

Introduction

This resource for daily prayer has been compiled during the present coronavirus pandemic to help us in our isolation to continue our corporate practice of Common Prayer, but especially to aid us in giving voice to our anxiety, our joy, and our thanksgiving.

You may use these prayers as suits your need; either individually, in company with members of your household, or remotely with others.

As you prepare to begin your prayers, you may find the following suggestions helpful for preparing to enter a prayerful state:

- Find a posture that is comfortable that you, one you can maintain without wiggling, such as sitting upright in a chair with feet on the floor, kneeling with support for your knees and lower back, or standing with your feet shoulder width apart;
- If you need an image to focus on, there is a photograph of the Nave/Sanctuary available on the website, or you may prefer an icon, a cross or a view out a window;
- Take a few moments to pay attention to your breathing. If you can, inhale slowly through your nose and exhale softly through your mouth as you feel your body beginning to relax and ease into position;
- Give thanks either silently or aloud for this time of communion with God and others; and
- Take a few intentional moments of silence and measured breathing before you begin.

The following prayers have been extracted from Daily Prayer for All Seasons.¹ They are based upon the pattern as observed by Benedictine monks, which divided the day into cycles alternating between work (*labora*) and prayer (*ora*).² The prayers punctuate the day with periods of focus upon God – our primary love relationship – by gathering us together either in-person or remotely into Common Prayer, that is together as neighbors, whom we are to love as Christ loved us.

May you find these prayers sustenance for your mind, body, and spirit.

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² *Daily Prayer for All Seasons*, p. IX.

Praise

Lauds (Traditional hour: dawn/waking up)

Laudate, omnes gentes, laudate Dominum!

*[Sing praises, all people, sing praises to the Lord!]
We greet the new day by praising the Creator
(the ancient name for this hour, Lauds, means “praise”).*

Opening Alleluia! Christ is risen!
Christ is risen indeed! Alleluia!

Scripture If anyone is in Christ, there is a new creation:
everything old has passed away;
see, everything has become new! 2 Corinthians 5:17

Meditation *Today, how will I live joyfully in God’s new creation?*

Prayer As the morning approaches, I pray:
Risen Lord, be my light, my life, and my hope.
Come: enlighten my darkness and bring me life
by your life. **Amen.**

Going Out Alleluia! Christ is risen!
Christ is risen indeed! Alleluia!

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Discernment

Prime (Traditional hour: morning/start of the day)

As we begin the day, we focus on our calling to live faithfully, for who knows what today holds?

Opening Alleluia! O God, may the empty tomb
fill our hearts with faith. Alleluia!

Prayer Jesus, our way, our truth, and our life: As the gift of this new day unfolds, open our hearts and minds to you, that we may see you clearly and follow where you lead; to you, risen Savior, we offer praise, now and always. **Amen.**

Praise *A Song of Our Adoption* (Ephesians 1:3-10)

Blessed are you, the God and Father of our
Lord Jesus Christ, *
for you have blessed us in Christ
with every spiritual blessing in the heavenly places.
Before the world was made, you chose us to be
yours in Christ, *
that we should be holy and blameless before you.
You destined us for adoption as your children
through Jesus Christ, *
according to the good pleasure of your will,
To the praise of your glorious grace, *
that you have freely given us in the Beloved.
In you, we have redemption through the blood
of Christ, *
the forgiveness of our sins,
According to the riches of your grace*
which you have lavished upon us.
You have made known to us, in all wisdom
and insight,*
the mystery of your will,
According to your good pleasure which you set
forth in Christ,*
as a plan for the fullness of time,

To gather together all things in Christ,*
things in heaven and things on earth.

Scripture The angel said to the women at the tomb, “I know that you are looking for Jesus, who was crucified. He is not here, for he has been raised, as he said.” Matthew 28:6

Meditation *The Trouble with Easter*

But ... I want the tomb full, like temple or tent —
with the Holy enshrouded in fabric un-rent.
Yes, I want death preserved in sweet-smelling spice;
not my neighbor perspiring the aroma of Christ.
Julia McCray-Goldsmith

How will we together embrace the gift of life in all its fullness today?

Affirmation

Christ Jesus, though in the form of God,
did not exploit equality with God
but emptied himself,
in the form of a slave,
born in human likeness.
And being found in human form,
he humbled himself
and became obedient to the point of death —
even death on a cross.
Therefore, God also highly exalted him
and gave him the name
that is above every name,
so that at the name of Jesus
every knee should bend,
in heaven and on earth and under the earth,
and every tongue should confess
that Jesus Christ is Lord,
to the glory of God the Father.
Philippians 2:5-11

Prayers In the work we do this day,
May the risen Christ teach us.
In the challenges we face this day,
May the risen Christ guide us.

Through the people we meet this day,
May the risen Christ renew us.

Here, the people may add particular intercessions or thanksgivings.

As we respond to the hungers and hurts of this
world,
May the Spirit of the risen Christ strengthen us.

Lord's Prayer

Prayer Jesus, our friend and savior: Guide us in this new day,
that we may know God's desire for us and gain
strength and courage to live as beloved children of
God. **Amen.**

Going Out Alleluia! O God, may the empty tomb
fill our hearts with faith. Alleluia!

