



Morning and Evening Prayer for use at home

Compiled for use by the Anglican Parish of Denmark-Walpole
during the Covid 19 Crisis.

This booklet has been put together for use by Parishioners during the Covid 19 Crisis of 2020, when all churches were closed by government decree.

Where possible, we have acknowledged all sources.

There are two services of Morning Prayer and two of Evening Prayer, and I have included a service of Night Prayer, or Compline.

Revd Sally Buckley tsf
Parish Priest

Updated April 2020.

A Prayer during Covid 19 epidemic

Lord Jesus Christ, healer and friend,
come and care for all of us through the danger and uncertainty
of the coronavirus epidemic.

To people who are sick, bring healing.

To people who are displaced, isolated, or cut off from family, friends or work,
bring comfort and companionship.

Work with medical staff as they care for the sick and protect them from harm.

Give skill and fruitful research to scientists as they search for treatments,
prevention and a cure.

To public health authorities, give wisdom to decide the best ways to manage
both the crisis and our anxieties.

When communities are fearful, give a calm spirit,
and kindness to neighbours and strangers.

Through this testing time, and through all the risks we face together,
teach us once again how we can love one another as you have loved us. Amen.

From the Anglican Diocese of Melbourne.

...silence...

Pour out your Spirit more and more
to strengthen every one of us for mission.
Encourage our bishops, priests and deacons,
inspire our teachers, pastors and prophets,
and renew us in faith and prayer.
Lord, in your mercy, hear **our prayer**.

Lord of love,
we bring you the challenges of community.

...silence...

In our homes, families and workplaces,
teach us affection and respect.
In our schools, hospitals and community groups,
give pleasure in many talents and good teamwork.
Let love grow in all our relationships.
Lord, in your mercy, hear **our prayer**.

Lord of life and peace,
we bring you the people who need your care today.

...silence...

Heal the sick and give peace to the dying.
Comfort people in pain or in grief.
Give tenderness and strength
to those who carry heavy burdens of care for others.
Be our wise guide in every decision we make.
Lord, in your mercy, hear **our prayer**.

Lord of the world to come,
we bring our memories of the people we love who have
died.

...silence...

We give you thanks
for your image shining through their lives,
for all the saints who have trusted you through the ages,
and for your promise to bring us, with them,
to resurrection life.
Give us grace to grow in holiness to the end of our days.
Lord, in your mercy, hear **our prayer**.

Visit this house, O Lord, we pray,
drive far from it all the snares of the enemy;
may your holy angels dwell with us and guard us in peace
and may your blessing be always upon us;
through Jesus Christ our Lord. Amen.

Service concludes:

Christ be within us to keep us,
beside us to guard,
before us to lead,
behind us to protect,
beneath us to support,
above us to bless.

The divine Spirit dwells in us
Thanks be to God.

<>< + ><> + <>< + ><>

A FORM OF PRAYERS OF THE PEOPLE

We remember the Lord Jesus,
and how he lived to help and heal
the people who came
to him in sickness, grief or trouble.

So we still come to him
and pray for the world,
for the Church,
for ourselves
and for each other.

An intercessor leads these prayers

Lord of the nations,
we bring you the troubles of the world.

...silence...

Change hearts and habits,
until the strong care for the weak,
the rich care for the poor,
the planet is treasured and tended,
and peace and justice come in this and every land.
Lord, in your mercy, hear **our prayer**.

Lord of all faithful disciples,
we bring you the needs of the Church.

MORNING PRAYER 1.

(based on A Service of Praise, Prayer and Proclamation APBA p. 35)

PRAISE AND THANKSGIVING TO GOD

This is the day that the Lord has made. We will rejoice and be glad in it.

Glory to God; Father, Son and Holy Spirit:
as in the beginning, so now, and for ever. Amen.

Sing to the Lord, praise his name; proclaim his salvation day after day.
Declare God's glory among the nations, his marvellous deeds among all peoples.

Psalm 96: 2-3.

