

# Ascend

## 31 Days of Prayers

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# Table of Contents

1. Invocations	pp. 5-11
2. Confession	pp. 13-31
3. Praise and Thanks	pp. 33-51
Thanksgiving for the Day Scripture Reading 1	
4. Intercession	pp. 53-67
Intercession for the Day Scripture Reading 2	
5. Petitions	pp. 69-88
Scripture Reading 3 Devotional	
6. Resolution	pp. 89-105
7. Affirmation	pp. 107-123
8. Collect	pp. 125-130
9. Benediction	pp. 131-137



## I. Invocation

Through our invocation we direct our thoughts and words to God. We ask for His attention. Our invocation says, "I am here, O Lord, wishing to speak to you."

*Ant. I am the Lord, and there is no other, there is no God besides me.  
(Isa. 45:5)*

**#1.** Let us hear of your unfailing love in the morning,  
*For we have put our trust in you.*  
Show us the way we should walk,  
*For to you we lift up our souls.*  
Amen. (Ps. 143:8)

**#2.** Holy, Holy, Holy Lord,  
*God of power and might,*  
Heaven and earth are full of your glory.  
Amen. (Num. 14:21; Isa. 6:3; Rev. 4:8)

**#3.** O God, make speed to save us.  
*O Lord, make haste to help us.*  
Our help is in the name of the Lord.  
Amen. (Ps. 70:1; 124:8)

**#4.** O Lord, open our lips,  
*And our mouths shall show forth your praise.*  
Early in the morning, we make our prayer to you.  
*Surely you will hear our voice.*  
Amen. (Ps. 51:15)

**#5.** Hosanna in the highest.

*Glory to the Father and to the Son and to the Holy Spirit.*

As it was in the beginning, is now, and ever shall be.

Amen. (Matt. 21:9; Rom. 11:36)

**#6.** From the depths of our hearts, we pray to you.

*Hear us, O Lord.*

Accept our prayers which rise up to you.

*Accept our prayers, O Lord,*

Which rise up to you.

Amen. (Ps. 130:1; 141:1)

**#7.** May God be merciful to us and bless us,

*Show us the light of His countenance,*

And hear our prayers this day.

Amen. (Ps. 67:1)

**#8.** Our help is in the Name of the Lord,

*The maker of heaven and earth.*

Blessed be His name today,

*From this time forth,*

And forever.

Amen. (Ps. 113:2; 124:8)

**#9.** Lift up your face O Lord, and hear our prayers this day.

*May the Lord be merciful to us,*

And show us the light of His countenance.

Amen. (Ps. 4:6; 44:3)

**#10.** Blessed be God, all peoples.

*Let the sound of His praise be heard.*

He has kept us among the land of the living,

*And has not let our feet slip.*

Amen. (Ps. 68:8-9)

**#11.** Hear our voice, O Lord, when we call.

*Be merciful to us and answer.*

Our hearts heard you say, "Seek my face."

*Your face, O Lord, we will seek.*

Amen. (Ps. 27:7-8)

**#12.** Out of the depths, O Lord, I will call to you.

*O Lord, hear my voice.*

Let your ears be attentive to the sound of my prayers.

Amen. (Ps. 130:1-2)

**#13.** Lord, have mercy.

*Christ, have mercy.*

Lord, have mercy.

*Our help is in the Name of the Lord.*

The maker of heaven and earth.

Amen. (Ps. 124:8)

**#14.** Surely God is my salvation,

*I will trust and not be afraid.*

For the Lord is my strength and my song,

*And I call upon Him today as my salvation.*

Amen. (Isa. 12:2)

## 1. Invocations

**#15.** From the depths of our heart, we pray to you.

*Hear us, O Lord.*

Accept our prayers, O Lord, which rise up to you.

*Accept our prayers, O Lord which rise up to you.*

Amen. (Ps. 130)

**#16.** May you, O Lord, be near to all who call upon you.

*To all who call upon you in truth.*

Amen. (Ps. 145:18)

**#17.** Hosanna in the highest.

*Glory to the Father and to the Son and to the Holy Spirit.*

As it was in the beginning, is now and ever shall be.

Amen. (Matt. 21:9)

**#18.** O Lord, open our lips,

*And our mouths shall show forth your praise.*

Early in the morning we make our prayer to you.

*Surely you will hear our voice.*

Amen. (Ps. 51:15)

**#19.** Holy, Holy, Holy Lord,

*God of power and might,*

Heaven and earth are full of your glory.

Amen. (Num. 14:21; Isa. 6:3; Rev. 4:8)

**#20.** The LORD is near to all who call upon Him.

*To all who call upon Him in truth.*

Amen. (Ps. 145:18)



**#21.** O God, make speed to save us.

*O Lord, make haste to help us.*

Our help is in the name of the Lord.

Amen. (Ps. 70:1)

**#22.** From the depths of our hearts, we pray to you.

*Hear us, O Lord.*

Accept our prayers which rise up to you.

*Accept our prayers, O Lord,*

Which rise up to you.

Amen. (Ps. 130:1; 141:1)

**#23.** Let us hear in the morning of your unfailing love,

*For we have put our trust in you.*

Show us the way we should walk,

*For to you we lift up our souls.*

Amen. (Ps. 143:8)

**#24.** Lord, have mercy.

*Christ, have mercy.*

Lord, have mercy.

*Our help is in the Name of the Lord.*

The maker of heaven and earth.

Amen. (Ps. 124:8)

**#25.** Surely God is my salvation,

*I will trust and not be afraid.*

For the Lord is my strength and my song,

*And I call upon Him today as my salvation.*

Amen. (Isa. 12:2)

**#26.** Our help is in the Name of the Lord,  
*The maker of heaven and earth.*

Blessed be His name today,

*From this time forth,*

And forever.

Amen. (Ps. 124:8)

**#27.** The LORD is near to all who call upon Him.

*To all who call upon Him in truth.*

Amen. (Ps. 145:18)

**#28.** Lift up your face O Lord, and hear our prayers this day.

*May the Lord be merciful to us,*

And show us the light of His countenance.

Amen. (Ps. 4:6; 44:3)

**#29.** Let everyone say, blessed be God,

*Let the sound of His praise be heard.*

*He has kept us among the land of the living,*

*And has not let our feet slip.*

Amen. (Ps. 68:8-9)

**#30.** Hear our voice, O Lord, when we call.

*Be merciful to us and answer.*

*Our hearts heard you say, "Seek my face."*

*Your face, O Lord, we will seek.*

Amen. (Ps. 27:7-8)

## 1. Invocations

**#31.** Out of the depths, O Lord, I will call to you.

*O Lord, hear my voice.*

Let your ears be attentive to the sound of my prayers.

*Amen.* (Ps. 130:1-2)



## II. Confession

To confess is to admit that we are sinful and in need of God's forgiveness. Although these prayers are said in a generalized form, to do all that is expected of us we must confess our definite sins in a definite manner. Both self-reflection and humility are needed.

**#1. Ant. Acquire a fresh, spiritual way of thinking. You must put on that new man created in God's image, whose justice and holiness are born of truth. (Eph. 4:23-4)**

Save me from mortal sin, O God, the God of my salvation,  
*And my tongue will sing aloud of your righteousness.*  
O Lord, open my lips and my mouth will declare your praise.  
*For you do not desire sacrifice, or I would bring it.*  
You do not delight in burnt offering.  
*The sacrifices of God are a broken spirit.*  
A broken and contrite heart O God,  
*You will not despise.*  
Amen. (Ps. 51:14-17)

**#2. Ant. Whatever measure we give to others will be the measure we receive. (Luke 6:38; 2 Cor. 9:7)**

God will not always strive with us.  
*Nor will He harbor His anger forever.*  
He does not treat us as our sins deserve.  
*Or repay us according to our iniquities.*  
For as high as the heavens are above the earth,  
*So great is His love for those who fear Him.*  
As far as the East is from the West,  
*So far has He removed our transgressions from us.*

## 2. Confessions

As a father has compassion on his children,  
So the Lord has compassion on those who fear Him.  
Amen. (Ps. 103:9-13)

**#3. Ant. We must work in the world yet without becoming immersed in it. For the world as we know it is passing away. (1 Cor. 7:29-30)**

O Lord, be gracious to me.  
Heal my soul.  
For I have sinned against you,  
And that my soul knows right well.  
I return to the Lord my God,  
For I have stumbled because of my iniquity.  
I meditate on my words and say,  
Take away all my sin,  
And receive me graciously.  
That I may offer the fruit of my lips.  
Blessed is everyone that fears the Lord,  
And who walks in His ways.  
The Lord takes pleasure in those who fear Him.  
In those who put their hope in His unfailing love.  
Amen. (Hos. 14:1-2; Ps. 41:4; 128:1; 147:11)

**#4. Ant. Truth has arisen from the earth, and justice has looked down from the heavens. (Ps. 85:11)**

O God the Father, Creator of heaven and earth,  
Have mercy upon me.  
O God the Son, Redeemer of the world,  
Have mercy upon me.

## 2. Confessions

O God the Holy Spirit, Sanctifier of the faithful,  
*Have mercy upon me.*

O holy, blessed, and glorious Trinity, one God,  
*Have mercy upon me.*

Amen.

**#5. Ant. *Let your compassion come upon us, Lord. Your saving hand, true to your promise. (Ps. 119:77)***

Blessed is the one whose fault is removed,  
*Whose sin is forgiven.*

Blessed is the man to whom the Lord imputes no guilt,  
*In whose spirit is no deceit.*

Because I kept silent, my bones wasted away.  
*I groaned all day long.*

For day and night your hand was heavy upon me.  
*My strength withered as in dry summer heat.*

Then I declared my sin to you,  
*My guilt I did not hide.*

I said, I confess my transgression to the Lord,  
*And you took away the guilt of my sin.*

Therefore, every loyal person should pray to you,  
*In times of distress.*

Do not be like a horse or mule, without understanding,  
*With bit and bridle their temper is curbed, else they will not come to you.*

Many are the sorrows of the wicked,  
*But mercy surrounds the one who trusts in the Lord.*

Be glad in the Lord and rejoice, you righteous.

*Exult, all you upright of heart. Amen. (Ps. 31)*

## 2. Confessions

**#6. Ant.** The kingdoms of this world belong to the Lord, and He shall reign forever and ever. (Rev. 11:15; Dan. 7:27)

Out of the depths I call to you, Lord:

*Lord, hear my cry.*

May your ears be attentive to my cry for mercy.

*If you, Lord, keep account of sins, who can stand?*

But with you is forgiveness,

*And so you are revered.*

I wait for the Lord. My soul waits.

*And I hope for His word.*

My soul looks for the Lord,

*More than sentinels for daybreak.*

Then I declared my sin to you,

*My guilt I did not hide.*

Let us hope in the Lord,

*For with the Lord is mercy,*

With Him is plenteous redemption,

*And he will redeem us,*

From all our sins.

*Amen.* (Ps. 130)

**#7. Ant.** The shadow of death under which our life stands is only a shadow. We do not have to drink the cup of eternal death, for it has been drunk for us. (Karl Barth, Dogmatics)

Lord, hear my prayer.

*Answer me in your righteousness.*

Do not enter into judgment with your servant.

*Before you no one can be just.*



## 2. Confessions

My spirit is faint within me.

*My heart despairs.*

I remember the days of old,

*I ponder all your deeds; the works of your hands I recall.*

I stretch out my hands toward you,

*My soul to you is like a parched land.*

Hasten to answer me, Lord,

*For my spirit fails me.*

Do not hide your face from me,

*Lest I become like those descending to the pit.*

In the morning let me hear of your mercy,

*For in you I trust.*

Show me the path I should walk,

*For I entrust my life to you.*

Amen. (Ps. 143)

**#8. Ant. May I produce fruit worthy of repentance. (Matt. 3:8)**

God fashions the hearts of all,

*And understands all our works.*

God's eyes are on the ways of a man and He sees all our steps.

*There is no darkness or deep shadow where the workers of iniquity can hide.*

It is not in the power of man, to set the time,

*When He comes before God for judgement.*

In God alone is my soul at rest,

*My help comes from Him.*

He alone is my rock, my stronghold, my fortress.

*In Him I stand firm.*

Amen. (Ps. 33:1; 62:1-2; Job 34:21-23; Mark 13:32)

## 2. Confessions

**#9. Ant.** Naked I came from my mother's womb and naked I will depart. The Lord gives and the Lord takes away. Blessed be the name of the Lord. (Job 1:21)

We know, O Lord, that you can do all things,  
*And that no purpose of yours can be thwarted.*  
Why should anyone complain when punished for their sins?  
*Let us search out and examine our ways,*  
And let us return to the Lord.  
*Then I will apply my heart to instruction,*  
And my ears to words of knowledge.  
Amen. (Job 4:22; Prov. 23:12; Lam 3:39-40)

**#10. Ant.** Make our love grow, O Lord, to reach even our needy neighbor. (Luke 10:29-37)

The Lord is in His holy temple.  
*The Lord is on His heavenly throne.*  
He observes the sons of men.  
*His eyes examine them all.*  
Lord, we have heard of your fame and we stand in awe of your deeds.  
*O Lord revive your work in the midst of the years.*  
In our time make your works known.  
*In wrath remember mercy.*  
Amen. (Ps. 11:4; Hab. 3:2)

**#11. Ant.** O Lord, in your light we find light itself. No follower of mine wanders in the darkness. He shall have the light of life. (John 8:12)

## 2. Confessions

O Lord, do not rebuke me in your wrath,  
*And do not chasten me in your anger.*  
For your arrows have pierced me deeply,  
*And your hand has pressed down upon me.*  
There is no health in my body because of your wrath,  
*Nor peace in my bones because of my sin.*  
For my iniquities have gone over my head,  
*As a heavy burden, they weigh too much for me.*  
But in your mercy, I do trust,  
Now and always.  
Amen. (Ps. 38:1-4)

### #12. Ant. Lord what will you have me to do? (Acts 22:10)

Blessed is he whose transgression is forgiven,  
*Whose sin is covered.*  
Blessed is the man to whom the Lord does not impute iniquity,  
*And in whose spirit is no deceit.*  
When I kept silent, my bones wasted away,  
*Through my groaning all day long.*  
For day and night your hand was heavy upon me.  
*My strength was sapped as in the heat of summer.*  
I acknowledge my sin to you,  
*And did not hide my iniquity.*  
I said, I will confess my transgressions to the Lord.  
*And you forgave the guilt of my sin.*  
Amen. (Ps. 32:1-5)

### #13. Ant. The Lord is the Spirit and where the Spirit of the Lord is, there is freedom. (2 Cor. 3:17)

## 2. Confessions

The heart is deceitful above all things,  
*And incurably sick.*

Who can understand it?