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Wisdom

Terce (Traditional hour: mid-morning)

Having asked for direction and guidance, we pray now to equip ourselves properly for the journey ahead.

Opening Alleluia! Risen Lord, come be with us,
and teach our hearts to live in you. Alleluia!

Prayer Jesus, divine companion: As the day unfolds, give us strength to understand and eyes to see, as you teach us to walk the soft earth, related to all that lives. **Amen.**

Praise *A Song of Wisdom* (Wisdom 10:15-19, 20b-21)

Wisdom freed from a nation of oppressors *
a holy people and a blameless race.
She entered the soul of a servant of the Lord, *
withstood dread rulers with wonders and signs.

To the saints she gave the reward of their labors, *
and led them by a marvelous way;
She was their shelter by day *
and a blaze of stars by night.

She brought them across the Red Sea, *
she led them through mighty waters;
But their enemies she swallowed in the waves *
and spewed them out from the depths of the abyss.

And then, Lord, the righteous sang hymns to
your Name *
and praised with one voice your protecting hand;
For Wisdom opened the mouths of the mute *
and gave speech to the tongues of a new-born
people.

Scripture We have been buried with Christ by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. Romans 6:4

Meditation I asked my Lord, and he listened to me. St. Scholastica (d. 543)

Where do we ask for God's wisdom today?

Prayers Risen Christ, open our hearts to your grace and truth.

May we walk in newness of life.

Teach us to love others in the power of the Spirit.

May we walk in newness of life.

Here, the people may add particular intercessions or thanksgivings.

Strengthen us as witnesses to your love.

May we walk in newness of life.

Lord's Prayer

Prayer God our Deliverer, by water and the Holy Spirit we have been buried with Christ and raised to the new life of grace: Give us inquiring and discerning hearts, the courage to will and to persevere, a spirit to know and to love you, and the gift of joy and wonder in all your works. **Amen.**

Going Out Alleluia! Risen Lord, come be with us,
and teach our hearts to live in you. Alleluia!

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Perseverance and Renewal

Sext (Traditional hour: mid-day)

As we pause to feed our bodies in the middle of the day, we pause also to feed our souls by vowing again to live faithfully.

Opening Alleluia! Risen Lord,
deepen our desire for you. Alleluia!

Prayer God of steadfast love: Turn our hearts to you, that we may once again delight in your goodness and rejoice in the good news of the risen Christ; in whose name we pray. **Amen.**

Praise Psalm 118:19-24

Open for me the gates of righteousness;
I will enter them; I will offer thanks to the Lord.
“This is the gate of the Lord;
the righteous shall enter through it.”
I will give thanks to you, for you answered me
and have become my salvation.
The same stone that the builders rejected
has become the chief cornerstone.
This is the Lord’s doing,
and it is marvelous in our eyes.
On this day that the Lord has acted,
we will rejoice and be glad in it.

Scripture Mary Magdalene, and Mary the mother of James, and Salome bought spices, so that they might go and anoint Jesus. ...They had been saying to one another, “Who will roll away the stone for us from the entrance to the tomb?” When they looked up, they saw that the stone, which was very large, had already been rolled back. Mark 16:1, 3-4

Meditation “It is my deepest belief that only by giving our lives do we find life.”
Cesar Chavez

What enables us to give our lives for others?

Prayers Lord Jesus, you rise triumphant over death and the grave:
Christ our life, save us.

Christ, the Lord of life, raise us to new life:
Christ our life, save us.

Here, the people may add particular intercessions or thanksgivings.

In a world where so many suffer because of hunger and injustice:
Christ our life, save us.

Lord's Prayer

Prayer Living God, long ago, faithful women proclaimed the good news of Jesus' resurrection, and the world was changed forever: Teach us to keep faith with them, that our witness may be as bold, our love as deep, and our faith as true. **Amen.**

Going Out Alleluia! Risen Lord,
deepen our desire for you. Alleluia!

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Love

None (Traditional hour: afternoon)

As shadows lengthen, we are filled by the day's encounters; now, more than ever, we accept the depth and breadth of God's grace.

Opening Alleluia! Come to us, O risen Lord,
and enliven us with your eternal love. Alleluia!

Prayer Loving God, we no longer look for Jesus among the dead, for he is alive in our world, our church and our hearts. Renew and strengthen us in the risen life we share in Christ, in whose name we pray. **Amen.**

Praise *A Song of Faith* (1 Peter 1:3-4,18-21)

Blessed be the God and Father of our Lord
Jesus Christ, *
by divine mercy we have a new birth into a
living hope;
Through the resurrection of Jesus Christ from
the dead, *
we have an inheritance that is imperishable in
heaven.
The ransom that was paid to free us *
was not paid in silver or gold
But in the precious blood of Christ, *
the Lamb without spot or stain.
God raised Jesus from the dead and gave him glory *
so that we might have faith and hope in God.

