



**Three Offices of
Daily Prayer**
*for Families &
Individuals*

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'MATINS'

An Order for Morning Prayer

THE GREETING

Leader Blessed be God, ✠ the Father, the Son, and the Holy Spirit.
People **And blessed be His Kingdom now and forever. Amen.**

A SONG *or* A HYMN

THE CONFESSION OF SIN

Leader Let us humbly confess our sins to Almighty God.

(All kneeling; a time of silence is kept)

People **Almighty and most merciful Father, we have erred and strayed from your ways like lost sheep. we have followed too much the devices and desires of our own hearts. We have offended against your holy laws. We have left undone those things which we ought to have done, and we have done those things which we ought not to have done; and apart from your grace, there is no health in us. O Lord, have mercy upon us. Spare all those who confess their faults. Restore all those who are penitent, according to your promises declared to all people in Christ Jesus our Lord; And grant, O most merciful Father, for his sake, that we may now live a godly, righteous, and sober life, to the glory of your holy Name. Amen.**

Leader Grant 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.

THE INVITATORY

(All standing)

Leader O Lord, open our lips;
People **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.

Praise the Lord.

The Lord's name be praised.

THE MORNING PSALM

On Mondays | *from Psalm 2, 'Quare fremuerunt gentes?'*

Leader Why do the nations rage

People **and the peoples plot in vain?**

The kings of the earth set themselves,
and the rulers take counsel together,
against the Lord and against his Anointed, saying,

“Let us burst their bonds apart
and cast away their cords from us.”

He who sits in the heavens laughs;
the Lord holds them in derision.

Then he will speak to them in his wrath,
and terrify them in his fury, saying,

“As for me, I have set my King
on Zion, my holy hill.”

I will tell of the decree:

The Lord said to me, “You are my Son;
today I have begotten you.

Ask of me, and I will make the nations your heritage,
and the ends of the earth your possession.

You shall break them with a rod of iron
and dash them in pieces like a potter's vessel.”

Now therefore, O kings, be wise;
be warned, O rulers of the earth.

Serve the Lord with fear,
and rejoice with trembling.

Kiss the Son,
lest he be angry, and you perish in the way,
for his wrath is quickly kindled.

Leader Glory be to ✠ the Father, and to the Son, and to the Holy Spirit;

People **As it was in the beginning, is now, and ever shall be, world without end.
Amen.**

On Tuesdays | *from Psalm 70, 'Deus, in adjutorium'*

Leader Make haste, O God, to deliver me!

People **O Lord, make haste to help me!**

Let them be put to shame and confusion

who seek my life!

Let them be turned back and brought to dishonor

who delight in my hurt!

Let them turn back because of their shame

who say, "Aha, Aha!"

May all who seek you

rejoice and be glad in you!

May those who love your salvation

say evermore, "God is great!"

But I am poor and needy;

hasten to me, O God!

You are my help and my deliverer;

O Lord, do not delay!

Leader Glory be to ✠ the Father, and to the Son, and to the Holy Spirit;

People **As it was in the beginning, is now, and ever shall be, world without end.**

Amen.

On Wednesdays | from Psalm 77, 'Voce mea ad Dominum'

Leader I will remember the deeds of the Lord;
People **yes, I will remember your wonders of old.**
I will ponder all your work,
and meditate on your mighty deeds.
Your way, O God, is holy.
What god is great like our God?
You are the God who works wonders;
you have made known your might among the peoples.
You with your arm redeemed your people,
the children of Jacob and Joseph. Selah
When the waters saw you, O God,
when the waters saw you, they were afraid;
indeed, the deep trembled.
The clouds poured out water;
the skies gave forth thunder;
your arrows flashed on every side.
The crash of your thunder was in the whirlwind;
your lightnings lighted up the world;
the earth trembled and shook.
Your way was through the sea,
your path through the great waters;
yet your footprints were unseen.
You led your people like a flock
by the hand of Moses and Aaron.

Leader Glory be to ✠ the Father, and to the Son, and to the Holy Spirit;
People **As it was in the beginning, is now, and ever shall be, world without end.**
Amen.

