



Derby Methodist Circuit: Allestree and Duffield Section

Daily Morning and Evening Prayer

Instructions:

To participate in using these liturgies, you will need the text copies. Please contact me using the email address on the title slide.

These short liturgies can be used in different ways:

- (a) Alone – when you read all the material.
- (b) Alone when you only read parts e.g., just the prayers and not the Psalms or Canticles or any other selection appropriate for you.
- (c) As part of a group of two or more – when one reads the standard type and the other(s) the words in bold type. On different occasions, roles can be reversed.
- (d) Using ZOOM or some other internet system: If this is the case, it seems as though only two people can have their microphones on otherwise there is a distortion of the sound. Some experimentation is needed.
- (e) You are free to participate as much or as little as you prefer, e.g. you can log in with both your microphone and camera on, or both off as you just listen in, or any other combination

Compiled by The Revd David Owen
January 2021

Morning Prayer

In the name of God, Father, Son and Holy Spirit
Amen

O Lord, open our lips,
and we shall praise your name.

PSALM 95 (NRSV): A CALL TO WORSHIP AND OBEDIENCE

- ¹ O come, let us sing to the Lord;
let us make a joyful noise to the rock of our salvation!
- ² **Let us come into his presence with thanksgiving;
let us make a joyful noise to him with songs of praise!**
- ³ For the Lord is a great God,
and a great King above all gods.
- ⁴ **In his hand are the depths of the earth;
the heights of the mountains are also his.**
- ⁵ The sea is his, for he made it,
and the dry land, which his hands have formed.
- ⁶ **O come, let us worship and bow down,
let us kneel before the Lord, our Maker!**
- ⁷ For he is our God,
and we are the people of his pasture,
and the sheep of his hand.
O that today you would listen to his voice!

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.**

Silence may be kept

THE PRAYER OF THE MORNING

Sunday: **Thou, who very early in the morning while the sun was arising, didst rise from the dead; raise us up daily unto newness of life, and save us, O our Lord and Saviour Jesus Christ. Amen.** *Lancelot Andrewes, 1555-1626, Arminian bishop*

Monday: All through this day, O Lord, may I touch as many lives as thou wouldst have me touch for thee; and those whom I touch do thou with thy Holy Spirit quicken, whether by the word I speak, the prayer I breathe, or the life I live. **Amen.** *Mary Sumner, 1828-1921*

- Tuesday: **O God who hast folded back the mantle of the night, to clothe us in the golden glory of the day, chase from our hearts all gloomy thoughts, and make us glad with the brightness of hope, that we may effectively aspire to unwon virtues; through Jesus Christ our Lord. Amen.** *Ancient Collect Gregorian Sacramentary 6th Century*
- Wednesday: 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 forever. **Amen.** *The Daily Office*
- Thursday: **Father, you have brought us to the beginning of a new day. Your hand is upon us to care for and protect us. We offer you our lives and our hearts; may we always do your will and love our neighbour as ourselves. Amen.** *The Benedictine Prayer Book*
- Friday: O my God, I offer you all my thoughts, words, actions, and sufferings; and I beseech you to give me your grace, that I may not offend you this day, but may faithfully serve you and do your holy will in all things. **Amen.** *The Benedictine Prayer Book*
- Saturday: **Make us of quick understanding and tender conscience, O Lord; that understanding, we may obey every word of thine this day, and discerning, may follow every suggestion of thine indwelling Spirit. Speak, Lord, for thy servant heareth, through Jesus Christ our Lord. Amen.** *Christina Rossetti, 1830-1894, poet and hymn writer*

PRAYER OF PENITENCE

Let us call to mind our sins

Silence may be kept. Then is said,

Most merciful God, we confess to you before the whole company of heaven that we have sinned in thought, word, and deed, and in what we have failed to do. Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. Amen.

If we confess our sins, God is faithful and just, and will forgive our sins, and cleanse us from all unrighteousness.

Amen. Thanks be to God.

READING (either use the reading or the Sunday sermon (or both) for a time of *listening and reflection*, or choose a reading from the lectionary or some other reading plan)

THE MAGNIFICAT: LUKE 1:46-55 (NRSV):

Mary's Song of Praise

⁴⁶ 'My soul magnifies the Lord,

⁴⁷ **and my spirit rejoices in God my Saviour,**

⁴⁸ for he has looked with favour on the lowliness of his servant.

Surely, from now on all generations will call me blessed;

⁴⁹ **for the Mighty One has done great things for me,
and holy is his name.**

⁵⁰ His mercy is for those who fear him
from generation to generation.