Gracious God, we humbly thank you
for life and health and safety,
for freedom to work, leisure to rest,
and for all that is beautiful in creation and human life.
But, above all, we praise you for our Saviour, Jesus Christ,
for his death and resurrection;
for the gift of your Spirit;
and for the hope of sharing in your glory.
Fill our hearts with all joy and peace in believing;
through Jesus Christ our Lord. Amen.

A hymn or music may be appropriate here.

THE MINISTRY OF THE WORD

Prayer in preparation to the reading of Scripture.

Thank you, Father, for making yourself known to us
and showing the way of salvation
through faith in your Son.

We ask you now to teach and encourage us
through your word,
so that we may be ready to serve you;
for the glory of our Lord Jesus Christ. Amen.

Reading from Old Testament or

The days are surely coming, says the LORD, when I will make a new covenant with the house of Israel and the house of Judah.

It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the LORD.

But this is the covenant that I will make with the house of Israel after those days, says the LORD: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people.

No longer shall they teach one another, or say to each other, "Know the LORD," for they shall all know me, from the least of them to the greatest, says the LORD; for I will forgive their iniquity, and remember their sin no more.

Jeremiah 31: 31-34

Psalm or

Out of the depths have I called to you, O Lord:

Lord, hear my voice;

O let your ears consider well:

the voice of my supplication.

If you, Lord, should note what we do wrong;

who then, O Lord, could stand?

But there is forgiveness with you:

so that you shall be feared.

I wait for the Lord, my soul waits for him:

and in his word is my hope.

My soul looks for the Lord:

more than watchmen for the morning,

more, I say, than watchmen for the morning.

O Israel, trust in the Lord, for with the Lord there is mercy:

and with him is ample redemption.

He will redeem Israel:

from the multitude of their sins.

Psalm 130
APBA p. 364.

New Testament Reading or

Then Jesus began to speak, and taught them, saying:

"Blessed are the poor in spirit, for theirs is the kingdom of heaven.

"Blessed are those who mourn, for they will be comforted.

"Blessed are the meek, for they will inherit the earth.

"Blessed are those who hunger and thirst for righteousness, for they will be filled.

"Blessed are the merciful, for they will receive mercy.

"Blessed are the pure in heart, for they will see God.

Eternal Spirit,
Earth-maker, Pain-bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:

The hallowing of your name echo through the universe!
The way of your justice be followed by the peoples of the world!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom
sustain our hope and come on earth.

With the bread we need today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From the trials too great to endure, spare us.
From the grip of all that is evil, free us.

For you reign in the glory of the power that is love,
now and for ever. Amen.

I will lie down in peace and take my rest,
for it is in God alone that I dwell unafraid.

Let us bless the Earth-maker, the Pain-bearer, the Life giver,
let us praise and exalt God above all for ever.

May God's name be praised beyond the furthest star,
glorified and exalted above all for ever.

One or more of the following is said:

Be present, Spirit of God,
within us, your dwelling place and home,
that this house may be one where
all darkness is penetrated by your light,
all troubles calmed by your love,
all pain transformed in your suffering,
and all dying glorified in your risen life. Amen.

Lighten our darkness, Lord we pray:
and in your mercy defend us from all perils and dangers of this night;
for the love of your only Son, our Saviour, Jesus Christ. Amen.

Be present, O merciful God,
and protect us through the silent hours of this night,
so that we who are wearied by the changes
and chances of this fleeting world,
may rest upon your eternal changelessness;
through Jesus Christ our Lord. Amen.

Hymn:

Hail, gladdening Light, of God's pure glory poured,
Who is the immortal Father, heavenly, blest,
Holiest of holies, Jesus Christ our Lord.

Now we are come to the sun's hour of rest,
The lights of evening round us shine,
We hymn the Father, Son, and Holy Spirit divine.

Worthiest art thou at all times to be sung,
With undefiled tongue,
Son of our God, Giver of life, alone!
Therefore in all the world thy glories, Lord, they own.

or

God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at my end, and at my departing.