*You, the Lord, search our hearts and test our minds,*

To reward us according to our ways,

*According to what our deeds produce.*

Come now, let us reason together, says the Lord.

*Though our sins are like scarlet,*

They shall be as white as snow.

*Though they are red as crimson,*

They shall be like wool.

Amen.

(Isa. 1:18; Jer. 17:9-10)

**#14. Ant. Death and destruction lie open before the Lord. How much more the hearts of men. (Prov. 15:11)**

Enter our hearts, O Spirit of God,

*Come in blessed mercy, and set us free.*

Throw open the locked doors of our minds.

*Cleanse the chambers of our thoughts.*

Light the fires of your holy brightness in our understanding of the truth.

*O Spirit of God, whose presence is freedom,*

Grant us the freedom to be your servants,

*Today, tomorrow and evermore.*

Amen.

**#15. Ant. What will a man profit if he gains the whole world, but forfeits his soul? Or what will a woman give in exchange for her soul? (Matt. 16:24-26)**

## 2. Confessions

Have mercy on me, O God, according to your loving-kindness.

*In your great compassion blot out my offenses.*

Wash me through and through from my wickedness,

*And cleanse me from my sin.*

For I know my transgressions,

*And my sin is ever before me.*

Against you only have I sinned,

*And done what is evil in your sight.*

And so you are justified when you speak,

*And upright in your judgment.*

Indeed, I have been wicked from my birth,

*A sinner from my mother's womb.*

For behold, you look for truth deep within me,

*And will make me understand wisdom secretly.*

Purge me from my sin, and I shall be pure,

*Wash me, and I shall be clean indeed.*

Amen. (Ps. 51:1-8)

**#16. Ant. *I have blotted out your transgressions like a thick cloud, and your sins like the morning mist. (Isa. 44:22)***

We have all become like those who are unclean,

*And all our righteous acts are like filthy rags.*

We all shrivel up like a leaf,

*And all our iniquities, like the wind, sweep us away.*

But now, O Lord, you are our Father,

*We are the clay, you are the potter.*

*We are the work of your hands.*

## 2. Confessions

Glory and thanks be to the Father,  
Honor and praise to the Son,  
And to the Spirit, source of life and of love.  
Amen. (Isa 64:6,8; Rom. 5:5)

**#17. Ant. *Let your compassion come upon us, Lord. Your saving hand, true to your promise. (Ps. 119:77)***

O Lord, you are full of compassion.  
You are long-suffering, and abounding in mercy.  
You hold back your hand.  
You do not punish as we deserve.  
In your goodness, Lord, you have promised forgiveness to sinners,  
That we may repent of our sin and be forgiven.  
And now, O Lord, I bend the knee of my heart,  
And make my appeal, hopeful of your gracious goodness.  
I have sinned, O Lord, I have sinned,  
And I know my wickedness only too well.  
Forgive me.  
Do not let me perish in my sin.  
Unworthy as I am, save me in accordance with your mercy,  
And I will praise you all the days of my life.  
For all the powers of heaven sing your praises,  
And yours is the glory to ages of ages.  
Amen. (Eph. 3:14; 2 Pet. 3:9)

**#18. Ant. *Lord, give a loving welcome to your servant, and save us from our sin. (LoH)***

O God the Father, Creator of heaven and earth,  
Have mercy upon us.

## 2. Confessions

O God the Son, Redeemer of the world,  
*Have mercy upon us.*

O God the Holy Spirit, Sanctifier of the faithful,  
*Have mercy upon us.*

O holy, blessed, and glorious Trinity, one God,  
*Have mercy upon us.*

Remember not, Lord Christ, our offenses, neither reward us according to our sins.

*Spare us, good Lord.*

From all evil and wickedness and from the crafts and assaults of the devil.

*Good Lord, deliver us.*

From pride, hypocrisy, envy, and malice.

*Good Lord, deliver us.*

From all inordinate and sinful affections,

*Good Lord, deliver us.*

From hardness of heart, and contempt of thy Word and commandment,

*Good Lord, deliver us.*

In all time of our tribulation, in the hour of death, and in the day of judgment,

*Good Lord, deliver us.*

Amen.

**#19. *Ant. The man whose deeds are blameless and whose heart is pure will climb the mountain of the Lord. (Ps. 24:4)***

Have mercy on me, O God, according to your loving-kindness,  
*In your great compassion blot out my offenses.*

Wash me through and through from my wickedness,  
*And cleanse me from my sin.*

## 2. Confessions

For I know my transgressions,  
    *And my sin is ever before me.*  
Against you only have I sinned,  
    *And done what is evil in your sight.*  
So you are justified when you speak,  
    *And upright in your judgment.*  
I have been wicked from my birth,  
    *A sinner from my mother's womb.*  
You look for truth deep within me,  
    *Purge me from my sin, and I shall be pure,*  
Wash me and I shall be whiter than snow.  
    *Amen.*

**#20. Ant. *May the fire of your word consume our sins and its brightness illumine our hearts. (Heb. 12:29)***

Blessed is the man to whom the Lord imputes no guilt,  
    *In whose spirit is no deceit.*  
Because I kept silent, my bones wasted away,  
    *I groaned all day long and my strength withered as in dry summer heat.*  
Then I declared my sin to you.  
    *My guilt I did not hide.*  
I confessed my transgression to the Lord,  
    *And you took away the guilt of my sin.*  
Many are the sorrows of the wicked one,  
    *But mercy surrounds the one who trusts in the Lord.*  
Be glad in the Lord and rejoice, you righteous,  
    *Exult, all you upright of heart.*  
Amen.



## 2. Confessions

**#21. Ant. *I am coming soon, says the Lord. I will give to everyone the reward their deeds deserve. (Rev. 22:12)***

We pray to you today, O Lord, for the forgiveness of our sins.

*Have mercy upon us, most merciful Father.*

In your compassion forgive us our sins, known and unknown,

*Things done and left undone.*

Uphold us by your Spirit that we may live, and serve you in newness of life.

*To the honor and glory of your Name.*

Through Jesus Christ our Lord.

*Amen.*

**#22. Ant. *Wherever you are, Lord, there is mercy. (Ps. 42:8)***

We beseech you, O Lord our God,

*Be patient with us sinners.*

You who know our weakness,

*Protect the work of your hands.*

Now and in all times to come,

*Deliver us from all temptation, and all danger,*

And from the powers of darkness of this world.

*And bring us into the kingdom of your Son.*

To your holy name be the glory, Father, Son and Holy Spirit,

*Now and forever, to the ages of ages.*

*Amen.*

**#23. Ant. *God rescued us from the power of darkness. Through him we have redemption. (Col. 1:13-14)***

## 2. Confessions

O God, control my tongue.

*Keep me from saying things which make trouble.*

And from involving myself in arguments which only make bad situations worse.

*And which get nowhere.*

Shut the door of my mind against all envious and jealous thoughts.

*Shut it against all bitter and resentful thoughts.*

Shut it against all ugly and unclean thoughts.

*Help me to live today in purity, in humility and in love.*

Through Jesus Christ our Lord.

Amen.

**#24. Ant. You fill the hungry with good things, Lord God, and break the sinner's chains. (Ps. 107:9)**

The house of my soul is too small for you to enter, O Lord.

*Make it more spacious by your coming.*

It lies in ruins.

*Rebuild it.*

Some things are to be found here which will offend your gaze.

*I confess this to be so and know it well.*

But who will clean my house?

*To whom but yourself can I cry?*

Cleanse me of my hidden sins, O Lord.

*And restore in me a clean heart.*

Amen. (Augustine)

**#25. Ant. Help me, O God, for I tremble at your word. (Isa. 66:5)**

Open your doors of mercy, Lord,

*Hear our prayer and have mercy upon our souls.*

## 2. Confessions

Lord of the morning and ruler of the seasons,

*Hear our prayer and have mercy on our souls.*

Lord, we have sinned, yet we acknowledge your great mercy.

*Have mercy on us O Lord, and grant us forgiveness and peace.*

Spare us as we confess our sins.

*Grant us forgiveness and peace.*

Paul said, where sin abounds, grace abounds all the more.

*In your grace, we do trust.*

Amen.

**#26. Ant. *O give thanks unto the Lord, for his mercy endures forever.***  
**(Ps. 106:1)**

Create in me a clean heart, O God,  
*and renew a right spirit within me.*

Hide your face from my sins,  
*and blot out all my iniquities.*

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.*

Deliver me from death, O God,  
*And my tongue shall sing of your righteousness, O God.*

The sacrifice of God is a troubled spirit;  
*A broken and contrite heart, O God, you will not despise.*

Amen.

**#27. Ant. *Christ Jesus is at the right hand of God, and intercedes for us.*** (Rom 8:3)

## 2. Confessions

Almighty God, Father of our Lord Jesus Christ,  
*Maker of all things, Judge of all men.*

We acknowledge our many sins,  
*Which we from time to time have most grievously committed,*  
By thought, word, and deed,  
*Provoking most justly your wrath and indignation against us.*

We do earnestly repent,  
*And are heartily sorry for our misdoings.*

We ask for your forgiveness, for your Son's sake,  
*Forgive us all that is past,*  
And grant that we may serve and please you in newness of life,  
*To the honor and glory of your Name.*

Amen.

**#28. Ant. *If anyone thirsts, let him come to me and drink. (John 7:37)***

Let us humbly confess our sins to Almighty God:  
Most merciful Father,

*We confess that we have sinned against you,*  
In thought and word and deed,  
*In what we have done, and in what we have not done.*

We have not loved you with our whole heart.  
*We have not loved our neighbor as ourselves.*

We ask you in your mercy to forgive what we have been,  
*To amend what we are,*  
To direct what we shall be,  
*That we may delight in your will, and walk in your ways.*

Through Jesus Christ our Lord.

Amen.

## 2. Confessions

**#29. Ant. *I saw a vast crowd of countless numbers from every nation, standing before the throne. (Rev. 7:9)***

Almighty and most merciful Father,

*We have strayed from your ways like lost sheep.*

We have followed too much the devices and the desires of our 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.*

O Lord, have mercy upon us,

*Spare those who confess their faults,*

Restore those who are penitent,

*According to your promises in Christ Jesus our Lord.*

And grant, O most merciful Father, for his sake,

*That we may live godly, righteous, and sober lives.*

Lord, in your mercy,

*Hear our prayer.*

Amen.

**#30. Ant. *The Lord's greatness cannot be measured. Every age will proclaim it anew. (Ps. 145)***

Seek the Lord while he wills to be found.

*Call upon Him when he draws near.*

Let the wicked forsake their ways,

*And the evil ones their thoughts.*

Let them turn to the Lord, and he will have compassion,

*And to our God, for he will richly pardon.*



## 2. Confessions

Unworthy as I am, you will save me in accordance with your great mercy,

*And I will praise you without ceasing all the days of my life.*

For all the powers of heaven sing your praises,

*And yours is the glory to ages of ages.*

Amen.

(Ps. 51:4; Jer. 14:20)





### III. Praise & Thanks

To thank God is to remember a benefit we have received from His hand. To praise God is to exalt, honor, magnify, revere, and worship Him. Praise and thanks mix and merge and can be expressed in many ways.

**#1. Ant. You are not the God of the dead, but of the living, for to you all things are alive. (Mark 12:27)**

O ruler of the universe, Lord God,

*Great deeds are they that you have done, surpassing human understanding.*

Your ways are ways of righteousness and truth,

*O King of all the ages.*

Who can fail to do you homage, Lord,

*And sing the praises of your name for you only are the Holy One.*

All nations will draw near and fall down before you,

*Because your just and holy works have been revealed.*

Amen.

(Rev. 15:3-4)

**#2. Ant. Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are recorded in heaven. (Luke 10:20)**

I will praise you, O Lord my God, with all my heart,

*And I will glorify your name forever.*

For great is your love toward me,

*And you have delivered my soul from the depths of the grave.*

### 3. Praise and Thanks

I called to the Lord in my distress and He answered me.

*From the depths of the grave, I called for help,  
And you heard my voice.*

*I will exult in the Lord.*

I will exalt in the God of my salvation.

*The Lord God is my strength.*

He makes my feet like the feet of a deer.

*He enables me to go on the heights.*

Amen. (Ps. 86:12-23; Jonah 2:2; Hab. 3:18-19)

**#3. Ant. We do well to sing your name, Most High, and proclaim your mercy in the morning. (Ps. 92:1)**

I will proclaim the name of the Lord,  
*And praise the greatness of my God.*

Blessed are you, O Lord, God of Israel,  
*Forever and ever.*

Yours, O Lord is the greatness and the power and the glory.

*For everything in heaven and earth is yours.*

Yours is the Kingdom.

*And you are exalted as head over all.*

Both riches and honor come from you.

*You are the ruler of all things.*

In your hand is power and might to exalt and give strength.

*Therefore, I give you thanks,*

And I praise your glorious name.

Amen. (Dt. 32:3; 1 Chron. 29:10-1)

### 3. Praise and Thanks

#4. Ant. Wherever you are, Lord, there is mercy, there is truth. (Ps. 25:10)

Out of the north God comes in golden splendor.

*With God is awesome majesty.*

The Almighty is beyond our reach.