⁵¹ **He has shown strength with his arm;
he has scattered the proud in the thoughts of their hearts.**

⁵² He has brought down the powerful from their thrones,
and lifted up the lowly;

⁵³ **he has filled the hungry with good things,
and sent the rich away empty.**

⁵⁴ He has helped his servant Israel,
in remembrance of his mercy,

⁵⁵ **according to the promise he made to our ancestors,
to Abraham and to his descendants for ever.'**

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.**

PRAYERS OF INTERCESSION

Let us offer our prayer with all God's people through Jesus Christ our Lord who ever lives to pray for us. At the pause after each introductory comment bring your specific prayers to God.

We pray for the needs of the world ...

We pray for the church ...

We pray for all in trouble or distress ...

We pray for all who make a new beginning today...

Other petitions may follow

THE LORD'S PRAYER

As our Saviour taught his disciples, we pray:

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.

God of compassion and mercy listen to our prayer. May what we ask in Jesus Christ your Son be done according to his word, who said, 'Ask, and you will receive, seek, and you will find, knock, and the door will be opened to you.' To you, merciful God, through your Son, in the life-giving Spirit, be glory and praise for ever.

Amen.

CLOSING PRAYERS

- Sunday: Eternal God and Father by whose power we are created and by whose love we are redeemed: Guide and strengthen us by your spirit, that we may give ourselves to your service, and live this day in love for you and one another; through Jesus Christ our Lord. **Amen.** *The Morning Collect*
- Monday: **Almighty and everlasting Father, who has safely brought us to the beginning of another day: Defend us by your mighty power, that we may be kept free from all sin and safe from every danger and enable us this day to do only what is right in your eyes; through Jesus Christ our Lord. Amen.** *The Daily Office*
- Tuesday: Be thou a bright flame before me,
Be thou a guiding star above me,
Be thou a smooth path below me,
Be thou a kindly shepherd behind me.
Today – tonight – and forever. **Amen.** *Columba, c.521-97*
- Wednesday: **Lord be with us this day.
Within us to purify us;
Above us to draw us up;
Beneath us to sustain us;
Before us to lead us;
Behind us to restrain us;
Around us to protect us. Amen.** *Patrick, c.389-c.461*
- Thursday: O Lord, prepare us for all the events of the day; for we know not what a day may bring forth. Give us grace to deny ourselves; take up our cross daily and follow in the steps of our Lord and Master. **Amen.** *Matthew Henry, 1662-1714*
- Friday: **Make us to remember, O God, that every day is thy gift, and ought to be used according to thy command; through Jesus Christ our Lord. Amen.** *Samuel Johnson, 1709-84*
- Saturday: Today, my Father, let me be like a tree planted by the river, bringing forth fruit in its season. Let the sap of your Holy Spirit rise within me. Let me not become dry and barren but rich in abundance and fertility. May many weary ones find refreshment in the shadow of my branches. **Amen.** *Brother Ramon, SSF (d.2000)*

May the Lord bless us and keep us, may the Lord make his face to shine on us and be gracious to us. May the Lord look kindly on us and give us peace. Amen. *Numbers 6:24-26*

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Evening Prayer

In the name of God, Father, Son and Holy Spirit.
Amen

Be swift, O God, to save us.
Come quickly, Lord, to help us.

Either Psalm 134 or Psalm 100 or both

PSALM 134 (NRSV): PRAISE IN THE NIGHT **A Song of Ascents.**

¹ Come, let us bless the Lord, all you servants of the Lord,
who stand by night in the house of the Lord!

² **Lift up your hands to the holy place,
and bless the Lord.**

³ May the Lord, maker of heaven and earth,
bless you from Zion.

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.**

Silence may be kept

PSALM 100 (NRSV): THE JUBILATE **A Psalm of thanksgiving.**

¹ Make a joyful noise to the Lord, all the earth.

² **Worship the Lord with gladness;
come into his presence with singing.**

³ Know that the Lord is God.

It is he that made us, and we are his;
we are his people, and the sheep of his pasture.

⁴ **Enter his gates with thanksgiving,
and his courts with praise.**

Give thanks to him, bless his name.

⁵ For the Lord is good;
his steadfast love endures for ever,
and his faithfulness to all generations.