Into your hands, O God, I commend my spirit,
for you have redeemed me, O God of truth and love.

Keep me, O God, as the apple of an eye;
hide me under the shadow of your wings.

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

Now, Lord, you let your servant go in peace
your word has been fulfilled.
My own eyes have seen the salvation
which you have prepared in the sight of every people;
a light to reveal you to the nations
and the glory of your people Israel.

Glory to God, Source of all being, Eternal Word and Life-giving Spirit,
as it was in the beginning, is now, and shall be for ever. Amen.

Lord have mercy,
Christ have mercy,
Lord have mercy.

The Lord's Prayer or

"Blessed are the peacemakers, for they will be called children of God.

"Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

"Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account.

Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

"You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

"You are the light of the world. A city built on a hill cannot be hid.

No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house.

In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

Matthew 5: 2-16

May your Word live in us and bear fruit to your glory.

Sermon or Reflection may be read here.

Affirmation of Faith (this or The Apostles' Creed) may be said.

We believe in one God,
who made and loves all that is.

We believe in Jesus Christ,
God's only Son, our Lord,
who was born, lived, died and rose again,
and is coming to call all to account.

We believe in the Holy Spirit,
who calls, equips and sends out God's people,
and brings all things to their true end.

This is our faith, the faith of the Church:

We believe in one God,
Father, Son and Holy Spirit. Amen.

CONFESSION OF SIN.

"Come now, let us reason together," says the Lord. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson they shall be like wool."

Isaiah 1: 18

Let us now confess our sins to almighty God.

Heavenly Father,
you have loved us with an everlasting love,

but we have broken your holy laws
and have left undone what we ought to have done.
We are sorry for our sins and turn away from them.
For the sake of your Son who died for us,
forgive us, cleanse us and change us.
By your Holy Spirit, enable us to live for you;
through Jesus Christ our Lord. Amen.

Assurance of God's forgiveness:

God, who is rich in mercy, out of the great love with which he loved us, even when we were dead through our trespasses, made us alive together with Christ – by grace you have been saved.

Ephesians 2: 4-5

THE MINISTRY OF PRAYER.

The Lord's Prayer

Our Father in heaven,
hallowed by 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.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power, and the glory are yours
now and for ever. Amen.

Prayers may be offered

for the world

for the community

for the work of the Church, and

for the needs of individuals.

Lord and heavenly Father,
you have brought us safely to this new day:
keep us by your mighty power, protect us from sin,
guard us from every kind of danger,

Eternal Spirit,
flow through our being and open our lips,
that our mouths may proclaim your praise.
Let us worship the God of love.
[Alleluia, alleluia.]

Psalm 23

The LORD is my shepherd, I shall not want.
He makes me lie down in green pastures;
he leads me beside still waters;
he restores my soul.
He leads me in right paths for his name's sake.
Even though I walk through the darkest valley,
I 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 my whole life long.

Scripture: Matthew 6: 25-34

"Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing?

Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

And can any of you by worrying add a single hour to your span of life?

And why do you worry about clothing? Consider the lilies of the field, 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, will he not much more clothe you—you of little faith?

Therefore do not worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?'

For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things.

But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well.

"So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today."

Thanks be to God.

Prayer at the End of the Day

(Church of the Province of New Zealand; Service of Night Prayer © 1989)

The Lord almighty grant us a quiet night and a perfect end. Amen.

The angels of God guard us through the night,
and quieten the powers of darkness.

The Spirit of God be our guide
to lead us to peace and to glory.

It is but lost labour that we haste to rise up early,
and so late take rest, and eat the bread of anxiety.
For those beloved of God are given gifts even while they sleep.

My brothers and sisters,
our help is in the name of the eternal God
who is making the heavens and the earth.

Dear God,
thank you for all that is good,
for our creation and our humanity,
for the stewardship you have given us of this planet earth,
for the gifts of life and of one another,
for your love which is unbounded and eternal.