*He is exalted in power.*

In His justice and great righteousness,

*He does not oppress.*

I will exalt you my God and King.

*I will bless your name forever and ever.*

Every day I will bless you.

*I will praise your name forever and ever.*

Great is the Lord and most worthy of praise.

*His greatness is unsearchable.*

Amen. (Job 37:22-23)

#5. Ant. We give thanks to you, O God, as we call upon your name. (Ps. 75:1)

The Lord is great and greatly to be praised.

*He is to be feared above all gods.*

For all the gods of the nations are idols.

*But the Lord made the heavens.*

Splendor and majesty are before Him.

*Strength and joy are in His place.*

I will ascribe to the Lord glory and strength.

*I will ascribe to the Lord the glory due His name,*

### 3. Praise and Thanks

And worship the Lord in the beauty of holiness.

*Tremble before Him, all the earth.*

The world is firmly established.

*It will not be moved.*

Amen. (1 Chron. 16:25-30)

**#6. Ant. My soul, give thanks to the Lord. All my being, bless His holy name. (Ps. 103:1)**

You are the high and lofty One,

*Whose name is holy and who inhabits eternity.*

You live in a high and holy place,

*And also with Him who is contrite and lowly in spirit,*

To revive the spirit of the lowly,

*And to revive the heart of the contrite.*

Blessed be the name of God,

*For wisdom and power belong to Him.*

He changes the times and the seasons.

*He raises up kings and deposes them.*

He gives wisdom to the wise,

*And knowledge to those who have understanding.*

He reveals deep and hidden things.

*He knows what is in the darkness.*

And light dwells with Him.

Amen. (Isa. 57:15; Dan. 2:20-22)

**#7. Ant. I will rejoice at your Word as one who finds great spoil. (Ps. 119)**

### 3. Praise and Thanks

I will sing of the mercies of the Lord forever.

*With my mouth I will make your faithfulness known.*

I will declare that your lovingkindness will be built up forever,

*That you will establish your faithfulness in the heavens.*

The heavens will praise your wonders, O Lord,

*Your faithfulness also in the assembly of the Holy Ones,*

For who in the heavens can be compared with the Lord?

*Who is like the Lord among the sons of the mighty?*

God is greatly feared in the council of the Holy Ones.

*And more awesome than all who surround Him.*

O Lord God of hosts, who is like you, O mighty Lord?

*Your faithfulness surrounds you.*

Amen.

(Ps. 89:1-2, 5-8)

**#8. Ant.** *I saw a vast crowd of countless numbers from every nation, standing before the throne. (Rev. 7:9)*

Lord, you have been our dwelling place throughout all generations.

*Before the mountains were born,*

Or you brought forth the earth and the world,

*From everlasting to everlasting, you are God.*

You turn men back to dust and say, "return, O children of men."

*For a thousand years in your sight are like yesterday when it passes by.*

Or like a watch in the night.

*You, the Lord, alone from the distant past have declared what is to come.*

There is no God apart from you.

*A righteous God and Savior, there is none beside you.*

### 3. Praise and Thanks

You are God and there is no other.

*You are my hope, O Lord God.*

You are my trust from my youth.

*As for me, I will always have hope.*

I will praise you more and more.

Amen.

(Ps. 90:1-4; 71:5,14; Isa. 45:21-22)

**#9. Ant. *If anyone thirsts, let him come to me and drink. (John 7:37)***

O Lord, our Lord, how majestic is your name in all the earth.

*You have set your glory above the heavens.*

Great and marvelous are your works, Lord God Almighty.

*Righteous and true are your ways, King of the nations.*

Who will not fear you, O Lord,

*And glorify your name? For you alone are holy.*

All nations will come and worship before you.

*For your righteous acts have been revealed.*

How great are your works, O Lord!

*Your thoughts are very deep.*

The senseless man does not know,

*Fools do not understand that when the wicked spring up like grass,*

And the evildoers flourish.

*They will be destroyed forever.*

But you, O Lord, are exalted forever.

*You are the Lord, that is your name.*

You will not give your glory to another,

*Or your praise to idols.*

Amen.

(Ps. 8:1; Rev. 15:3-4; Ps. 92:5-8; Isa. 42:8)

### 3. Praise and Thanks

**#10. Ant. Whatever measure you give to others will be the measure you receive. (Luke 6:38; 2 Cor. 9:7)**

The Lord is the great God,  
*The King above all gods.*  
In His hands are the depths of the earth.  
*The sea is His, for He made it.*  
The summits of the mountains are His also,  
*And His hands formed the dry land.*  
He is our God and we are the people of His pasture,  
*And the sheep under His care.*  
It is He who made us, and not we ourselves.  
*We are His people.*  
Come before Him with singing.  
*Worship the Lord with gladness.*  
Amen. (Ps. 95: 3-5,7; 100:1-3)

**#11. Ant. And now Lord, what is my hope? My hope is even in you. (Ps. 39:8)**

I will sing to the Lord,  
*For He is highly exalted.*  
The Lord is my strength and my song.  
*He has become my salvation*  
He is my God,  
*And I will praise Him.*  
My Father's God,  
*And I will exalt Him.*  
Amen. (Ex. 15:1-2)

### 3. Praise and Thanks

**#12. Ant.** Our Lord Jesus Christ, now that he has returned to the Father, has revealed himself more clearly. (Ignatius)

You are worthy, our Lord and God,  
    *To receive glory and honor and power,*  
For you created all things,  
    *And by your will they were created and have their being.*  
Every creature in heaven and on earth, and all that is in them, will sing,  
    *To Him who sits on the throne and to the Lamb,*  
Be blessing and honor and glory and power.  
    *Forever and ever.*  
Amen.                      (Rev. 4:11; 5:13)

**#13. Ant.** Whatever measure you give to others will be the measure you receive. (Luke 6:38; 2 Cor. 9:7)

As for God, His way is perfect,  
    *The word of the Lord is proven.*  
He is a shield for all who take refuge in Him.  
    *For who is God besides the Lord?*  
And who is the Rock except our God?  
    *You have chosen me as your witness and servant,*  
So that I may know and believe and understand that you are the Lord.  
    *Before you no god was formed,*  
Nor will there be one after you.  
Amen.                      (2 Sam. 22:31-32, Isa. 43:10)

**#14. Ant.** In you, O Lord is the source of life. In your light we see light itself. (Ps. 36:9)



### 3. Praise and Thanks

I will give thanks to you, O Lord,

*For though you were angry with me, your anger turned and you comforted me.*

Behold, God is my salvation,

*I will trust and not be afraid, for the Lord is my strength and my song,*

With joy you will draw water from the wells of salvation.

*And you will say on that day: Give thanks to the Lord, call upon His name.*

Make known His deeds among the nations.

*Proclaim that His name is exalted.*

Sing praises to the Lord for He has done gloriously.

*Let this be known in all the earth.*

Amen.

(Isa.12:1-4)

**#15. Ant. We give thanks to you, O God, as we call upon your name.  
(Ps. 75:1)**

The Lord God of hosts, He who touches the earth and it melts,

*He who builds His staircase in the heavens,*

And founded the expanse over the earth,

*He who calls for the waters of the sea and pours them out over the face of the earth,*

The Lord is His name.

*The Lord reigns!*

He is clothed with majesty.

*He is robed in glory and is armed with strength.*

He has firmly set the world: It cannot be moved.

*Your throne is established from of old.*

### 3. Praise and Thanks

You are from everlasting.

*Your decrees stand firm.*

Holiness adorns your house, O Lord forever.

Amen. (Ps. 93:1-2,5; Amos 9:5-6)

**#16. Ant. We do well to sing to your name, Most High, and proclaim your mercy. (Ps. 92)**

The Lord is King, with majesty enrobed.

*The Lord has robed himself with might.*

He has girded himself with power.

*The world you made firm from of old.*

Your throne has stood firm from all eternity.

*The waters have lifted up their voice.*

The waters have lifted up their thunder.

*Greater than the roar of mighty waters is the Lord on high.*

Blessed are you, O Lord,

*Praiseworthy and exalted above all forever.*

And blessed is your holy and glorious name,

*Praiseworthy and exalted above all forever.*

Blessed are you in the temple of your holy glory,

*Praiseworthy and exalted above all forever.*

Bless the Lord all you works of His.

*Praise and exalt Him above all forever.*

Amen. (Ps. 93; Dan. 3:52-57)

**#17. Ant. When we listen to Your word, our minds are filled with light. It is the lowly heart that understands. (Matt. 6:22)**

### 3. Praise and Thanks

I know that my Redeemer lives,

*And that in the end He will stand upon the earth.*

And after my skin has been destroyed,

*Yet in my flesh I will see God, whom I myself will see.*

And behold with my own eyes and not another.

*How my heart yearns within me.*

I will not fear for you are with me.

*I will not be dismayed, for you are my God.*

You will strengthen me and help me.

*You will uphold me with your righteous hand.*

For you are the Lord my God who takes hold of my right hand,

*And says to me, do not fear, I will help you,*

Amen. (Job 19:25-2; Isa. 41:10,13)

**#18. Ant. From age to age, the Lord's promises stand unshaken. (Ps. 41; 106)**

This poor man cried out and the Lord heard him.

*He saved me out of all my troubles.*

The angel of the Lord encamps around those who fear Him,

*And delivers them.*

I waited patiently for the Lord.

*He turned to me and heard my cry.*

God lifted me out of the slimy pit, out of the mud and the mire.

*He set my feet on a rock and gave me a firm place to stand.*

He put a new song in my mouth, a hymn of praise to our God.

*Many will see and fear, and put their trust in the Lord.*

And it will be said in that day: Behold this is our God.

*We have waited for Him, and he will save us.*

### 3. Praise and Thanks

This is the Lord: We have trusted in Him.

*Let us rejoice and be glad in His salvation.*

Amen. (Isa. 25:8-9; Ps. 34:6-7; 40:1-3)

**#19. Ant. See how great is the love the Father has given us. That we are called God's children. (1 John 3:1)**

I love you, O Lord, my strength.

*The Lord is my fortress and my deliverer.*

He is my rock in whom I take refuge.

*He is my shield and my stronghold.*

I call upon the Lord who is worthy of praise, and I am saved from my enemies.

*I will remember the works of the Lord,*

I will meditate on all your works,

*And consider all your mighty deeds.*

Your way, O God, is holy.

*What god is so great as our God?*

You are the God who works wonders.

*You have revealed your strength among the peoples.*

You redeemed your people with your power.

Amen. (Ps. 18:1-3; 77:11-15)

**#20. Ant. O God, I will sing you a new song. All my fresh springs are in you. (Ps. 87:7)**

The Lord is close to the brokenhearted,

*And saves those who are crushed in spirit.*

### 3. Praise and Thanks

Many are the afflictions of the righteous,  
*But the Lord delivers them out of them all.*

God is my refuge and my strength,  
*An ever-present help in trouble.*

Therefore, I will not fear, though the earth changes, and the  
mountains slip into the sea.

*The Lord is for me, I will not fear. What can man do to me?*  
It is better to take refuge in the Lord than to trust in man.

*It is better to take refuge in the Lord than to trust in men with  
power.*

Amen. (Ps. 34:18-19, 46:1-2, 118:6,8-9)

**#21.** *Ant. I shall know joy when I see your face, O Lord, for you have  
made known to me the path of life. (Ps. 16:11)*

I lift my eyes up to the hills,  
*Where does my help come from?*

My help comes from the Lord,  
*The Lord who made heaven and earth.*

He will not allow my foot to slip,  
*He who watches over me will not slumber.*

The Lord is my keeper,  
*The Lord is my shade at my right hand.*

The sun will not harm me by day,  
*Nor the moon by night.*

The works of God's hands are truth and justice,  
*All His precepts are trustworthy.*

They stand firm forever and ever,  
*Done in faithfulness and uprightness.*

### 3. Praise and Thanks

He sent redemption to His people,  
*He has ordained His covenant forever.*

Holy and awesome is His name.

Amen. (Ps. 12:1-3,5-6, 111:7-9)

**#22. Ant. Praise is natural to the upright and rejoicing for those who are righteous. (Ps. 33:1)**

The Most High is sovereign over the kingdoms of men.

*He gives them to whomever He wishes, and sets them on the lowliest of men.*

I will bless the Most High!

*I will praise and honor Him who lives forever.*

His dominion is eternal.

*His kingdom endures from generation to generation.*

He regards the inhabitants of the earth as nothing.

*He does as He pleases with the hosts of heaven.*

No one can hold back His hand,

*Or say to Him, what have you done?*

I praise, exalt and honor the King of heaven.

*For all His works are true and His ways are just.*

He is able to humble those who walk in pride.

Amen. (Dan. 4:17, 34-35, 37)

**#23. Ant. The disciples rejoiced when they saw the risen Lord. Alleluia. Alleluia. (John 20:20)**

You who are over us,

*You who are one of us,*

You who are within us,

*May everyone see you also in us.*

### 3. Praise and Thanks

May we prepare the way for you.

*May we thank you for what falls to our lot.*

May we not forget the needs of others.

*Give us a pure heart that we may see you.*

A humble heart,

*That we may hear you.*

A heart of love,

*That we may serve you.*

A heart of faith,

*That we may abide in you.*

Amen.

**#24. Ant. *Mighty and wonderful are your works, Lord God Almighty. Who would dare refuse you honor? (Rev. 15:3-4)***

In the counsel of the upright, and in the assembly,

*I will thank the Lord with all my heart.*

Great are the works of the Lord,

*They are pondered by all who delight in them.*

Splendid and majestic is His work,

*And His righteousness endures forever.*

He has caused His wonderful acts to be remembered.

*The Lord is gracious and compassionate.*

Amen. (Ps. 111:1-4)

**#25. Ant. *I will sing to you of kindness and justice; I will sing to you, O Lord. (Ps. 101:1)***

The Lord made the earth by His power.

*He established the world by His wisdom,*

### 3. Praise and Thanks

And stretched out the heavens by His understanding.