Scripture Now, after he rose early on the first day of the week, he appeared first to Mary Magdalene, from whom he had cast out seven demons. She went out and told those who had been with him, while they were mourning and weeping. Mark 16:9-10

Meditation "For the garden is the only place there is, but you will not find it until you have looked for it everywhere and found it nowhere that is not a desert."
W. H. Auden, from *For the Time Being*

Through what desert experiences have we found God's garden?

Prayers Merciful God, you have not abandoned us to
the grave.

Guide us with your steadfast love.

In your presence there is fullness of joy.

Guide us with your steadfast love.

Here, the people may add particular intercessions or thanksgivings.

You send us into the world to tell the story of your
divine mercy.

Guide us with your steadfast love.

Lord's Prayer

Prayer Jesus, strong deliverer and our lover, as you sent Mary Magdalene to
tell the good news of your resurrection, so fill and embolden us with
your love that we may be your faithful witnesses in the world today.
In your name we pray. **Amen.**

Going Out Alleluia! Come to us, O risen Lord,
and enliven us with your eternal love. Alleluia!

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Forgiveness

Vespers (Traditional hour: evening/end of the day)

As we turn on lamps at dusk, we greet the evening by welcoming God to abide with us anew.

Opening Alleluia! By death, Christ tramples death.
On those in the tombs, he bestows new life. Alleluia!

Prayer God of victory over death, your Son revealed himself again and again to convince his followers of his glorious resurrection: Grant that we may know his risen presence, in love obediently feed his sheep and care for the lambs of his flock, until we join the hosts of heaven in worshiping you and praising the one who is worthy of blessing and honor, glory and power, for ever and ever. **Amen.**

Praise Light of the World *Phos hilaron*

Light of the world, in grace and beauty,
Mirror of God's eternal face,
Transparent flame of love's free duty,
You bring salvation to our race.
Now, as we see the lights of evening,
We raise our voice in hymns of praise;
Worthy are you of endless blessing,
Sun of our night, lamp of our days.

Scripture Jesus said to Simon Peter, "Simon, son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Tend my sheep." John 21:16

Meditation "The future will be different if we make the present different." Peter Maurin

How will we make the future different by caring for others now?

Confession *During the joyful season of Easter, the Confession of Sin is omitted in order for worship to emphasize the celebration of redemption and new life that are characteristic of this season.*

Assurance of Pardon

We know that our old self was crucified with Christ so that the body of sin might be destroyed, and we might no longer be enslaved to sin. ... So you must consider yourselves dead to sin and alive to God in Christ Jesus. Romans 6:6, 11

Prayers Jesus, in your life we receive life:

Raise us to the new life of grace.

You look with compassion on our human failings:

Raise us to the new life of grace.

We proclaim the hope of your resurrection as we
offer you these prayers:

Here, the people may add particular intercessions or thanksgivings.

You make us bearers of hope in a world of suffering
and despair:

Raise us to the new life of grace.

Lord's Prayer

Prayer Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, and awaken hope, that we may know you as you are revealed in Scripture and the breaking of the bread. Grant this for the sake of your love. **Amen.**

Going Out Alleluia! By death, Christ tramples death.
On those in the tombs, he bestows new life.
Alleluia!

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Trust

Compline (Traditional hour: night/bedtime)

We sum up this day with a bedtime prayer to examine our conscience and offer our actions to God.

Opening Alleluia! May God, who raised Jesus from the dead,
grant us a peaceful night and a perfect end. Alleluia!

Prayer God, you sent your Son into the world that we might live through him:
May we abide in his risen life so that we may love one another as he
first loved us, and know the fullness of joy. **Amen.**

Praise Psalm 113
Hallelujah! Give praise, you servants of God;
praise the Name of the Most High.
Let God's Name be blest,
from this time forth for evermore.
From the rising of the sun to its going down
let God's holy Name be praised.
God is high above all nations,
and God's glory above the heavens.
Who is like our God, who sits enthroned on high,
but stoops to behold the heavens and the earth?
God takes up the weak out of the dust
and lifts up the poor from the ashes.
To set them up on high,
with the rulers of the people.
God makes the woman of a childless house
to be a joyful mother of children.

Scripture May the God of peace, who brought back from the dead our Lord
Jesus, the great shepherd of the sheep, by the blood of the eternal
covenant, make you complete in everything good so that you may do
his will, working among us that which is pleasing in his sight, through
Jesus Christ, to whom be the glory for ever and ever. Hebrews 13:20-21

Meditation "A characteristic of the great saints is their power of levity. The
angels fly because they can take themselves lightly."
G. K. Chesterton

As this day closes, what burdens can we lay down?

Prayers O God of peace, in our disappointments and
in our triumphs,
Let us rest secure in your loving arms.
In our certainty and in our confusion,
Let all people rest secure in your loving arms.

Here, the people may add particular intercessions or thanksgivings.

As we await a new day,
Let all creation rest secure in your loving arms.

Lord's Prayer

Prayer All shall be Amen and Alleluia.
We shall rest and we shall see.
We shall see and we shall know.
We shall know and we shall love.
We shall love and we shall praise.
Behold our end, which is no end. **Amen.** Saint Augustine

Closing Alleluia! May God, who raised Jesus from the dead,
grant us a peaceful night and a perfect end.
Alleluia!

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