On Thursdays | from Psalm 23, 'Dominus regit me'

Leader The Lord is my shepherd; I shall not want.

People **He makes me lie down in green pastures.**

He leads me beside still waters.

He restores my soul.

He leads me in paths of righteousness

for his name's sake.

Even 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.

You prepare a table before me

in the presence of my enemies;

you anoint my head with oil;

my cup overflows.

Surely goodness and mercy shall follow me

all the days of my life,

and I shall dwell in the house of the Lord

forever. Amen.

Leader Glory be to ✠ the Father, and to the Son, and to the Holy Spirit;

People **As it was in the beginning, is now, and ever shall be, world without end.**

Amen.

On Fridays | *from Psalm 27, 'Dominus illuminatio'*

Leader The Lord is my light and my salvation;

People **whom shall I fear?**

The Lord is the stronghold of my life;

of whom shall I be afraid?

When evildoers assail me

to eat up my flesh,

my adversaries and foes,

it is they who stumble and fall.

Though an army encamp against me,

my heart shall not fear;

though war arise against me,

yet I will be confident.

One thing have I asked of the Lord,

that will I seek after:

that I may dwell in the house of the Lord

all the days of my life,

to gaze upon the beauty of the Lord

and to inquire in his temple.

For he will hide me in his shelter

in the day of trouble;

he will conceal me under the cover of his tent;

he will lift me high upon a rock.

Leader Glory be to ✠ the Father, and to the Son, and to the Holy Spirit;

People **As it was in the beginning, is now, and ever shall be, world without end.**

Amen.

On Saturdays | *from Psalm 95, 'Venite exultemus'*

Leader Oh come, let us sing to the Lord;
People **let us make a joyful noise to the rock of our salvation!**

Let us come into his presence with thanksgiving;
let us make a joyful noise to him with songs of praise!

For the Lord is a great God,
and a great King above all gods.

In his hand are the depths of the earth;
the heights of the mountains are his also.

The sea is his, for he made it,
and his hands formed the dry land.

Oh come, let us worship and bow down;
let us kneel before the Lord, our Maker!

For he is our God,
and we are the people of his pasture,
and the sheep of his hand.

Today, if you hear his voice,
do not harden your hearts, as at Meribah,
as on the day at Massah in the wilderness,
when your fathers put me to the test
and put me to the proof, though they had seen my work.

For forty years I loathed that generation
and said, "They are a people who go astray in their heart,
and they have not known my ways."

Therefore I swore in my wrath,
"They shall not enter my rest."

Leader Glory be to ✠ the Father, and to the Son, and to the Holy Spirit;
People **As it was in the beginning, is now, and ever shall be, world without end.
Amen.**

THE LESSON

(A short lesson from Scripture is read here)

Reader A Reading from _____.

(After the reading)

Reader The Word of the Lord.

People Thanks be to God.

THE APOSTLES' CREED

(Leader and People together, all standing)

All I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord. He was conceived by the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. 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.*

THE PRAYERS

Leader The Lord be with you.

People **And with your spirit.**

Let us pray: Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

THE LORD'S PRAYER

Words from Matthew 6:9-13 | Music by Sam Dickison | © 2014 Sam Dickison

Our_ Fa - ther, who art in hea - ven, Hal-owed be thy_ name.
Thy king - dom come, thy will be done on earth as it is in hea - ven.
Give us this day our dai - ly bread, And for - give us our tres - pas - ses
as we for - give those who tres - pass a - gainst us.
And de - li - ver us from e - vil. For thine is the king - dom and_ the po - wer
and_ the glo - ry for - e - ver. A - - - men.

Leader
People

O Lord, show your mercy upon us;
And grant us your salvation.
O Lord, guide those who govern us;
And lead us in the way of justice and truth.
Clothe your ministers with righteousness;
And let your people sing with joy.
O Lord, save your people;
And bless your inheritance.
Give peace in our time, O Lord;
And defend us by your mighty power.
Let not the needy, O Lord, be forgotten;
Nor the hope of the poor be taken away.
Create in us clean hearts, O God;
And take not your Holy Spirit from us.