*The Lord gives the sun for light by day,*

And decrees the moon and stars for light by night.

*He stirs up the sea so that its waves roar.*

The Lord of hosts is His name.

*One generation shall praise your works to another.*

They shall declare your mighty acts.

*I myself will meditate on the glorious splendor of your majesty,*

And on your wondrous works.

*Men shall speak of the might of your awesome deeds,*

And I will proclaim the greatness of your acts.

Amen. (Jer. 10:12; 31:35; 51:15; Ps. 145:4-6)

**#26. Ant. Our hearts are filled with wonder as we contemplate your works, O Lord. (Ps. 104:24)**

Be exalted, O God, among the heavens,

*Let your glory be over all the earth.*

I myself will praise you among the peoples.

*I will sing to you among the nations.*

For your mercy reaches to the heavens,

*And your faithfulness to the clouds.*

Heaven is your throne,

*And the earth is your footstool.*

Your hand made all these things,

*And so they came into being.*

Your hand laid the foundations of the earth,

*And your right hand spread out the heavens.*

When you summon them, they all stand together.

*Surely you desire truth in our inner parts.*



### 3. Praise and Thanks

You make us know what wisdom is.

*Let those who love the Lord hate evil.*

Amen. (Isa. 48:13; 66:1-2; Ps. 51:6; 97:10)

**#27. Ant. My soul, give thanks to the Lord. All my being, bless His holy name. (Ps. 103:1)**

The Lord has established His throne in heaven,

*And His kingdom rules over all.*

Bless the Lord, you His angels,

*Mighty in strength who do His bidding,*

Obeying the voice of His word.

*Bless the Lord, all His hosts,*

You His servants who do his will.

*Bless the Lord, all His works,*

In all places of His dominion,

*Bless the Lord, O my soul.*

Amen. (Ps. 103:19-22)

**#28. Ant. Sing praises to the Lord, for he has done great things. Let this be known in all the world. (Isa. 12:5-6)**

Unto us a child is born, unto us a son is given.

*The government will be on His shoulders.*

He will be called Wonderful Counselor,

*Mighty God, Everlasting Father, Prince of Peace.*

Of the increase of His kingdom, and peace,

*There will be no end.*

He will reign on the throne of David,

*Establishing and upholding it with justice and righteousness,*

### 3. Praise and Thanks

From that time on and forever.

*The zeal of the Lord of hosts will accomplish this.*

Amen. (Isa. 9:6-7)

**#29. Ant. It is my joy, O God, to praise you with song. (Ps. 98)**

Let the peoples praise you, O God,

*Let all the peoples praise you.*

We glory in your cross, O Lord, and praise and glorify your holy resurrection,

*For by virtue of your cross, joy has come to the whole world.*

We adore you, O Christ, and we bless you,

*Because by your holy cross you have redeemed the world.*

If we have died with him, we shall also live with him,

*If we endure, we shall also reign with him.*

We adore you, O Christ, and we bless you,

*Because by your holy cross you have redeemed the world.*

Amen. (Ps. 67:3-4)

**#30. Ant. Wherever you are, Lord, there is mercy, there is truth. (Ps. 130)**

Splendor and honor and kingly power,

*Are yours by right, O Lord our God.*

For you created everything that is,

*And by your will they were created and have their being,*

And yours by right, O Lamb that was slain,

*For with your blood you have redeemed for God,*

From every family, language, people, and nation,

*A kingdom of priests to serve our God.*

### 3. Praise and Thanks

And so, to Him who sits upon the throne,  
    *And to Christ the Lamb,*  
Be worship and praise, dominion and splendor,  
    *Forever and for evermore.*  
Amen.

**#31. Ant. We do well to sing your name, Most High, and proclaim your mercy at daybreak. (Ps. 92:2)**

Be joyful in the Lord, all you lands.  
    *Serve the Lord with gladness and come before His presence with a song.*  
Be ye sure that the Lord He is God,  
    *It is He that has made us and not we ourselves.*  
    *We are His people and the sheep of His pasture.*  
Go your way into His gates with thanksgiving, and into His courts with praise,  
    *Be thankful toward Him and speak good of His Name.*  
For the Lord is gracious; His mercy is everlasting,  
    *And His truth endures from generation to generation.*  
Amen.



# IV. Intercessions

These prayers ask something of God on behalf of others. Perhaps it is for a family member, a friend, our church, country, or world. Many exhortations in Scripture urge us to intercede, but there are few actual prayers to cite as models. We are to use our own minds and hearts to formulate our prayers for others.

**#1. Ant. I urge that petitions, prayers, intercession and thanksgiving be made for all people. (1 Tim. 2:1-4)**

We pray for those in authority.  
For the President, Congress, and Supreme Court that they may serve the dignity and freedom of all people:

.....  
Son of God, we beseech You to hear us.  
    *Lord, have mercy.*  
Christ, have mercy.  
    *Lord, have mercy.*  
Amen.

**#2. Ant. Pray in the Spirit on all occasions with all kinds of prayers and requests. Be alert and always keep on praying for all the Lord's people. (Eph. 6:18)**

We pray for our families.  
For their needs and desires, that being freed from anxiety, they may live in peace and health.

.....

Son of God, we beseech You to hear us.  
    *Lord, have mercy.*  
Christ, have mercy.  
    *Lord, have mercy.*  
Amen.

**#3. Ant. We are united everywhere with those who call on the name of our Lord Jesus Christ. (1 Cor. 1:2)**

We pray for our friends and neighbors.  
May those whose lives are linked with ours in their daily life and work  
know your blessing.

.....  
Son of God, we beseech You to hear us.  
    *Lord, have mercy.*  
Christ, have mercy.  
    *Lord, have mercy.*  
Amen.

**#4. Ant. Father of the orphan, defender of the widow, such is God in His holy place. (Ps. 68:6)**

We pray for the Church.  
For its welfare and success around the world.

.....  
Son of God, we beseech You to hear us.  
    *Lord, have mercy.*  
Christ, have mercy.  
    *Lord, have mercy.*  
Amen.

4. Intercessions

#5. Ant. Claim me once more as your own, Lord, and I will give thanks where your people gather in prayer. (Matt. 18:20)

We pray for our local churches.  
For God's blessing on our assemblies and all who worship within them.

.....  
Son of God, we beseech you to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

#6. Ant. My life is in the service of the Gospel. God has given me this gift of grace. (Phil. 2:17; Eph. 4:7)

We pray for our city.  
We pray for the community in which we live and all who live in it.

.....  
Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

**#7.** *Ant.* When we speak about wisdom, we are speaking of Christ. When we speak about virtue we are speaking of Christ. When we speak about justice, we are speaking of Christ. When we speak about peace, we are speaking of Christ. When we speak about truth and life and redemption, we are speaking of Christ. (Augustine)

We pray for the nations.

*We pray for peace and goodwill among the nations, and for the well-being of all people.*

.....  
Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

**#8.** *Ant.* When he came to give men and women a share in God's life, Christ Jesus introduced into the world of our exile that hymn of praise which is sung in the heavenly places throughout all ages. (Sacrosanctum, 83)

We pray for nations at war.

We pray for the war in the Ukraine and the threat of war in countries around the world.

.....  
Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.



## 4. Intercessions

**#9. Ant.** All shall be well, and all shall be well and all manner of things shall be well. 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. (Julian of Norwich & Augustine)

We pray for our planet.

We pray for the just and proper use of your creation, and for the wisdom and will to conserve it.

.....

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

**#10. Ant.** I will sing to you, O Lord, of kindness and justice. I will walk with purity of heart within my house. (Ps. 101:1-2)

We pray for the lost.

We ask that all men might be saved and come to a knowledge of the truth.

.....

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

**#11. Ant. *All things are yours, and you are Christ's, and Christ is God's. (1 Cor. 3:23)***

We pray for the Great Commission.  
That it may please God to send forth laborers into the harvest.

.....  
Son of God, we beseech You to hear us.  
    *Lord, have mercy.*  
Christ, have mercy.  
    *Lord, have mercy.*  
Amen.

**#12. Ant. *Lord shine on those who dwell in darkness, and live in the shadow of death. (Isa. 9:2; Luke 1:79)***

We pray for the work of Children's Relief International.  
We pray for our director, our staff, our projects and programs.

.....  
Son of God, we beseech You to hear us.  
    *Lord, have mercy.*  
Christ, have mercy.  
    *Lord, have mercy.*  
Amen.

**#13. Ant. Through the greatness of your love, we have access to your house. (Ps. 5:7)**

We pray for the poor and the persecuted, and for victims.  
We pray for all who are in need, especially for orphans, widows,  
refugees. For prisoners and captives, the homeless and the hungry.  
For all who are desolate and oppressed.

.....  
Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

**#14. Ant. You are not the God of the dead, but of the living, For to you all things are alive. (Mark 12:27)**

We pray for the sick.  
We pray for the sick and infirm, and all those who suffer in body, mind,  
or spirit. For courage and hope in their troubles and for recovery and  
healing.

.....  
Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

## 4. Intercessions

**#15. Ant.** Trust God that you are exactly where you are meant to be. Use those gifts that you have received, and pass on the love that has been given to you. (Teresa of Avila)

We pray for the aged, O Lord, within the circle of our organization.  
We pray for the lonely, especially for widows and widowers among our family, friends and neighbors.

.....

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

**#16. Ant.** Encourage one another daily while it is still today. (Heb. 3:13)

We pray for our enemies.

For those who wish us harm, for those whom we have injured or offended, and for those governments of the world who repress Christians and Christianity.

.....

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

## 4. Intercessions

**#17. Ant. Pray for us. Pray for us. Pray for each other. (2 Thess. 3:1; Heb. 13:18; James 5:16)**

We pray for those in authority.

For the President, Congress, and Supreme Court that they may serve the dignity and freedom of all people.

.....

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

**#18. Ant. The Spirit of God imparts to us thoughts higher than our own. (Isa 55:8-9)**

We pray for our families.

For their needs and desires, that being freed from anxiety, they may live in peace and health.

.....

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

## 4. Intercessions

**#19. Ant.** *The angel of the Lord encamps around those who fear him, to rescue them. (Ps. 34:7)*

We pray for our friends and neighbors.

May those whose lives are linked with ours in their daily life and work know your blessing.

.....

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

**#20. Ant.** *Pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. (1 Tim 2:1-2)*

We pray for the Church.

For its welfare and success around the world.

.....

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

**#21. Ant.** *Christ intercedes for those who have faith in Him. (Rom. 8:34)*

We pray for our local church.

For God's blessing on our assembly and all who worship within it.

.....

## 4. Intercessions

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

**#22. Ant. Beseech the Lord of the harvest that He might send forth workers. (Matt. 9:38)**

We pray for our city.

We pray for the community in which we live and all who live in it.

.....

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

**#23. Ant. And whatever you ask in my name, I will do, so that the Father may be glorified in the Son. (John 14:13)**

We pray for the nations.

*We pray for peace and goodwill among the nations, and for the well-being of all people.*

.....

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

## 4. Intercessions

**#24. Ant. *Where two or more gather in my name, there am I in their midst. (Matt. 18:19)***

We pray for nations at war.

We pray for the war in the Ukraine and the threat of war in countries around the world.

.....

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

**#25. Ant. *The Spirit himself intercedes for us with groans that words cannot be heard. (Rom. 8:26)***

We pray for our planet.

We pray for the just and proper use of your creation, and for the wisdom and will to conserve it.

.....

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.



**#26. Ant.** Prayer needs only a little of our time to occupy a lot of our interior space. (Thibodeaux, 154)

We pray for the lost.

We ask that all people might be saved and come to a knowledge of the truth.

.....

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

**#27. Ant.** I have no pleasure in you. O that one of you would shut the temple gates to keep you from kindling fire on my altar. (Mal.2:13-16)

We pray for the Great Commission.

That it may please God to send forth laborers into the harvest.

.....

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

**#28. Ant.** Those who welcome the Word as the guest of their hearts will have abiding joy. (LoH, Advent)

We pray for the work of Children's Relief International.

We pray for our director, our staff, our projects and programs.

.....

## 4. Intercessions

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

**#29. Ant.** Give me insight, Lord, to know your will. Then I will cherish it with all my heart. (Prov. 8:17)

We pray for the poor and the persecuted, and for victims.

We pray for all who are in need, especially for orphans, widows, refugees. For prisoners and captives, the homeless and the hungry.

For all who are desolate and oppressed.

.....

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

**#30. Ant.** I am coming soon, says the Lord. I will give to everyone the reward their deeds deserve. (Rev. 22:12-15)

We pray for the sick.

We pray for the sick and infirm, and all those who suffer in body, mind, or spirit. For courage and hope in their troubles and for recovery and healing.

.....

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.

**#31. Ant. Lord, bid me to walk across the waters. (Matt. 14:28)**

We pray for the aged and the lonely.

*We pray for the lonely, especially for widows and widowers within our family, friends and neighbors.*

.....

Son of God, we beseech You to hear us.

*Lord, have mercy.*

Christ, have mercy.

*Lord, have mercy.*

Amen.



## V. Petitions

Petitions ask something of God with respect to ourselves.

**#1. Ant. In all that we do, let us show that we are servants of the Lord.  
(2 Cor. 6:4)**

May I keep my eyes looking straight ahead,  
*And fix my gaze straight before me.*

May I ponder the path of my feet,  
*So that my ways will be established.*

May I not turn to the right or the left,  
*But keep my foot from evil.*

May I act with courage and strength.  
*May I not be afraid or discouraged.*

For the Lord is with me.

*He will not fail or forsake me.*

Amen. (1 Chron. 28:20; Prov. 4:25-27)

**#2. Ant. If you desire to praise God, then live what you express. Live  
good lives, and you yourselves will be His praise. (1 Pet. 2:12)**

Help me O Lord to give this day to everyone what they are due.  
*Taxes to whom taxes are due.*

Custom to whom custom,  
*Respect to whom respect.*

Honor to whom honor.  
*May I fight the good fight of faith.*

And lay hold of the eternal life to which I was called.