O thou, most holy and beloved,
my Companion, my Guide upon the way
my bright evening star

We repent of the wrongs we have done:

We have wounded your love.
O God, heal us.

We stumble in the darkness.
Light of the world transfigure us.

We forget that we are your home.
Spirit of God, dwell in us.

Eternal Spirit, living God,
in whom we live and move and have our being,
all that we are, have been, and shall be is known to you,
to the very secret of our hearts
and all that rises to trouble us.
Living flame, burn into us,
cleansing wind, blow through us,
fountain of water, well up within us,
that we may love and praise in deed and in truth.

and in all we do this day
direct us in the fulfilling of your purpose,
through Jesus Christ our Lord. Amen.

May the Lord bless us and keep us; the Lord make his face to shine upon us, and be gracious to us; the Lord lift up his countenance upon us, and give us peace. Amen.
Numbers 6: 24-26.

from A Prayer Book for Australia, Broughton Publishing © 1995..

When this is over,
may we never again take for granted
A handshake with a stranger
Full shelves at the store
Conversations with neighbours
A crowded theatre
Friday night out
The taste of communion
A routine checkup
The school rush each morning
Coffee with a friend
The stadium roaring
Each deep breath
A boring Tuesday
Life itself.

When this ends,
may we find
that we have become
more like the people
we wanted to be
we were called to be
we hoped to be
and we may stay that way –
better for each other
because of the worst.

Laura Kelly Fanucci

MORNING PRAYER 2

(based on Morning Prayer from the Iona Abbey Worship Book)

The world belongs to God,
The Earth and all its people.
How good it is, how wonderful,
To live together in unity.
Love and faith come together,
Justice and peace join hands.
If Christ's disciples keep silent
These stones would shout aloud.
Open our lips, O God,
And our mouths shall proclaim your praise.

A Morning song of praise, or music.

Confession

Holy God, Maker of all, have mercy on us.
Jesus Christ, Servant of the poor, have mercy on us.
Holy Spirit, Breath of life, have mercy on us.

In silence we confess our faults and admit our frailty.

Pause for personal confession or a brief prayer.

Before God, with the people of God,
I confess to my brokenness:
to the ways I wound my life,
the lives of others,
and the life of the world.

May God forgive me, Christ renew me,
and the Spirit enable me to grow in love. Amen.

Prayer for God's help

Move among us, O God; give us life:
Let your people rejoice in you.
Make our hearts clean within us:
Renew us in mind and in spirit.
Give us again the joy of your help:
With your Spirit of freedom sustain us.

A time for gratitude ...

Silence

Listen Lord, listen Lord, not to our words but to our prayer,
you alone, you alone understand and care.

A time for what we have to lay down ...

Silence

Listen Lord, listen Lord, not to our words but to our prayer,
you alone, you alone understand and care.

A time for what we have to pick up ...

Silence

Listen Lord, listen Lord, not to our words but to our prayer,
you alone, you alone understand and care.

A time for confronting what we are avoiding ...

Silence

Listen Lord, listen Lord, not to our words but to our prayer,
you alone, you alone understand and care.

A time for recognising what we hope for ...

Silence

In our time and in your time, God fulfil our prayers
and let your kingdom come. Amen.

Calming music or a song

Now may the Spirit of God
who brooded over the waters
and brought order out of chaos,
find a home in our hearts
and settle our minds as we sleep
and live to God's glory. Amen.

This is God's Word and it can be trusted.

A portion of scripture is read or

He said, "Go out and stand on the mountain before the LORD, for the LORD is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; and after the earthquake a fire, but the LORD was not in the fire; and after the fire a sound of sheer silence.

When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. 1 Kings 19: 11-13

Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love. God's love was revealed among us in this way: God sent his only Son into the world so that we might live through him. In this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins.

Beloved, since God loved us so much, we also ought to love one another. No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us. By this we know that we abide in him and he in us, because he has given us of his Spirit. And we have seen and do testify that the Father has sent his Son as the Savior of the world.

