

DAILY DEVOTIONS

For Individuals and Families



Based on the Daily Office of the Church

These devotions follow the basic structure of the Daily Office of the Church. Most have been reproduced from the Book of Common Prayer (BCP) according to the use of the Episcopal Church. Terce and None have been reproduced from the Glenstal Book of Prayer.

When more than one person is present, the Reading and the Collect should be read by one person, and the other parts said in unison, or in some other convenient manner. (See page 582 of the BCP for further suggestions.)

For convenience, appropriate Psalms, Readings, and Collects are provided in each service. When desired, however, the Collect of the Day, or any of the Collects appointed in the Daily Offices, may be used instead.

The Psalms and Readings may be replaced by those appointed in:

- a) the Lectionary for Sundays, Holy Days, the common of Saints, and Various Occasions (BCP, p.888)
- b) the Daily Office Lectionary, BCP page 934, or
- c) some other manual of devotion which provides daily selections for the Church Year.

IN THE MORNING (Matins)

OPENING *(from Psalm 51)*

Open my lips, O Lord,
 And my mouth shall proclaim your praise.
Create in me a clean heart, O God,
 And renew a right spirit within me.
Cast me not away from your presence
 And take not your Holy Spirit from me.
Give me the joy of your saving help again
 And sustain me with your bountiful Spirit.

Glory to the Father, and to the Son, and to the Holy Spirit:
 As it was in the beginning, is now, and will be forever. Amen.

PSALM *(Select a Psalm to read, or a portion of one.)*

READING *(Select a short passage from the New Testament, or use the following.)*

Blessed be the God and Father of our Lord Jesus Christ! By his great mercy we have been born anew to a living hope through the resurrection of Jesus Christ from the dead.
 I Peter 1:3

REFLECTION

A period of silence may follow.

A hymn or canticle may then be inserted; or the Apostle's Creed may be said.

PRAYERS

*Prayers may then be offered for others and ourselves.
(Keep a copy of your prayer list in this booklet.)*

The Lord's Prayer

Our Father in Heaven,

Hallowed be 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.

The Collect

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. Amen.

TERCE (mid-morning)

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Psalm 121

I lift up my eyes to the hills;
From where is my help come?
My help comes from the Lord,
The maker of heaven and earth.
He will not let your foot be moved
And he who watches over you will not fall asleep.
Behold, he who keeps watch over Israel
Shall neither slumber nor sleep;
The Lord himself watches over you;
The Lord is your shade at your right hand,
So that the sun shall not strike you by day.
Nor the moon by night.
The Lord shall preserve you from all evil;
It is he who shall keep you safe.
The Lord shall watch over your going out and your coming in,
From this time forth for evermore.

Pause for silent prayer and reflection.

Send forth your spirit, O Lord!
And renew the face of the earth!

The Lord's Prayer

Concluding Prayer

Let us pray:

All Holy Father, at this hour when the spirit came down on the apostles, we ask you to help us live throughout this day the love that they proclaimed, through Jesus Christ our Lord. Amen.

May the grace of the Holy Spirit enlighten our hearts and our senses. Amen.

AT NOON (Diurnum)

OPENING *(From Psalm 113)*

Give praise, you servants of the Lord;
Praise the Name of the Lord.
Let the Name of the Lord be blessed,
From this time forth for evermore.
From the rising of the sun to its going down
Let the Name of the Lord be praised.
The Lord is high above all nations,
And his glory above the heavens.

PSALM *(Select a Psalm to read, or a portion of one.)*

READING

O God, you will keep in perfect peace those whose minds are fixed on you; for in returning and rest we shall be saved; in quietness and trust shall be our strength.
Isaiah 26:3; 30:15

REFLECTION

A period of silence may follow.

PRAYERS

Prayers may be offered for others and ourselves.

The Lord's Prayer

The Collect

Blessed Savior, at this hour you hung upon the cross, stretching out your loving arms:
Grant that all peoples of the earth may look to you and be saved; for your mercies' sake. *Amen.*

May the souls of the departed, through the mercy of God, rest in peace. *Amen.*

NONE (mid-afternoon)

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Psalm 123

To you I lift up my eyes,
To you enthroned in the heavens.
As the eyes of servants look to the hand of their masters,
And the eyes of a maid to the hand of her mistress,
So our eyes look to the Lord our God,
Until he show us his mercy.
Have mercy upon us, O Lord, have mercy,
For we have had more than enough of contempt,
Too much of the scorn of the indolent rich,
And of the disdain of the proud.

Pause for silent prayer and reflection.

Dying you destroyed our death;
Rising you restored our life!
Lord Jesus, come in glory!

The Lord's Prayer

Concluding Prayer

Let us pray:

At the ninth hour, Lord Jesus, you gave yourself into the hands of the Father. May we welcome his will with love, and fulfill it to the end, as you have taught us for ever and ever. Amen.

We venerate your cross, O Lord, we praise and glorify your holy resurrection: because of the wood of the tree, joy has come into the whole world. Amen.

IN THE EARLY EVENING (Vespers)

This devotion may be used before or after the evening meal. Candles may be lit.

OPENING (*Phos Hilaron*)

O gracious Light,
Pure brightness of the everliving Father in heaven,
O Jesus Christ, holy and blessed!

Now as we come to the setting of the sun,
And our eyes behold the vesper light,
We sing your praises O God: Father, Son, and Holy Spirit.

You are worthy at all times to be praised by happy voices, O Son of God, O Giver of life,
And to be glorified through all the worlds.

PSALM (*Select a Psalm to read, or a portion of one.*)

READING (*Select a short passage from the New Testament, or use the following.*)

It is not ourselves that we proclaim; we proclaim Christ Jesus as Lord, and ourselves as your servants, for Jesus' sake. For the same God who said, "Out of darkness let light shine," has caused his light to shine within us, to give the light of revelation – the revelation of the glory of God in the face of Jesus Christ. 2 Corinthians
4:5–6

REFLECTION

A period of silence may follow.

PRAYERS

Prayers may be offered for ourselves and others.

The Lord's Prayer

Our Father in Heaven,

Hallowed be 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.

The Collect

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 bread. Grant this for the sake of your love.

Amen.

Extinguish candles, if used.

AT THE CLOSE OF DAY (Compline)

OPENING *(From Psalm 134)*

Lord Almighty, grant us a peaceful night and a perfect end.

Behold now, bless 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 bless the Lord;
 The Lord who made heaven and earth bless you out of Zion.

READING

Lord, you are in the midst of us and we are called by your Name: Do not forsake us, O Lord our God.

Jeremiah 14:9, 22

REFLECTION – AWARENESS EXAMEN:

Spend some time here to reflect on the day just spent. How was God present in your day? What blessings did you receive? What would you like most changed about this day? What would you want God's help with tomorrow?

Following a period of silence, the following may be said:

Lord, you now have set your servant free
 To go in peace as you have promised;
For these eyes of mine have seen the Savior,
 Whom you have prepared for all the world to see:
A Light to enlighten the nations,
 And the glory of your people Israel.

PRAYERS

Prayers for others and ourselves may follow. It is appropriate that prayers of thanksgiving for the blessings of the day be included.

The Lord's Prayer

Our Father in Heaven,

Hallowed be 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.

The Collect

Visit this place, O Lord, and drive far from it all snares of the enemy; let your holy angels dwell with us to preserve us in peace; and let your blessing be upon us always; through Jesus Christ our Lord. *Amen.*

The almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and keep us.
Amen.