*May I keep the commands of the gospel without blemish or reproach,*

Through the Spirit and by faith,

*I eagerly await the righteousness for which I hope,*

Until the appearing of our Lord Jesus Christ,

*Which God will bring about in His own time.*

Amen.

(Rom. 13:7; Gal. 5:5; 1 Tim. 6:12-15)

**#3. Ant. *To this end I labor, impelled by that energy of His which is so powerful a force within me. (Col. 1:29)***

Who can live with the consuming fire of God's holiness?

*Who can live with the everlasting flames of God's righteousness?*

He who practices virtue.

*She who closes her eyes lest she look on evil.*

We who stand in God's service,

*Let us praise the Lord.*

Through the greatness of your love, we have access to your house.

*We have feared, O Lord, your work.*

As we go through the bitter valleys, in the poor places of the world,

*May we make them a place of springs.*

Amen.

(Isa. 33; Ps. 5; 84; 86)

**#4. Ant. *Godliness with contentment is great gain for I brought nothing into the world and I can take nothing out of it. (1 Tim. 6:6)***

O Lord, with regard to my former way of life,

*May I put off my old self,*

Which is being corrupted by deceitful desires.

*May I be renewed in the spirit of my mind.*

May I put on the new self.

*Which was created by God for righteousness and holiness.*

May I be diligent to add virtue to my faith.

*And to virtue, knowledge.*

And to knowledge, self control, and perseverance.

*To perseverance, godliness.*

To godliness, brotherly kindness.

*To brotherly kindness, love.*

For if these qualities are mine.

*They will keep me from being unfruitful.*

Amen. (Eph. 4:22-24; 2 Pet. 1:5-8)

**#5. Ant. God has found us worthy to be ministers of His Gospel, so we strive to please God and not men. (1 Thess. 2:4)**

I call upon you, O God, for you will answer me.

*Incline your ear to me and hear my prayer.*

Show your wonderful lovingkindness,

*To we who take refuge in your right hand.*

From those who rise up against us,

*Keep us as the apple of your eye.*

Hide us in the shadow of your wings.

*O Lord, hear my prayer.*

Listen to the voice of my supplications.

*In the day of trouble, I will call upon you.*

For you will answer me.

*You are great and do wondrous deeds.*

You alone are God.

*Be not far from us, O Lord, our strength.*

Come quickly to help us.

Amen. (Ps. 17:6-8; 22:19; 86:6-7, 10)

**#6. Ant. More precious than gold and silver, Lord, is the way of life you teach us. (Prov. 3:14-24)**

May I fear God and keep His commandments,

*For this applies to every person.*

Give me understanding and I will keep your law,

*And observe it with all my heart.*

Make me walk in the path of our commands,

*For there I will find my delight. (continued)*

Incline my heart to your testimonies,

*And not to selfish gain.*

Turn my eyes away from worthless things,

*And revive me in your ways.*

Help me not to lay up for myself treasures on earth,

*Where moth and rust destroy and thieves break in and steal.*

Help me to lay up for myself treasures in heaven.

*For where my treasure is,*

There my heart will be also.

Amen. (Ecc. 12:13; Ps. 119:34-37; Matt. 6:19-21; Luke 12:34)

**#7. Ant. When we listen to your Word, our minds are filled with light. It is the lowly heart that understands. (Luke 8:16-21; Matt. 11:29)**

Grant that I may be used to open the eyes of others.

*And to turn them from darkness to light.*



From the power of Satan to person of God.

*Help me to be careful and watch myself closely,  
Lest I forget the things I have learned,  
And let them not depart from my heart.*

May I teach them to my children,  
*And to their children after them.*

May I be respectable and hospitable,  
*Gentle, not quarrelsome.*

Not a lover of money.

*One who manages my house well.*

Grant me a good reputation,

*So that I will not fall into the snare of the devil.*

Amen. (Deut. 4:9; Acts 26:18; 1 Tim. 3:2-7)

**#8. Ant. Christ conquered death and did away with its everlasting character, making it a thing of time and not of eternity. (Rev. 1:18)**

May your commandments and teachings be upon my heart,  
*So that I may teach them diligently.*

So that I may talk about them when I sit in my house,  
*And when I rise up and walk along the way.*

Even when I lie down and rise up again.

*May your merciful kindness be my comfort.*

According to your promise to me.

Amen. (Deut. 6:6-7; Ps. 119:76)

**#9. Ant. Because of the resurrection, in the future rocks will burst asunder and the dead will come forth. Foreshadowings of that which is to happen should take place in our hearts now. (John 5:28; Luke 19:40)**

Is this not the fast you have chosen?

*To loose the bonds of wickedness.*

To undo the cords of the yoke,

*To let the oppressed go free and to break every yoke.*

Is it not to share our food with the hungry.

*To provide the poor wanderer with shelter.*

When we see the naked to clothe him,

*And not to turn away from our own flesh?*

Then our light will break forth like the dawn,

*Our healing will quickly appear.*

Our righteousness will go before us.

*The glory of the Lord will be our rear guard,*

Then we will call and the Lord will answer.

*We will cry and He will say, Here I am.*

Amen.

(Isa. 58:6-8)

**#10. Ant.** *Through the greatness of your love, we have access to your house. (Ps. 5:7)*

Give me understanding, O Lord and I will keep your Word.

*I will observe it with all my heart.*

Make me walk in the path of your directions and prophecies,

*For in them I find my delight.*

Incline my ear to the Gospel,

*And turn it away from selfish gain.*

Turn my eyes entirely away from worthless things,

*And revive me in your way.*

Amen.

(Ps. 119:34-37)

**#11. Ant.** *Do great things for us, O Lord, for you are mighty, and holy is your name. (Luke 1:49)*

## 5. Petitions

Who can live with the consuming fire of God's holiness,

*Who can live with the everlasting flames of God's righteousness?*

He who practices virtue.

*She who closes her eyes lest she look on evil.*

We who stand in God's service, let us praise the Lord.

*Through the greatness of your love, we have access to your house.*

For we have feared, O Lord, your name.

*As we go through the bitter valleys, in the poor places of the world,*

May we make them a place of springs.

Amen. (Isa. 33; Ps. 5; 84; 86)

**#12. Ant. The fear of the Lord is the beginning of wisdom. Wise are those who seek it. (Ps. 111:10)**

May the fear of the Lord be upon me.

*May I be careful in what I do.*

For with the Lord, there is no injustice,

*Or partiality or bribery.*

May I meditate on your precepts,

*And consider all your ways.*

May I delight in your statutes,

*And not forget your Word.*

Deal bountifully with your servant,

*That I may live and keep your ways.*

Open my eyes,

*That I may see wonderful things from your commandments,*

And keep me in the way that I should go.

Amen. (2 Chron. 19:7; Ps. 119:15-18)

**#13. Ant.** *Whatever you possess must not possess you. Keep what belongs to the world in such a way that you yourself are not kept prisoners by the world. (1 Pet. 4:10)*

Holy Spirit, give us faith.

*Holy Spirit, give us love.*

Holy Spirit, give us grace.

*Revive your work in this land*

Beginning with me.

*Grant, O Lord, that I may live in your fear.*

*Die in your favor.*

*Rest in your peace.*

*Rise in your power.*

*Reign in your glory.*

*For you own beloved's Son's sake.*

Amen. (Ps. 86:11-12)

**#14. Ant.** *I run in the path of your commands, for you have broadened my heart. (Ps. 119:32)*

O Spirit of God,

*Giver of light and life,*

Impart to us thoughts higher than our own,

*Prayers better than our own, powers beyond our own.*

That we may spend and be spent,

*In the ways of love and goodness,*

*After the perfect example,*

*Of our Lord and Savior, Jesus Christ.*

Amen.

**#15. Ant. *Walk while you still have the light, or the darkness will cover you. (John 12:35)***

O God of many names, we pray for peace,  
*In our hearts,  
In our homes,  
In our nations,  
In our world.*

The peace of your will,  
*The peace of our need.*

Holy Spirit, give us faith.  
*Holy Spirit, give us love.*

Holy Spirit, give us grace.  
*Revive your work in this land,*

Beginning with me.  
Amen.

**#16. Ant. *I am coming soon, says the Lord. I will give to everyone the reward her deeds deserve. (Rev. 22:12-15)***

Make us worthy, Lord,  
*To serve our fellow men,  
Throughout the world who live and die,  
In poverty and hunger.*

Give them, through our hands,  
*This day their daily bread,  
And by our understanding love.*

*Give peace and joy.*  
Amen. (Mother Teresa)

**#17. Ant. *By your trusting acceptance of trials, you will gain your life.***  
**(Luke 21:19)**

Free us, O Lord,

*From the fear that will not oppose evil.*

Deliver us, O Lord,

*From the arrogance that thinks we are above the fight.*

Good Lord, deliver us,

*From all that would do us harm.*

Hear us, O Lord,

*You who guided Noah over the flood waters,*

Hear us, O Lord,

*You who with your word recalled Jonah from the deep,*

Help us, O Christ,

*You who stretched forth your hand to Peter as he sank.*

Son of God, who did marvelous things of old:

*Be favorable to us in our time.*

Amen.

**#18. Ant. *I have chosen a life of faithfulness.*** (Ps. 119:30)

God, give me strength to run my race.

*God, give me power to do the right,*

And courage lasting through the fight.

*God give me strength to run my race,*

And heart to stand until evil cease.

*O God, give us of your wisdom.*

*O God, give us of your mercy.*

*O God, give us of your fullness.*

*And of your guidance in the face of every strait.*

*O God, give us of your holiness.*

*O God, give us of your shielding.*

*O God, give us of your surrounding,*

*And at the last, O God, your peace.*

*Amen.*

**#19. Ant. After hearing John the Baptist preach, the crowds would ask, what ought we to do then? (Luke 3:10, 12, 14)**

This day may God give me,

*Strength of high heaven,*

Sun and moon shining,

*Flame in my hearth,*

Flashing of lightning,

*Wind in its swiftness,*

Deeps of the ocean

*Firmness of earth.*

This day may God send me

*Strength as my steersman,*

Might to uphold me,

*Wisdom as guide.*

Eyes that are watchful,

*Ears that are listening*

Lips that are speaking,

*Friend at my side.*

God's way is my way,

*God's shield is around me,*

God's host defends me,

*Saving from ill.*

Angels of heaven,  
    *Drive from me always,*  
All that would harm me,  
    *Stand by me still.*  
Rising, I thank you,  
    *Mighty and strong One,*  
King of Creation,  
    *Giver of rest,*  
Firmly confessing,  
    *Threeness of persons,*  
Oneness of Godhead,  
    *Trinity blest.*  
Amen.

**#20. Ant. May I never boast except in the cross of our Lord Jesus Christ. (Gal. 6:14)**

Jesus, Savior of the world, come to us in your mercy.  
    *We look to you to save and help us.*  
By your Cross and your life laid down,  
    *We look to you to save and help us.*  
Make yourself known as our Savior and Deliverer.  
    *Save and help us that we may praise you.*  
Come now and dwell with us, Lord Christ.  
    *Hear our prayer and be with us always.*  
Deliver us from the fear of the future.  
    *From the fear of failure.*  
From fear of poverty.  
    *From fear of bereavement.*  
From fear of loneliness.  
    *From fear of sickness.*



From fear of age.

*And from fear of death.*

Come now and dwell with us, Lord Christ.

*Hear our prayer and be with us always.*

Amen.

**#21. Ant. May I be a person who fears God, loves truth and hates dishonest gain. (Ex. 18:21)**

Through every minute of this day,

*Be with me, Lord.*

Through every day of this week,

*Be with me, Lord.*

Through every week of this year,

*Be with me, Lord.*

Through all the years of my life,

*Be with me, Lord.*

So shall the days and weeks and years,

*Be threaded on a golden cord.*

All drawn with sweet accord,

*Unto thy fullness, Lord.*

That so, when time is past,

*By grace I may, at last,*

Be with you, O Lord.

Amen. (Oxenham, Doubleday, 154)

**#22. Ant. When I have done all the things which are commanded of me, let me realize that I am an unworthy servant and have only done what I should. (Luke 17:10)**

Grant to us, O Lord, to worship You,  
*In spirit and in truth.*  
To submit our will to You,  
*That our conscience may be quickened by your holiness,*  
Our minds be nourished by your truth,  
*Our imagination purified by your beauty.*  
Help us to open our hearts to your love,  
*And to surrender our will to your purpose.*  
So that we may lift our souls to you,  
*In praise and service and love,*  
Through Jesus Christ, our Lord.  
Amen.

**#23. Ant. Search me, O God, and know my heart. Try me and know my anxious thoughts. Lead me in the way everlasting. (Ps. 139:23-24)**

Lord God, as we set about our work,  
*We ask that you will lead us step by step.*  
Help us to see with your eyes.  
*Help us to listen with your ears.*  
Help us to think about what we are doing in our world.  
*Guide us to recognize how great are our resources,*  
And inspire us to put our plans, your plans, into action.  
*Lord, for your sake, may we not falter or make empty plans,*  
But work to share your love and grace.  
Amen.

**#24. Ant. Like Noah, may I be a righteous person. One who walks with God. Like Moses, may I do according to all the Lord commands me. (Gen. 6:9; Ex. 39:42; 40:16)**

The Lord is in His holy temple.

*The Lord is on His heavenly throne.*

He observes the sons of men.

*His eyes examine them.*

Lord, we have heard of your fame and we stand in awe of your deeds.

*O Lord, revive your work in the midst of the years.*

In our time make them known.

*In wrath remember mercy.*

Give us, O Lord, your light.

*And renew us by your Spirit.*

May we be strengthened to cast away any works of darkness.

*Let the light of your face shine on us who put our trust in you.*

Lord, keep us under your care.

*Save us from the hands of all who would do us ill.*

Let your loving-kindness be upon us.

*We, who put our trust in you.*

Amen.