God abides in those who confess that Jesus is the Son of God, and they abide in God. So we have known and believe the love that God has for us. God is love, and those who abide in love abide in God, and God abides in them. Love has been perfected among us in this: that we may have boldness on the day of judgment, because as he is, so are we in this world.

There is no fear in love, but perfect love casts out fear; for fear has to do with punishment, and whoever fears has not reached perfection in love. We love because he first loved us.

Those who say, "I love God," and hate their brothers or sisters, are liars; for those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen.

The commandment we have from him is this: those who love God must love their brothers and sisters also. 1 John 4: 7-21

This is God's Word and it can be trusted.

Silence

Let us keep silence before God, and through our minds and imaginations offer prayers which words might not contain.

Let us pray.

There is a time for every purpose under heaven.

Our Father in heaven,
hallowed by 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.
Save us in the time of trial
and deliver us from evil.
For the kingdom, the power and the glory
are yours, now and for ever. Amen.

Affirmation

With the whole church

We affirm
that we are made in God's image,
befriended by Christ, empowered by the Spirit.

With people everywhere

We affirm
God's goodness at the heart of humanity,
planted more deeply than all that is wrong.

With all creation

We celebrate
the miracle and wonder of life;
the unfolding purposes of God,
forever at work in ourselves and the world. Amen.

Psalm or

O God, my heart is not proud:

nor are my eyes haughty.

I do not busy myself in great matters:

or in things too wonderful for me.

But I have calmed and quieted my soul

like a weaned child upon its mother's breast:

like a child on its mother's breast is my soul within me.

O Israel, trust in God:

from this time forward and for ever.

Scripture reading for the day or

The wilderness and the dry land shall be glad, the desert shall rejoice and blossom; like the crocus it shall blossom abundantly, and rejoice with joy and singing. The glory of Lebanon shall be given to it, the majesty of Carmel and Sharon. 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; the burning sand shall become a pool, and the thirsty ground springs of water; the haunt of jackals shall become a swamp, the grass shall become reeds and rushes.

A highway shall be there, and it shall be called the Holy Way; the unclean shall not travel on it, but it shall be for God's people; no traveler, not even fools, shall go astray.

No lion shall be there, nor shall any ravenous beast come up on it; they shall not be found there, but the redeemed shall walk there.

And the ransomed of the LORD shall return, and come to Zion with singing; everlasting joy shall be upon their heads; they shall obtain joy and gladness, and sorrow and sighing shall flee away.

Isaiah 35: 1-10

After the reading, there is a period of silence.

For the Word of God in scripture,
for the Word of God among us,
for the Word of God within us, thanks be to God.

A song or some music is appropriate here.

*Prayers of gratitude and concern
for the needs of the world and life of the church
concerns for the community
for friends and family.*

God, in your mercy, hear our prayer.

O Christ, you are within each of us.
It is not just the interior of these walls:
it is our own inner being you have renewed.
We are your temple not made with hands.

EVENING PRAYER 2

(based on Evening Prayer from the Wild Goose A Wee Worship Book)

Come, Holy Spirit, come.

Breath of God,
breath of life,
breath of deepest yearning,
Come, Holy Spirit, come.

Comforter,
Disturber,
Interpreter,
Enthusier,
Come, Holy Spirit, come.

Heavenly Friend
Lamplighter,
Revealer of truth,
Midwife of change,
Come, Holy Spirit, come.

The Lord is here
God's Spirit is with us

Silence.

Prayer

Lord, teach us the silence of humility,
the silence of wisdom,
the silence of love,
the silence that speaks without words,
the silence of faith.
Lord teach us
to silence our own hearts and minds
that we may listen
for the movement of your Holy Spirit,
and feel your presence
in the depths of our being.

Silence

The Prayers

Lord have mercy.
Christ have mercy.
Lord have mercy.

The Lord's Prayer

Our Father in heaven,
hallowed by 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.
Save us from the time of trial
and deliver us from evil.
For the kingdom, the power, and the glory are yours
now and for ever. Amen.