(Now, there is a time of free intercession; prayers of various kinds may be offered by everyone. Afterwards, the leader concludes with the following prayer).

Leader Have pity upon us miserable sinners, who now are visited with great sickness and mortality; so it may now please You to withdraw from us this plague and grievous sickness; and may it now please You to increase the spirit of neighborliness among us, that in peril we may uphold one another, in suffering tend to one another, and in homelessness, loneliness, or exile befriend one another. Grant us brave and enduring hearts that we may strengthen one another, until the disciplines and testing of these days are ended, and you again give peace in our time; through Jesus Christ our Lord. *Amen.*

A TIME OF SINGING

(Songs or hymns can be shared here).

A PRAYER OF ST. JOHN CHRYSOSTOM

(All standing).

People 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.*

Leader Let us bless the Lord.
Thanks be to God!
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 forever and ever. *Amen.*

(And, when a Priest is present a benediction may be added).

'SEXT'

An Order for Noonday Prayer

THE SUPPLICATION AT NOON

Leader O God, make speed to save us.

People 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.

THE NOONTIDE PSALM

On Mondays, Wednesdays & Fridays | from Psalm 119, 'Lucerna pedibus meis'

Leader Your word is a lantern to my feet

People and a light upon my path.

I have sworn and am steadfastly purposed
to keep your righteous judgments.

I am troubled above measure;
revive me, O LORD, according to your word.

Let the freewill offerings of my mouth please you, O Lord,
and teach me your judgments.

My life is always in my hand,
yet I do not forget your law.

The ungodly have laid a snare for me,
but I have not strayed from your commandments.

Your testimonies have I claimed as my heritage forever;
and why? They are the very joy of my heart.

I have applied my heart to fulfill your statutes
even unto the end. Amen.

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.

On Tuesdays, Thursdays, and Saturdays | from Psalm 121, 'Levavi oculos'

Leader I will lift up my eyes unto the hills;
People **from whence comes my help?**
My help comes from the LORD,
who has made heaven and earth.
He will not let your foot be moved
and he who keeps you will not sleep.
Behold, he who keeps Israel
shall neither slumber nor sleep;
The LORD himself is your keeper;
the LORD is your defense upon your right hand,
So that the sun shall not burn you by day,
neither the moon by night.
The LORD shall preserve you from all evil;
indeed, it is he who shall keep your soul.
The LORD shall preserve your going out and your coming in,
from this time forth for evermore. Amen.

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.

THE PROCLAMATION AT NOON

On Mondays | from John 12.31-32

Leader Jesus said, "Now is the judgment of this world; now will the ruler of this world be cast out. And I, when I am lifted up from the earth, will draw all people to myself."
The Word of the Lord.
People **Thanks be to God.**

On Tuesdays | from 2 Cor. 5.17-18

Leader If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation.
The Word of the Lord.
People **Thanks be to God.**

On Wednesdays | *from Malachi 1.11*

Leader From the rising of the sun to its setting my Name will be great among the nations, and in every place incense will be offered to my Name, and a pure offering. For my Name will be great among the nations, says the Lord of Hosts. The Word of the Lord.

People **Thanks be to God.**

On Thursdays | *from Joshua 1.9*

Leader Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go. The Word of the Lord.

People **Thanks be to God.**

On Fridays | *from Ephesians 1.11-14*

Leader In him we have obtained an inheritance, having been predestined according to the purpose of him who works all things according to the counsel of his will, so that we who were the first to hope in Christ might be to the praise of his glory. In him you also, when you heard the word of truth, the gospel of your salvation, and believed in him, were sealed with the promised Holy Spirit, who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.

The Word of the Lord.

People **Thanks be to God.**

On Saturdays | *from John 10.11-15*

Leader I am the good shepherd. The good shepherd lays down his life for the sheep. He who is a hired hand and not a shepherd, who does not own the sheep, sees the wolf coming and leaves the sheep and flees, and the wolf snatches them and scatters them. He flees because he is a hired hand and cares nothing for the sheep. I am the good shepherd. I know my own and my own know me, just as the Father knows me and I know the Father; and I lay down my life for the sheep.

The Word of the Lord.