(Ps. 11:4; 33:22; Hab. 3:2)

**#25. Ant. *By your trusting acceptance of trials, you will gain your life.***  
**(Luke 21:19)**

May God give His blessing to this place.

*Bless it from roof to floor,*

*Wall to wall,*

*End to end,*

*Foundation to roof.*

In the strong name of the Triune God:

*May all evil be banished,*

*All disturbance cease,*

*Captive spirits freed.*

We call upon the sacred Trinity:

*To save, shield, and surround this place,*

*This day,*

*Everyday.*

*May God's Spirit alone dwell within these walls.*

May all be welcomed here:

*Friend and stranger,*

*From near and far.*

*May each be blessed and honored as they enter.*

May the Spirit bring lightness and laughter here:

*May he bring peace,*

*And may encouragement be found.*

May there be peace between person and person who work here:

*The peace of Christ,*

*Each day, every day.*

Christ in our coming and Christ in our leaving,

*May he be our Door and Keeper.*

This day and every day.

*Amen.*

**#26. Ant. Help me to set my mind on the things above, for my life is now hidden with Christ in God. (Col. 3:1-3)**

For rebirth and renewal,

*Blessed be God.*

For the spiritually humble in heart,

*Glory to God.*

For all who are hungry and thirsty for justice,

*Praise be to God.*

For all who are banned for speaking the truth,

*Blessed be God.*

For all who triumph over bitter circumstances,

*Glory to God.*

For all who risk life and livelihood for Christ's sake.

*All praise and all glory to God.*

From the cowardice that dare not face new truths.

*Deliver us O Lord.*

From the laziness that is contented with half truths.

*Deliver us O Lord.*

From the arrogance that thinks it knows all the truth.

*Good Lord, deliver us.*

Lord in your mercy,

*Hear our prayer.*

Amen.

**#27. Ant. Answer me when I call you, O righteous God, and hear my prayer. (Ps. 4:1)**

In you, O Lord, I have taken refuge,

*Let me never be put to shame.*

In your righteousness deliver and rescue me.

*Turn your ear to me and save me.*

Be my rock of refuge, to which I can always go.

*You have given the commandment to save me.*

For you are my rock and my fortress.

Amen. (Ps. 71:1-3)

**#28. Ant. Whatever I do, whether in word or deed, may I do it all in the name of the Lord Christ. (Col. 3:17)**

O Lord, show your mercy toward us.

*And grant us your salvation.*

Clothe your ministers with righteousness,  
    *And make your chosen people joyful.*

○ Lord, save your people,  
    *And give your blessing to your Church.*

○ Lord, be gracious to our country,  
    *And mercifully hear us when we call upon you.*

○ Lord, guide our rulers,  
    *And give them wisdom from above.*

Give peace to the world, ○ Lord,  
    *And let your kingdom come among all nations.*

○ Lord, make us mindful of all in trouble and distress,  
    *And deliver those who are oppressed with wrong.*

○ God, send your Holy Spirit upon us,  
    *And make clean our hearts within us.*

Lord in your mercy,  
    *Hear our prayer.*

Amen.

**#29. Ant.** Give me neither poverty nor riches. Lest I be full and deny you and say, who is the Lord? Or lest I become poor and steal, and profane the name of God. (Prov. 30:8-9)

Jesus, Savior of the world, come to us in your mercy,  
    *We look to you to save and help us.*

By your cross and your life laid down,  
    *You set your people free,*  
    *We look to you to save and help us.*

When they were ready to perish,  
    *You saved your disciples.*  
    *We look to you to come to our help.*

In the greatness of your mercy,

*Loose us from our chains.*

*Forgive the sins of your people.*

Make yourself known as our savior and mighty deliverer,

*Save and help us that we may praise you.*

Come now and dwell with us, Lord Christ,

*Hear our prayer and be with us always.*

And when you come in your glory,

*Make us to be one with you,*

*And to share the life of your kingdom.*

Amen.

(BOCP, #19)

**#30. Ant.** *May I walk in wisdom toward outsiders, making the most of every opportunity. May my speech be with grace, seasoned with salt. (Col. 4:5-6)*

Dearest Lord, teach me to be generous.

*Teach me to serve you as you deserve.*

Teach me to give and not to count the cost.

*To fight and not to heed the wounds.*

To toil and not to seek for rest.

*To labor and not to ask for reward.*

Save that of knowing I am doing your will.

Amen.

(Ignatius)

#31. Ant. I will put perversity away from my mouth. I will keep corrupt talk far from my lips. (Prov. 4:24)

Speak, Lord, for your servant hears.

*Grant us ears to hear.*

Eyes to see.

*Wills to obey.*

Hearts to love

*Then declare what you will,*

Reveal what you will,

*Command what you will,*

Demand what you will,

*For we are yours.*

*Amen.*



## VI. Resolution

Resolutions express our resolve to praise Him, or to do some act of service for Him.

**#1. Ant.** Direct your thoughts to all that is true, all that deserves respect, all that is honest, pure, admirable, decent, virtuous or worthy of praise. (Phil. 4:8-9)

I will strive to not let sin reign in my mortal body.

*Nor will I present the members of my body to sin as instruments of wickedness.*

But I will present myself to God,

*As one who is alive from the dead.*

I will put away all filthiness and the overflow of wickedness,

*In meekness I will accept the Word planted in me,*

For it is able to save my soul.

Amen.

(Rom. 6:12-13; James 1:21)

**#2. Ant.** To be afraid of the future is a waste of time and a secret deception. What is to come is not a kingdom of darkness but the kingdom of God.

Our help is in the name of the Lord,

*The Lord who made heaven and earth.*

We are resolved, O Lord, to defend the weak and the fatherless,

*Do justice to the afflicted and the destitute.*

Rescue the poor and needy.

*And deliver them from the hand of the wicked.*

## 6. Resolutions

We are not competent in ourselves to claim anything.

*But our competence comes from God.*

He has made us capable as servants of a new covenant.

*A covenant not of the letter but of the Spirit.*

For the letter kills,

*But the Spirit gives life.*

Amen. (Ps. 82:3-4; 124:8; 2 Cor. 3:5-6)

**#3. Ant. Like Enoch, may I walk with God. Like Noah, may I find favor in the eyes of the Lord. (Gen. 5:24; 6:8)**

Having been loved by God the Father,

*And kept by Jesus Christ.*

I have been called to faith and service.

*I will watch and pray so that I do not fall into temptation.*

My spirit is willing, but my flesh is weak.

*It is by faith that I stand firm.*

I will strive to imitate that which is good,

*And not that which is evil.*

Amen. (Jude 1; Matt. 26:41; 2 Cor. 1:24; 3 John 1)

**#4. Ant. Our inmost being must be renewed. We must put on the new man. (Eph. 4:23-24)**

Who among us fears the Lord?

*And obeys the word of His Servant?*

Let him who walks in darkness and has no light,

*Trust in the name of the Lord and rely upon His God.*

## 6. Resolutions

I will seek the Lord while He may be found,  
*And call upon Him while He is near.*

May I fear the Lord and serve and obey Him.

Amen. (1 Sam. 12:14; Isa. 50:10; 55:6)

**#5. Ant. Consider how to rouse one another to love and to good deeds. (Heb: 10:19-39)**

I will give thanks to the Lord,  
*And call upon His name.*

I will make known to others what He has done.

*I will sing to Him.*

I will sing praises to Him.

*I will tell of God's wonderful acts.*

I will keep your way without turning aside.

*I will strive to discipline myself to godliness.*

I will strive to put off my old self,

*And be renewed in the spirit of my mind.*

Amen. (Job 23:10-11; 1 Tim. 4:7; Eph. 4:22-23)

**#6. Ant. You, my God, have received my vows and given me the heritage of those who fear your name. (Ps. 61:5-6)**

Come and listen, all you who fear God.

*I will tell you what He has done for my soul.*

I cried out to Him with my mouth.

*And He was praised with my tongue.*

If I had regarded iniquity in my heart,

*The Lord would not have heard.*

But God has surely heard.

*He has attended to the voice of my prayer.*

## 6. Resolutions

Blessed be God who has not turned away my prayer,  
*Nor His love from me.*

I resolve to serve Him now,  
*And always, as He enables me.*

Amen. (Ps. 66:16-20; Hos. 10:12)

**#7. Ant. My portion is the Lord, says my soul. Therefore, I will hope in Him. (Lam. 3:24)**

God fashions the hearts of all,  
*And understands all their works.*

By your grace may I not forsake you,  
*The fountain of living waters,*

To dig my own cisterns,  
*Broken cisterns that can hold no water.*

The Spirit of God is with me.  
*The Spirit of God consecrates me.*

The Spirit of God bids me go forth to proclaim His peace.  
*The Spirit of God sends me forth.*

I am called to witness the kingdom of Christ among all nations.  
*I am called to proclaim the good news of Christ to the poor.*

Amen. (Ps. 33:15; Jer. 2:11,13)

**#8. Ant. I have resolved, I will not turn back. I will serve the Lord. (Josh 24:15; Ps. 57:7; 119:106)**

You are the great, the mighty, and the awesome God,  
*Who keeps His covenant of lovingkindness.*

All your works will praise you, O Lord.  
*All your saints will bless you.*

## 6. Resolutions

They will speak of the glory of your Kingdom,  
*And talk of your power.*

So that all men may know of your mighty acts,  
*And the glorious majesty of your kingdom.*

Yours is an everlasting kingdom,  
*And your dominion endures through all generations.*

I will fear you, O Lord my God.

*I will serve you, hold fast to you, and take my vows in your name.*

For you are my God,  
*You are my praise.*

Amen. (Neh. 9:32; Deut. 10:10; Ps. 145:10-11)

**#9. Ant. The Lord is righteous. He loves righteousness. The upright will see His face. (Ps. 11:7)**

I trusted, even when I said, "I am sorely afflicted."

*When I said in my alarm: "No man can be trusted."*

How can I repay the Lord for His goodness to me?

*The cup of salvation I will raise and call on the Lord's name.*

My vows to the Lord I will fulfill before all his people.

*Precious in the eyes of the Lord is the death of his faithful.*

Your servant, Lord, your servant am I.

*You have loosened my bonds.*

A thanksgiving sacrifice I will make.

*I will call on the name of the Lord.*

My vows to the Lord I will fulfill before all his people.

Amen. (Ps. 116:10-18)

**#10. Ant. May I fear God and keep His commandments. For this applies to every person. (Ecc. 12:13)**

As a servant of Christ,

*And a steward of His possessions,*

It is required that I be found faithful.

*May I act in the fear of the Lord,*

Faithfully and with a loyal heart.

*May I be strong and courageous in action.*

May I not be afraid or discouraged.

*For God is with me.*

He will not fail or forsake me.

Amen. (Mic. 6:8; 1 Chron. 28:20; 2 Chron. 19:9; 1 Cor. 4:1-2)

**#11. Ant.** Have you strengthened the weak, or healed the sick, or bound up the injured? Have you brought back the strays, or searched for the lost? (Ez. 34:4)

You are my lamp, O Lord.

*You turn my darkness into light.*

With your help, O Lord, I can advance against an army,

*With your help, I can leap over a wall.*

You know the way I take;

*My feet have held fast to your steps.*

I will strive to come forth as gold when you test me.

Amen. (Job. 23:10; 2 Sam. 22:29-20)

**#12. Ant.** Those who know the Lord, yet do little to proclaim His greatness, will be called the least in the Kingdom of heaven. You, however, sanctify His name to the limit of your power. (Ven. Bede)

I will speak and sing of kindness and justice.

*I will sing to you, O Lord.*

## 6. Resolutions

I will persevere in the way that is blameless and sing of your kindness and justice.

*When will you come to me?*

I will walk with purity of heart within my house.

*I will persevere in the way that is blameless.*

Amen. (Ps. 101:1-2)

**#13. Ant. Praise is natural to the upright and rejoicing for those who are righteous. (Ps. 33:1)**

I will fear you, O Lord my God.

*I will serve you, hold fast to you, and make my vows in your name.*

I will not have any other gods before you, O Lord.

*I will not have an idol in my life in any form.*

I will not take the name of God in vain.

*I will honor my father and mother.*

I will not murder.

*I will not commit adultery.*

I will not steal.

*I will not bear false witness against my neighbors, or covet anything that belongs to them.*

I will not harbor in my heart bitter envy or selfish ambition.

*I will not boast or lie against the truth.*

I will avoid disorder and every evil practice.

*I will strive for humility of heart.*

Amen. (Ex. 20:3; Dt. 5:8, 11; 10:20; James 3:13-16)

**#14. Ant. Strengthen that which is weak. Bind up that which is injured. Call back that which went astray. Seek out that which was lost. (Ez. 34:16)**

By common confession, great is the mystery of godliness.

*He who was revealed in the flesh,*

Vindicated by the Spirit,

*Seen by angels,*

Preached among the nations,

*Believed on in the world,*

Taken up in glory.

*By this confession I will live.*

Amen. (1 Tim. 3:16)

**#15. Ant. We will hold fast to the message He spoke from the pillar of cloud on his holy mountain. (Ps. 99:7)**

I will regard the Lord of hosts as holy.

*He shall be my fear. He shall be my dread.*

With God's help, I will watch carefully how I walk,

*Not as unwise, but as wise.*

I will make the most of every opportunity,

*Because the days are evil.*

I will not be foolish,

*But understand what the will of the Lord is.*

Amen. (Isa. 8:13; Eph. 5:15-17)

**#16. Ant. Through Christ all things were made, and without Him nothing was made that has been made. In Him was life, and the life was the light of men. (John, 1:3-4)**

I will set the Lord always before me.