*Prayers may be offered
for the world
for the community
for the work of the Church, and
for the needs of individuals.*

Be present, merciful God, and protect us through the hours of this night: that we, who are wearied by the changes and chances of this fleeting world, may rest on your eternal changelessness; through Jesus Christ our Lord. Amen.

May the God of peace, who brought again from the dead our Lord Jesus, equip us with everything good that we may do his will, to whom be glory for ever. Amen.

We are your body.
If every wall should crumble, and every church decay,
we are your habitation.
Nearer are you than breathing,
closer than hands and feet.
Ours are the eyes with which you, in the mystery,
look out with compassion on the world.
Yet we bless you for this place,
for your directing of us, your redeeming of us,
and your indwelling.
Further in all things the purpose of our community,
that hidden things may be revealed to us,
and new ways found to touch the hearts of all.
May we preserve with each other
sincere charity and peace,
and, if it be your holy will,
grant that this place of your abiding be continued still
to be a sanctuary and a light.
We ask it for your own name's sake. Amen.

Silence.

Closing responses

This is the day that God has made;
we will rejoice and be glad in it.
We will not offer to God
offerings that cost us nothing.
We go in peace to love and to serve;
we will seek peace and pursue it.
In the name of the Trinity of Love,
God in community, holy and one. Amen.

EVENING PRAYER 1

(based on Sunday Evening Prayer, APBA p. 387)

Grace, mercy and peace, from God the Father, and Jesus Christ our Lord.

1 Timothy 1: 2.

Glory to God; Father, Son and Holy Spirit:
as in the beginning, so now and for ever. Amen.

Come now, praise the Lord, all you servants of the Lord:
you that stand by night in the house of the Lord.
Lift up your hands in the holy place and praise the Lord:
May the Lord bless you from Zion,
the Lord who made heaven and earth.

Psalm 134.

The day is now past and the night is at hand.
Let us pray with one heart and mind.

Silence may be kept.

Father of lights, receive the prayer and praise we offer you as our evening sacrifice;
make us a light for all the world, delivered by your goodness from all the works of
darkness; through Jesus Christ your Son our Lord. Amen.

A Psalm may be said or

I lift my eyes to the hills:
from where is my help to come?
My help comes from the Lord:
the maker of heaven and earth.
The Lord will not allow your foot to slip:
your guardian will not sleep.
See, the one who watches over Israel:
shall neither slumber nor sleep.
It is the Lord who is your keeper:
the Lord is your shelter on your right hand,
So that the sun shall not strike you by day:
neither shall the moon by night.
The Lord shall preserve you from all evil:
it is the Lord who shall guard your life.
The Lord shall watch over your going out and your coming in:
both now and for evermore.

Psalm 121 APBA p. 360.

Lord of life, by the power of your resurrection, deliver us from all selfishness and
bring us to the fullness of your joy; for you live and reign with the Father and the Ho-
ly Spirit, now and for ever. Amen.

One or two Readings from Scripture or

"With what shall I come before the LORD, and bow myself before God on high? Shall I come
before him with burnt offerings, with calves a year old?

Will the LORD be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I
give my firstborn for my transgression, the fruit of my body for the sin of my soul?"

He has told you, O mortal, what is good; and what does the LORD require of you but to do
justice, and to love kindness, and to walk humbly with your God?

Micah : 6-8

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.

Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will
find rest for your souls. For my yoke is easy, and my burden is light."

Matthew 11: 28-30.

May your word live in us and bear much fruit to your glory.

My soul proclaims the greatness of the Lord:
my spirit rejoices in God my Saviour,
Who 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.
God has mercy on those who fear him:
from generation to generation.
The Lord has shown strength with his arm:
and scattered the proud in their conceit,
Casting down the mighty from their thrones:
and lifting up the lowly.
God 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 the promise of mercy,
The promise made to our forebears:
to Abraham and his children for ever.

Luke 1: 47-55.