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 PRAYER OF THE EVENING

- Sunday: **Lord God, we ask you to give us your blessing, to your Church holiness, to the world, peace, to this nation justice, and to all people knowledge of your law. Keep safe our families, protect the weak, comfort the sick and dying, and bring us all to a joyful resurrection. We ask these things through Jesus Christ our Lord. Amen.** *The Daily Office*
- Monday: Before we go to rest, we would commit ourselves to God's care through Christ, beseeching him to forgive us for all our sins this day past, and to keep alive his grace in our hearts, and to cleanse us from all sin, pride, harshness, and selfishness, and to give us the spirit of meekness, humility, firmness and love. O Lord, keep thyself present forever, and perfect thy strength in our weakness. Take us and ours under thy blessed care, this night and forever more, through Jesus Christ our Lord. **Amen.** *Thomas Arnold, 1795-1842, 'Broad Church' Anglican and Headmaster of Rugby School*
- Tuesday: **O Lord my God, thank you for bringing this day to a close; thank you for giving me rest in body and soul. Your hand has been over me and has guarded and preserved me. Forgive my lack of faith and any wrong that I might have done today and help me to forgive all who have wronged me. Let me sleep in peace under your protection and keep me from all the temptations of darkness. Into your hands I commend my loved ones and all who dwell in this house; I commend to you my body and soul. O God, your holy name be praised. Amen.** *Dietrich Bonhoeffer, 1906-1945, Lutheran pastor and anti-Nazi dissident*
- Wednesday: Be present, O merciful God, and protect us through the silent hours of this night, so that we who are fatigued by the changes and chances of this fleeting world, may repose upon thy eternal changelessness; through Jesus Christ, the same yesterday, today and forever. **Amen.** *Father John of the Russian Church, 1829-1909, and also included in the Leonine Sacramentary*
- Thursday: **Send your peace into our hearts, O Lord, at this evening hour, that we may be contented with thy mercies of this day, and confident of thy protection for this night; and now, having forgiven others, even as thou dost forgive us, we may have pure comfort and a heartfelt rest within the shelter of this home, through Jesus Christ our Lord. Amen.** *Henry van Dyke 1852-1933 Presbyterian, editor of the Book of Common Worship 1906*
- Friday: Into thy hands, O Lord we commend ourselves, our souls and bodies, beseeching thee to keep us this night under thy protection, and to strengthen us for thy service on the morrow; for the sake of Jesus Christ our Lord. **Amen.** *William Laud, 1573-1645, Arminian Archbishop*
- Saturday: **O God, from whom all holy desires, all good counsels, and all just works do proceed: Give unto thy servants that peace which the world cannot give; that our hearts may be set to obey thy commandments, and also that by thee we being defended from the fear of our enemies may pass our time in rest and quiet-ness; through the merits of Jesus Christ our Saviour. Amen.** *The Book of Common Prayer, 1662*

PRAYER OF PENITENCE

Let us call to mind our sins.

Silence may be kept. Then is said:

**Most merciful God,
we confess to you before the whole company of heaven
that we have sinned, in thought, word and deed,
and in what we have failed to do.
Forgive us our sins, heal us by your Spirit,
and raise us to new life in Christ. Amen.**

If we confess our sins,
God is faithful and just,
and will forgive our sins,
and cleanse us from all unrighteousness.

Amen. Thanks be to God.

READING(S) according to your preferred reading plan.

Luke 2:29-32 (NRSV): THE NUNC DIMITIS

The Song of Simeon

²⁹ ‘Master, now you are dismissing your servant in peace,
according to your word;

³⁰ **for my eyes have seen your salvation,**

³¹ which you have prepared in the presence of all peoples,

³² **a light for revelation to the Gentiles
and for glory to 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.**

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God of compassion and mercy listen to our prayer. May what we ask in Jesus Christ your Son be done according to his word, who said, 'Ask, and you will receive, seek, and you will find, knock, and the door will be opened to you.' To you, merciful God, through your Son, in the life-giving Spirit, be glory and praise for ever. **Amen.**

CLOSING PRAYERS:

Sunday: Lord, lighten our darkness,
and by your great mercy defend us in all perils and dangers of the night,
for the love of your only Son, our saviour Jesus Christ. **Amen.** *The Evening Collect*

Monday: **Lord our God, at the ending of this day,
and in the darkness and silence of this night,
cover us with healing and forgiveness,
that we may take our rest in peace;
through Jesus Christ our Lord. Amen.** *The Methodist Worship Book*

Tuesday: Preserve us, Lord, while waking
and guard us while sleeping that awake,
we may watch with Christ,
and asleep we may rest in peace. **Amen.** *The Daily Office*

Wednesday: **I hand over to your care, Lord:
my soul and body, my mind and thoughts,
my prayers and my hopes, my health and my work,
my family and friends and neighbours, my country and all people. Amen**
The Benedictine Prayer Book

Thursday: Visit this place, O Lord, we pray,
and drive far from it 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.** *From Compline*

Friday: **Watch, dear Lord, with those who wake, or watch, or weep tonight, and
give your angels charge over those who sleep. Tend your sick ones, O lord
Christ, rest your weary ones. Soothe the suffering ones. Pity your afflicted
ones. Shield your joyous ones. And all for your love's sake. Amen.**
Augustine of Hippo, 354-430

Saturday: Stay with us, O God, this night, so that by your strength we may rise with the
new day to rejoice in the resurrection of your Son, Jesus Christ our Saviour.
Amen. *From Compline*

We will lie down in peace and take our rest;
for you alone, Lord, make us dwell in safety.

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all for ever.

The following may also be said:

May the souls of the departed,
through the mercy of God, rest in peace,
live in love and rise in glory. Amen.

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