*Because He is at my right hand, I will not be shaken.*



My heart will be glad,  
    *And my body also will be at rest.*  
You will make known to me the path of life.  
    *In your presence is fullness of joy.*  
In your right hand are pleasures forever.  
    Amen.                      (Ps. 16:8-9, 11)

**#17. Ant. *With what gift shall I come before the Lord? To act justly, to love goodness, and to walk humbly. (Mic. 6:6; Deut. 10:12-14)***

By the grace of God, I will put away all bitterness and anger,  
    *All wrath and slander, along with all malice.*  
I will be kind and compassionate.  
    *I will forgive others as God in Christ has forgiven me.*  
I will hold fast the word of life,  
    *And shine as a light in the world.*  
Above all else, I will strive for love,  
    *Which is the mark of perfection.*  
I will walk in the way of your truth.  
    *I will wait, O Lord, for you.*  
Your name will be the desire of my soul.  
    Amen.              (Isa. 26:8; Eph. 4:31-32; Phil. 2:14-16)

**#18. Ant. *If we have died with Christ, we believe that we are also to live with him. (Rom. 6:8)***

Because you are the Lord, I will keep myself set apart.  
    *I will strive to keep your Word and practice it.*  
I will hold fast to the good,  
    *And abstain from every form of evil.*

For I know that the Lord saves His chosen people.

*He answers them with the saving strength of His right hand.*

Some trust in chariots and some trust in horses,

*But I will trust in the name of the Lord my God.*

I will acknowledge you before others.

*You, O Lord, have chosen me for this.*

Amen. (Lev. 20:7; 22:32; Ps. 20:6-7; 1 Thess. 5:21-22)

**#19.** *Ant. I trusted in God. Even when I was sorely afflicted. Now, how can I repay the Lord for his goodness to me? (Ps. 116:10,12)*

Why are you downcast, O my soul?

*Why are you disturbed within me?*

Hope in God.

*I will praise Him still for the help of His presence.*

Yet, my God, my soul is downcast within me.

*Therefore, I will remember you.*

Why are you downcast, O my soul?

*Why are you disturbed within me?*

Hope in God, for I will yet praise Him.

*I will again give Him thanks for His saving presence.*

Amen. (Ps. 42:5-6, 11)

**#20.** *Ant. The poor widow, in her poverty, gave more than anyone because she gave all that she had. (Luke 21:1-4)*

I will strive to be careful to love the Lord my God,

*To walk in His ways.*

To obey His words, to hold fast to Him,

*And to serve Him with all my heart and all my soul.*

## 6. Resolutions

When I remember you on my bed,  
*I will meditate on you through the hours of the night.*  
Because you have been my help,  
*I will rejoice in the shadow of your wings.*  
My soul will cling to you,  
*For your right hand upholds me.*  
Amen. (Josh. 22:5, Ps. 63:6-8)

**#21. Ant. Give thanks to the Lord for His great love is without end.  
(Ps. 118:1)**

In the evening and the morning, and at noon,  
*We praise and bless you, O God.*  
We pray to you in thanksgiving and supplication.  
*Father of all, may our prayers be set before you like incense,*  
May our hearts not yield to the words of the wicked;  
*Deliver us from all who seek to take possession of our souls.*  
For our eyes are fixed on you, O Lord,  
*Our refuge is in you and you are our hope.*  
Do not abandon us, O Lord our God.  
*For to you belong all glory, honor and worship.*  
Father, Son and Holy Spirit now and forever.  
Amen. (Ps. 141)

**#22. Ant. O come, let us climb the mountain of the Lord. That he may  
instruct us in his ways, and we may walk in his paths. (Isa. 2:3-4)**

In the early hours of the morning, I think of you, O Lord.  
*In the early hours of the morning, I think of you.*  
Always you are there to help me.  
*I think of you, O Lord.*

Keep us, Lord, as the apple of your eye.

*Keep us, Lord, as the apple of your eye.*

Gather us under the shadow of your wings,

*Keep us as the apple of your eye.*

Blessed be the Lord our God from age to age.

*Blessed be the Lord.*

In the early hours of the morning, I will think of you.

Amen. (LoH)

### #23. *Ant. Dedicate yourselves to thankfulness. (Col. 3:15)*

Lord, we offer ourselves this day,

*For the work you want accomplished,*

For the people you want us to meet,

*For the word you want to be uttered,*

For the silence you want to be kept,

*For the places you want us to enter,*

For the new ways you want pioneered.

*Go with us along the way, Lord,*

And enable us to realize your presence at all times and in all places

*In God's name.*

Amen.

### #24. *Ant. I have chosen a life of faithfulness. (Ps. 119:30)*

Lord, I want to be a Christian,

*In my heart. In my heart.*

Lord, I want to be a Christian,

*In my heart. In my heart.*

Lord, I want to be a Christian,

*In my heart. In my heart.*

Lord, I want to be more loving,

*In my heart. In my heart.*

Lord, I want to be like Jesus.

*In my heart. In my heart.*

Lord, I want to be like Jesus,

*In my heart. In my heart.*

Amen.

(Negro spiritual, unknown source)

**#25. Ant. *If anyone thirsts, let him come to me and drink. (John 7:37)***

Lord, I have heard your voice calling at a distance,

*Guide my steps to you, Lord, guide my steps to you.*

Lord, I have heard your voice calling at a distance,

*Guard my way to you, Lord, guard my way to you.*

Lord, I have heard your voice calling at a distance,

*Keep my heart for you, Lord, keep my heart for you.*

God's will would I do,

*God's due would I give.*

God's path would I travel,

*God's will would I do.*

Amen.

**#26. Ant. *Knowing the day of the Lord will come like a thief, I will strive to live a godly and holy life. (2 Pet. 3:10-14)***

O God, hearken to my prayer,

*Let my petition come unto thee,*

For I know that you hear me,  
    *As sure as though I saw you with my own eyes.*  
I am placing a lock upon my heart,  
    *I am placing a lock upon my thoughts,*  
I am placing a lock upon my lips,  
    *And double-knitting them.*  
May you yourself, O God of life,  
    *Be at my breast. Be at my back.*  
Thou to me a star.  
    *Thou to me a guide,*  
From my life's beginning,  
    *To my life's end.*  
Amen.

**#27.** *Ant. As we are sons of the light and daughters of the day, we do not belong to the night or to the darkness. Help us to be alert and self-controlled. (1 Thess. 5:5-6)*

Who can live with the consuming fire of God's holiness,  
    *Who can live with the everlasting flames of God's righteousness?*  
He who practices virtue.  
    *She who closes her eyes lest she look on evil*  
We who stand in God's service,  
    *Let us praise the Lord.*  
Through the greatness of your love,  
    *We have access to your house.*  
As we go through hill country in the poor places of the world,  
    *May we bring with us the light of Christ.*  
Lord, hear our prayer.  
    Amen.                      (Isa. 33; Ps. 5; 84)

**#28. Ant. Knowing the end of all things is near, may I strive to be clear-minded and self-controlled for prayer. (1 Pet. 4.7)**

May God be with us this day and every day.

All that I am, Lord,

*I place in your hands.*

All that I do, Lord,

*I place in your hands.*

Everything I work for,

*I place in your hands.*

The troubles that weary me,

*I place in your hands.*

The thoughts that disturb me,

*I place in your hands.*

Each person that I pray for,

*I place in your hands.*

Each person that I care for,

*I place in your hands.*

Who is it that we seek?

*We seek the Lord our God.*

Do we seek Him with all our heart?

*Amen - Lord, have mercy.*

Amen.

**#29. Ant. My soul waits silently for God alone. My salvation comes from Him. (Ps. 62:1-3)**

Let the just rejoice in the presence of God.

*Let the just rejoice in the presence of God.*

## 6. Resolutions

The woman of God welcomes the light that searches her deeds and finds them true.

*In the depths of her heart, the law of God is her guide.*

She will never lose her way.

*She will never lose her way.*

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.

**#30. Ant. I believe that Jesus is the Christ, the Son of God. And by believing, I have life in His name. (John 20:31)**

Give us, O Lord, your light and peace.

*May we be renewed by thy Spirit to live committed lives.*

May we be strengthened in our weakness.

*Give us grace to cast away the works of darkness.*

May we be renewed by your Holy Spirit.

*Kindle your light in our hearts, so it shines in our lives.*

Send your Spirit to strengthen us.

*Keep our faith strong.*

Make us good stewards for the relief of those who are in need.

*Grant that people everywhere may seek after you.*

Bring the nations into your fold.

*Pour out your Spirit upon all flesh.*

Hasten the coming of your kingdom.

Amen.



**#31. Ant.** When I am afraid, or in doubt, I trust in God. I will not fear.  
What can mortal man do to me. (Ps. 56:3-4)

Lord, make me an instrument of your peace. Where there is hatred,

*Let me sow love.*

Where there is injury,

*Let me sow pardon.*

Where there is doubt,

*Let me sow faith.*

Where there is despair,

*Let me sow hope.*

Where there is darkness,

*Let me sow light.*

Where there is sadness,

*Let me sow joy.*

For it is in giving that we receive.

*It is in pardoning that we are pardoned.*

It is in dying that we are born to eternal life.

Lord, in your mercy, *hear our prayer.*

Amen. (Francis of Assisi †1226)



## VII. Affirmation

These prayers could be placed under praise and thanks. However, as prayers whose purpose is to encourage, uplift, and express wisdom they bear recognizing and saying as a distinct form.

**#1. Ant.** *In your majesty, O Lord, you dwell in the likeness of a throne of sapphire, seated above the expanse that is over the cherubim. (Ez. 10:1)*

How great are your works, O Lord!  
*Your thoughts are very deep.*  
 The senseless man does not know,  
*Fools do not understand,*  
 That when the wicked spring up like grass,  
*And all the evildoers flourish*  
*They will be destroyed forever.*  
 But you, O Lord are exalted forever.  
 Amen. (Ps. 92:5-8)

**#2. Ant.** *The ways of the Lord are right, and the righteous will walk in them. But transgressors will stumble. Whoever is wise understands these things. (Hos. 14:9)*

Godliness with contentment is great gain,  
*For we brought nothing into this world,*  
*And we can take nothing out of it.*  
 But we know, O Lord, that there is no one who has left house and home,  
*Brothers and sisters, mother and father, or children, or fields for your sake,*

## 7. Affirmations

Who will not receive a hundred times as much in this age,  
*Along with persecutions.*

And in the age to come, eternal life.

Amen. (1 Tim. 6:6; Matt. 19:29; Mark 10:29)

**#3. Ant. The counsel of the Lord stands firm forever. The plans of His heart through all generations. (Ps. 33:11)**

Are you a God nearby,

*And not also a God far away?*

Can anyone hide in secret places,

*So that you cannot see Him?*

*Do you not fill heaven and earth?*

But you are a jealous and avenging God.

*One who takes vengeance on His adversaries,*

*One who reserves wrath against His enemies.*

The Lord is slow to anger,

*But will not let the guilt unpunished.*

His way is in the whirlwind and the storm,

*And clouds are the dust of His feet.*

Amen. (Jer. 23:23-4; Nah. 1:2-3)

**#4. Ant. The One who is the glory of Israel does not lie or change His mind. He is not a man that he should be untrustworthy. (1 Sam. 15:29)**

Lord, who shall be admitted to your tent,

*And dwell on your holy mountain?*

She who walks without fault;

*She who acts with justice,*

## 7. Affirmations

And speaks the truth from her heart;

*She who does not slander with her tongue.*

She who does no wrong to her brother,

*Who casts no slur on her neighbor but honors those who fear the Lord.*

He who keeps his pledge, come what may,

*Who takes no interest on a loan and accepts no bribes against the innocent.*

Such a man, such a woman, will stand firm forever.

Amen. (Ps. 15)

**#5. Ant. You, O Lord, are a shield around me. You bestow glory on me and lift up my head. (Ps. 3:3)**

O Lord, the Scriptures say there is a time for silence,

*And a time for speech.*

Teach us the silence of humility.

*Teach us the silence of wisdom.*

Teach us the silence of love.

*Teach us the silence of trust.*

Teach us the silence that speaks without words.

*Lord, teach us to silent our hearts that we may listen to the Spirit,*  
And sense the depths which are of God.

Amen. (Unknown source)

**#6. Ant. The mouth of the righteous speaks wisdom. The law of his God is in his heart. His steps do not slide. (Ps. 37:30-31)**

You know how I am formed,

*You remember that I am but dust.*

## 7. Affirmations

As for man, his days are like grass.

*He flourishes like a flower of the field.*

The wind passes over it and it is gone.

*And its place remembers it no more.*

But the lovingkindness of the Lord

*Is from everlasting to everlasting on those who fear Him.*

And His righteousness with their children's children

*To those who keep His covenant, and remember to obey His precepts.*

Amen.

(Ps. 103:14-18)

**#7. Ant. Thus says the Lord, the King of Israel, I am the first and I am the last. Apart from me there is no God. (Isa. 44:6)**

God fashions the hearts of all,

*And understands all our works.*

God's eyes are on the ways of a man and He sees all our steps.

*There is no darkness or deep shadow where the workers of iniquity can hide.*

It is not in the power of man, to set the time,

*When he **come** before God for judgement*

In God alone is my soul at rest,

*My help comes from Him.*

He alone is my rock, my stronghold, my fortress.

*In Him I stand firm.*

Amen.

(Ps. 33:1; Job 34:21-23, Ps. 62:1-2)

**#8. Ant. You are the light of the world. A city set on a hill cannot be hidden. (Matt. 5:14)**

## 7. Affirmations

O Lord, you have searched me and you know me.  
*You understand when I sit down and when I rise up.*  
*You understand my thoughts from afar.*  
You scrutinize my path, and my lying down,  
*And are acquainted with all my ways.*  
Before a word is on my tongue, O Lord, you know it completely.  
*You have enclosed me behind and before,*  
*And laid your hand upon me.*  
Such knowledge is too wonderful for me,  
*It is too lofty for me to reach.*  
Amen. (Ps. 139:1-6)

**#9. Ant. God's word is alive. It strikes to the heart. It pierces more surely than a two-edged sword. (Heb. 4:12)**

God is my strong fortress,  
*And He sets the faithful free in His own way.*  
He makes my feet like the feet of a deer.  
*He enables me to stand on the heights.*  
He trains my hands for battle  
*So that my arms can bend a bow of bronze.*  
You give me your shield of salvation.  
*You stoop down to make me great.*  
*You broaden the path beneath me.*  
And my feet have not slipped.  
Amen. (2 Sam. 22:33-37; Ps. 18:33-36)

**#10. Ant. The servant who proved himself faithful and wise was entrusted with the care of the Lord's household to him. (Matt. 24:45)**

## 7. Affirmations

Your word is settled in heaven,

*Forever, O Lord.*

You established the earth, and it stands,

*For all things serve you.*

Even to my old age, you are the same,

*An even to my gray hairs, you will carry me.*

You have made me, and you will bear me.