People **Thanks be to God.**

THE PRAYERS AT NOON

Leader I will bless the Lord at all times.
People His praise shall continually be in my mouth.
Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

THE LORD'S PRAYER

Words from Matthew 6:9-13 | Music by Sam Dickison | © 2014 Sam Dickison

Our Fa - ther, who art in hea - ven, Hal - lowed be thy name.
Thy king - dom come, thy will be done on earth as it is in hea - ven.
Give us this day our dai - ly bread, And for - give us our tres - pas - ses
as we for - give those who tres - pass a - gainst us.
And de - li - ver us from e - vil. For thine is the king - dom and the po - wer
and the glo - ry for - e - ver. A - - - men.

Leader O Lord, hear our prayer;
People And let our cry come to you.
Let us pray.

(Prayers are offered by all gathered. If a meal is about to be enjoyed, the leader closes by praying for the food before praying the following collect).

Leader Blessed Savior, 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.*

Leader Let us bless the Lord.

People 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.*

(And, when a priest or bishop is present a benediction may be added).

'VESPERS'

An Order for Evening Prayer

OPENING SENTENCES

Leader O God, make speed to save us;
People 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.**

The Lord Almighty grant us a peaceful night
and a perfect end. Amen.

Our help is in the Name of the Lord;
The maker of heaven and earth.

THE PHOS HILARION

Words: Ancient Greek Hymn, ca. 3th c. | Music: Justin P. Brooks and Paul Wheatley | © 2012 Elgie Street Music

O_ gra-cious Light, pure bright-ness of the e-ver-li-ving Fa-ther in hea-ven,
O Je - sus Christ, ho - ly and bles - sed!
Now as we come to the set-ting of the sun, and our eyes be-hold the ve-sper light,
we sing your prai - ses, O God: Fa - ther, Son, and Ho - ly Ghost.
You are wor-thy at all times to be praised by hap-py voi - ces, O Son of God,
Gi - ver of life, and to be glo - ri - fied through all the world.

Leader Let us humbly confess our sins to Almighty God.

(Silence may be kept. The Leader and People then say:)

All Almighty God and Father, we confess to you, to one another, and to the whole company of heaven, that we have sinned, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son our Lord Jesus Christ, have mercy upon us, forgive us our sins, and by the power of your Holy Spirit raise us up to serve you in newness of life, to the glory of your Name. *Amen.*

May Almighty God grant us forgiveness of all our sins, and the grace and comfort of the Holy Spirit. *Amen.*

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. Alleluia!

THE PSALTER

(The Psalms alternate each day between Psalm 4 and Psalm 31).

On Mondays, Wednesdays, & Fridays | *from Psalm 4, 'Cum invocarem'*

Leader Hear me when I call, O God of my righteousness;
you set me free when I was in trouble;

People have mercy upon me, and hear my prayer.

O you children of men, how long will you blaspheme my honor,
and have such pleasure in vanity, and seek after falsehood?

Know this also, that the Lord has chosen for himself the one that is godly;
when I call upon the Lord, he will hear me.

Stand in awe, and sin not;
commune with your own heart upon your bed, and be still.

Offer the sacrifice of righteousness
and put your trust in the Lord.

There are many that say, "Who will show us any good?"

Lord, lift up the light of your countenance upon us.

You have put gladness in my heart,
more than when others' grain and wine and oil increased.

(Psalm 4 continues on the next page).

Leader I will lay me down in peace, and take my rest;
People **for you, Lord, only, make me dwell in safety.**
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.

On Tuesdays, Thursdays, & Saturdays | from Psalm 31, 'In te, Domine, speravi'

Leader In you, O Lord, have I put my trust; let me never be put to confusion;
People **deliver me in your righteousness.**
Bow down your ear to me,
make haste to deliver me,
And be my strong rock and house of defense,
that you may save me.
For you are my strong rock and my castle;
be also my guide, and lead me for your Name's sake.
Draw me out of the net that they have laid secretly for me,
for you are my strength.
Into your hands I commend my spirit,
for you have redeemed me, O Lord, O God of truth.
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.

THE LESSON

(A short lesson from Scripture is read here)

Reader A reading from _____.

