
- 3 On Mount Zion, the divine dwelling place, ♦  
stands the city of the great king.

- 4 In her palaces God has shown himself ♦  
to be a sure refuge.
- 5 For behold, the kings of the earth assembled ♦  
and swept forward together.
- 6 They saw, and were dumbfounded; ♦  
dismayed, they fled in terror.
- 7 Trembling seized them there;  
they writhed like a woman in labour, ♦  
as when the east wind shatters the ships of Tarshish.
- 8 As we had heard, so have we seen  
in the city of the Lord of hosts, the city of our God: ♦  
God has established her for ever.
- 9 We have waited on your loving-kindness, O God, ♦  
in the midst of your temple.
- 10 As with your name, O God,  
so your praise reaches to the ends of the earth; ♦  
your right hand is full of justice.
- 11 Let Mount Zion rejoice and the daughters of Judah be glad, ♦  
because of your judgements, O Lord.
- 12 Walk about Zion and go round about her;  
count all her towers; ♦  
consider well her bulwarks; pass through her citadels,
- 13 That you may tell those who come after  
that such is our God for ever and ever. ♦  
It is he that shall be our guide for evermore.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

## ISAIAH 61.1-3A

The spirit of the Lord God is upon me, because the Lord has anointed me; he has sent me to bring good news to the oppressed, to bind up the broken-hearted, to proclaim liberty to the captives, and release to the prisoners; to proclaim the year of the Lord's favour, and the day of vengeance of our God; to comfort all who mourn; to provide for those who mourn in Zion – to give them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a faint spirit.

## Wednesday – Evening Prayer

### PSALM 2

- 1 Why are the nations in tumult, ♦  
and why do the peoples devise a vain plot?
- 2 The kings of the earth rise up,  
and the rulers take counsel together, ♦  
against the Lord and against his anointed:
- 3 'Let us break their bonds asunder ♦  
and cast away their cords from us.'
- 4 He who dwells in heaven shall laugh them to scorn; ♦  
the Lord shall have them in derision.
- 5 Then shall he speak to them in his wrath ♦  
and terrify them in his fury:
- 6 'Yet have I set my king ♦  
upon my holy hill of Zion.'
- 7 I will proclaim the decree of the Lord; ♦  
he said to me: 'You are my Son; this day have I begotten you.
- 8 'Ask of me and I will give you the nations for your inheritance ♦  
and the ends of the earth for your possession.
- 9 'You shall break them with a rod of iron ♦  
and dash them in pieces like a potter's vessel.'
- 10 Now therefore be wise, O kings; ♦  
be prudent, you judges of the earth.