(After the reading)

Reader The Word of the Lord.

People **Thanks be to God.**

THE DOXOLOGY

Words: Thomas Ken, 1674; trans. Hiram Bingham (1789-1869) | Music attr.: Louis Bourgeois, 1551 | OLD HUNDREDTH

Ho - 'o - na - ni i ka Ma - ku - a mau, Ke Kei - ki me ka 'U -
Praise God, from whom all bles-sings flow; Praise him, all crea-tures

ha - ne nō, Ke A - ku - a mau ho - 'o - mai - ka - 'i pū,
here be - low; Praise him a - bove, ye heav'n - ly host;

Kō kēi - a ao, kō kē - lā ao.
Praise Fa - ther, Son, and Ho - ly Ghost. A - men.

THE LORD'S PRAYER

Words from Matthew 6:9-13 | Music by Sam Dickison | © 2014 Sam Dickison

Our Fa - ther, who art in hea - ven, Hal - lowed be thy name.

Thy king - dom come, thy will be done on earth as it is in hea - ven.

Give us this day our dai - ly bread, And for - give us our tres - pas - ses

as we for - give those who tres - pass a - gainst us.

And de - li - ver us from e - vil. For thine is the king - dom and the po - wer

and the glo - ry for - e - ver. A - men.

A TIME FOR PRAYER

Leader Into your hands, O Lord, I commend my spirit;
People **For you have redeemed me, O Lord, O God of truth.**
Keep me, O Lord, as the apple of your eye;
Hide me under the shadow of your wings.
Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

(This is the time for free prayers and other intercessions and thanksgivings to be offered. The leader transitions with the following words).

Leader O Lord, hear our prayer;
People **And let our cry come to you.**
Let us pray.

Leader Lighten our darkness, we beseech you, O Lord; let your holy angels dwell with us to preserve us in peace; and by your great mercy defend us from all perils and dangers of this night; for the love of your only Son, our Savior Jesus Christ.
Amen.

All **Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. Amen.**
Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.

THE NUNC DIMITTIS | *The Song of Simeon from Luke 2.29-32*

Leader Lord, now let your servant depart in peace,
People **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 lighten 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.

All **Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. Amen.**

THE DISMISSAL

Leader Let us bless the Lord.
Thanks be to God.

The almighty and merciful Lord, ✠ Father, Son, and Holy Spirit, bless us and keep us, this night and evermore. *Amen.*

SPIRITUAL COMMUNION

When one is unable to attend the Eucharist

OPENING SENTENCES

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.*

COLLECT

Let the power of the Holy Spirit come upon me, O Lord, I pray; that He may both mercifully cleanse my heart and defend me from all adversities; through Christ our Lord. *Amen.*

THE FIRST READING | *from Revelation 3.20*

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come into him, and will eat with him, and he with me.

THE GOSPEL READING | *from John 15.5*

I am the Vine, you are the branches. He that abides in me and I in him, brings forth much fruit: without me you can do nothing.

THE PRAYER OF LONGING AND SOLIDARITY

In spiritual union, my dear Lord, with the faithful people gathered today at every altar of the church to receive Your blessed Body and Blood, I desire to join my praise and thanksgiving to their offering of worship. I believe You are truly present in the holy sacrament and, since I cannot now receive You in them, I pray, grant that I may know you and love you in spirit and in truth. I affirm my union with you, and love you with all the affections of my soul; let me never be separated from You; and let me live and die in your love. *Amen.*

Blessing praise and glory to the Triune God in the glad company of the Saints! Truly loved and adored be my Lord Jesus Christ on his throne of glory in heaven before the countless multitude of angels and archangels. So also is He truly loved and adored in the glory of the hearts of his people as they receive his holy sacrament at the altar of God.

THE COMMITMENT OF THE WORSHIPER

Into your hands, O God, I commit my spirit. Where else have I to go? You have the Words of eternal life. Be my rock and the covering about me, and bring me at last with all your saints into the fullness of Your heavenly kingdom. ✠ In the name of the father the son and of the Holy Spirit. *Amen.*



“...LET THE ISLANDS REJOICE THEMSELVES IN HIM...”