*You will sustain me, and you will deliver me.*

I have tasted and seen that the Lord is good.

*Blessed is the man who takes refuge in Him.*

Fear the Lord, you His saints,

*For those who fear Him lack nothing.*

Amen. (Ps. 34:8-9; 119:89-91, Mic. 7:7)

**#11. Ant. *I lift up my heart to you, O Lord and you will hear my morning prayer. (Ps. 5:3)***

He who dwells in the shelter of the Most High,

*Will rest in the shadow of the Almighty.*

I will say of the Lord, He is my refuge and my fortress.

*He is my God in whom I trust.*

Blessed is the one you choose to bring near,

*And to live in your courts.*

We will be satisfied with the goodness of your house,

*And of your holy temple.*

Amen. (Ps. 65:4, 91:1-2)

**#12. Ant. *Rejoice, Jesus said, that your names are written in heaven. (Luke 10:20)***



## 7. Affirmations

Your lovingkindness, O Lord, reaches to the heavens,  
*Your loyal love up to the skies.*

Your righteousness is like the mountains of God,  
*Your judgments like a great deep.*

O Lord, you preserve man and beast.  
*How priceless is your lovingkindness.*

The children of men find refuge in the shadow of your wings.  
*With you is the fountain of life,  
In your light, we see light.*

All the paths of the Lord are mercy and truth,  
*For those who keep your covenant.*

Amen. (Ps. 36:5-9)

**#13. Ant. *The Lord is not slow concerning His promises as some count slowness. He is patient and wishes for everyone to come to repentance. (2 Pet. 3:9)***

Your hands made and fashioned me.

*Before you formed me in the womb, you knew me. Before I was born, you set me apart.*

You know me, O Lord,

*You see me and test my thoughts about you.*

The fear of the Lord is the beginning of wisdom.

*You have done wonderful things,*

Planned long ago and carried out faithfully.

Amen. (Isa. 25:1; Jer. 1:5; 12:3; Ps. 119:73)

**#14. Ant. *The Lord is seated on His throne with the host of heaven standing on His right and on His left. (1 Kgs. 22:19)***

## 7. Affirmations

Those who wait for the Lord,  
*Will renew their strength.*  
They will mount up with wings like eagles.  
*They will run and not grow weary.*  
They will walk and not be faint.  
*Amen.*

**#15. Ant. *The word that goes forth from your mouth will not return to you empty. It will accomplish what you desire. (Isa. 55:11)***

The law of the Lord is perfect, restoring the soul.  
*The testimony of the Lord is sure, making wise the simple.*  
The precepts of the Lord are right, rejoicing the heart.  
*The commandment of the Lord is pure, enlightening the eyes.*  
The fear of the Lord is clean, enduring forever.  
*The judgments of the Lord are true and altogether righteous.*  
They are more desirable than gold, than much pure gold.  
*They are sweeter than honey, than honey from the comb.*  
Moreover, by keeping them your servant is warned.  
*In keeping them there is great reward.*  
*Amen. (Ps. 19:7-11)*

**#16. Ant. *They were singing a new song. (Rev. 5:9)***

Blessed is the man who finds wisdom,  
*And the man who gains understanding.*  
For its profit is greater than that of silver,  
*And its gain than fine gold.*  
She is more precious than jewels,  
*And nothing I desire can compare with her.*

## 7. Affirmations

Long life is in her right hand,  
*In her left hand are riches and honor.*  
Her ways are pleasant ways,  
*And all her paths are peace.*  
She is a tree of life to those who embrace her,  
*And happy are those who hold her fast.*  
Amen. (Prov. 3:13-18)

**#17. Ant. *During his life on earth, Jesus prayed to his Father and was heard. (Heb. 5:7)***

We are astonished, O God, at the depths of the riches of your wisdom and knowledge.  
*How unsearchable are your judgments!*  
*And your ways are past finding out.*  
Who has known the mind of God?  
*Who has been God's counselor?*  
Who has given to God that He should be repaid?  
*From you and through you and to you are all things.*  
To you be the glory forever.  
Amen. (Rom. 11:33-36)

**#18. Ant. *He took me up a high mountain and showed me Jerusalem, God's holy city. (Rev. 21:10)***

He who sows sparingly will reap sparingly,  
*And he who sows generously will reap generously.*  
Each of us should give as we have decided in our hearts,  
*Not reluctantly, not under compulsion,*  
*For God loves a cheerful giver.*

## 7. Affirmations

The Lord himself scatters abroad His gifts to the poor.

*He will supply all our needs,*

And He will increase the fruits of our generosity.

Amen. (2 Cor. 9:6-10)

**#19. Ant. My tongue will speak of your goodness all the day long (Ps. 35:8)**

My soul waits in hope for the Lord.

*He is my help and my shield.*

My heart rejoices in Him

*Because I trust in His holy name.*

I will sing of your strength.

*I will sing of your mercy.*

For you have been my stronghold,

*And my refuge in times of trouble.*

Amen. (Ps. 33:20-22; 59:16-17)

**#20. Ant. All nations will come and worship before you, O Lord. (Ps. 86:9)**

We know, O Lord that there are six things that you hate,

*Seven that are detestable.*

Haughty eyes.

*A lying tongue.*

Hands that shed innocent blood.

*A heart that devises wicked plans.*

Feet that run swiftly to do evil.

*A false witness who breathes lies.*

## 7. Affirmations

One who causes strive among brothers.

*Such as these will not enter the gates of your heavenly city.*

Amen. (Prov. 6:16-19; Rev. 22:27)

**#21. Ant. Have courage, all of you. Our God will come and save us. (Isa. 35:4)**

O Lord, I am continually with you.

*You hold me by my right hand.*

You guide me with your counsel.

*You will be exalted in the earth.*

Blessed be the Lord, the God of Israel.

*Blessed from age to age.*

Amen. (Ps. 73:23-24; 41:13)

**#22. Ant. Believe that Jesus is the Christ, the Son of God, and by believing you will have life in his name. (John 20:31)**

I have seen you in the sanctuary,

*And meditated upon your power and glory.*

Because your lovingkindness is better than life,

*My lips will praise you.*

So will I bless you as long as I live.

*I will lift up my hands in your name.*

My soul will be satisfied as if with the richest of foods.

*My mouth will praise you with joyful lips.*

Amen. (Ps. 63:2-5)

**#23. Ant. The Lord is true to His word. If He sees to delay, keep watch for him, for He will surely come. (Heb. 10:37)**

## 7. Affirmations

My soul magnifies the Lord,  
*And my spirit rejoices in God my Savior.*  
For the Mighty One has done great things for me,  
*And holy is His name.*  
His mercy is on those who fear Him,  
*From generation to generation.*  
Amen. (Luke 1:46-7, 49-50)

**#24. Ant. Give joy to your servant, O Lord, for to you I lift up my soul.**  
(Ps. 86:3-7)

Your throne, O God, is forever and ever.  
*A scepter of righteousness is the scepter of your kingdom.*  
You love righteousness and hate wickedness.  
*Therefore God, your God, has anointed you with the oil of gladness,*  
Because I love you, you will deliver me.  
*You will protect me for I acknowledge your name.*  
I will call upon you and you shall answer me.  
*You will be with me in trouble.*  
You will deliver me and honor me.  
*With long life you will satisfy me,*  
And show me your salvation.  
Amen. (Ps. 45:6-7; 91:14-16)

**#25. Ant. Blessed be God who comforts us in all our trials.**  
(2 Cor. 1:3-4)

Blessed is the man who does not walk in the counsel of the wicked,  
*Nor stand in the way of sinners, nor sit in company with scoffers.*







## 7. Affirmations

**#29.** *Ant. I am coming soon, says the Lord. I will give to everyone the reward his deeds deserve. (Rev. 22:12)*

The Lord is my light and my salvation.

*Whom shall I fear?*

The Lord is the strength of my life,

*Of whom shall I be afraid?*

Though an army should encamp against me,

*My heart shall not fear.*

Though war should rise against me,

*In this will I be confident.*

One thing have I desired of the Lord and that will I seek after,

*That I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord, and to inquire in His temple.*

For in the time of trouble God shall hide me in His shelter,

*He will conceal me under the cover of His tent and set me high upon a rock.*

When you said, Seek my face;

*My heart said unto you, your face, Lord, will I seek.*

I will wait on the Lord,

*I will be of good courage.*

And He will strengthen my heart.

Amen. (Ps. 27)

**#30.** *Ant. Whatever is true, honorable, just, pure, lovely, gracious, excellent or worthy, think about these things. (Phil. 4:8)*

I raise my eyes toward the mountains,

*From where shall come my help?*

## 7. Affirmations

My help comes from the Lord,  
*The maker of heaven and earth.*  
He will not allow your foot to slip,  
*Or your guardian to sleep.*  
Behold, the guardian of Israel  
*Never slumbers nor sleeps.*  
The Lord is your guardian,  
*The Lord is your shade at your right hand.*  
By day the sun will not strike you,  
*Nor the moon by night.*  
The Lord will guard you from all evil,  
*He will guard your soul.*  
The Lord will guard your coming and going  
*Both now and forever.*  
Amen. (Ps. 121)

**#31. Ant. *I love you, Lord. You are my strength. (Ps. 18:1)***

He that dwells in the secret place of the most High,  
*Shall abide under the shadow of the Almighty.*  
I will say of the Lord, He is my refuge and my fortress:  
*My God; in him will I trust.*  
He will rescue you from the fowler's snare,  
*And from the destroying plague.*  
He will shelter you with His feathers,  
*And under His wings you may take refuge. His faithfulness is a  
protecting shield.*  
You shall not fear the terror of the night,  
*Nor the arrow that flies by day, nor the pestilence that roams in  
darkness, nor the plague that ravages at noon.*

## 7. Affirmations

Though a thousand fall at your side,

*Ten thousand at your right hand, near you it shall not come.*

You need simply watch.

*The punishment of the wicked you will see.*

Because you have the Lord for your refuge,

*And have made the Most High your stronghold, no evil shall befall you, no affliction come near your tent.*

For God commands His angels with regard to you,

*To guard you wherever you go.*

With their hands they shall support you,

*Lest you strike your foot against a stone.*

You can tread upon the asp and the viper,

*And trample the lion and the dragon.*

Because he clings to me,

*I will deliver him.*

Because he knows my name,

*I will set him on high.*

He will call upon me and I will answer.

*I will be with him in distress, I will deliver him and give him honor.*

With length of days I will satisfy him,

*And fill him with my saving power.*

Amen.

(Ps. 91)



## Collects

**#1.** May the eternal God bless and keep us, guard our bodies, save our souls, direct our thoughts, and bring us safe to the heavenly country, where Father, Son, and Holy Spirit reign, one God forever and ever. Amen.

**#2.** O God and Father of all, whom the whole heaven adores: Let the whole earth also worship you, all kingdoms obey you, all tongues confess and bless you, and all men love and serve you in peace. Through Jesus Christ, our Lord. Amen.

**#3.** We thank you, O Lord, for hearing us when we so call upon you. We thank you for saving us from our sins and sorrows, and for directing our ways this day. Lead us to yourself. For the sake of Jesus Christ, our Lord. Amen.

**#4.** Lord, we are humbled as we wonder at your greatness and power, your gentleness and love. Help us to worship you in our words, in our thoughts, and in our lives. Through Jesus Christ, our Lord. Amen.

**#5.** Creator of the light that drove out the darkness in the world, dispel from us the darkness of sin, establish your truth in our hearts, strengthen our hands for the doing of good, and give us light and joy in your son, Jesus Christ, the true light. Amen.

**#6.** O God, who made of one blood all the peoples of the earth, and sent your blessed Son to bring peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you, pour out your Spirit upon all flesh, and hasten the coming of your kingdom. Amen.

**#7.** Eternal God and Father, by whose power we were created and by whose love we are redeemed, guide and strengthen us by your Spirit, that we may give ourselves today in love and service to you and to one another, through Jesus Christ, our Lord. Amen.

**#8.** Almighty and most merciful God, we remember before you the poor and the neglected, the homeless and the destitute, the old and the sick, and all who have none to care for them. Help us to heal those who are broken in body or spirit, and to turn their sorrow into joy. Grant this, through your Son, Jesus Christ, our Lord. Amen.

**#9.** Almighty and eternal God, so draw our hearts to you, so guide our minds, so fill our imaginations, so control our wills, that we may be wholly yours, dedicated to you. And then use us as you will, and for the good and the welfare of your people. Amen.

**#10.** O God, who has so greatly loved us, long-sought us, and mercifully redeemed us, give us grace that in everything we may yield ourselves, our will and our works, a continual thank-offering to you, through Jesus Christ, our Lord. Amen.

**#11.** 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 for ever and ever. Amen. (Eph. 3:20-1)

**#12.** Grant us grace, our Father, to do our work this day as workmen who need not be ashamed. Give us the spirit of diligence in our quest for truth, the spirit of charity in our dealings with our fellow man, and the spirit of joy, courage and a quiet mind in facing our tasks. Amen. (Reinhold Niebuhr †1971)

**#13.** Lord, may everything we do begin with your inspiration, continue with your help, and reach completion under your guidance. Through Jesus Christ, our Lord. Amen. (Liturgy of the Hours)

**#14.** Lord, yours is the harvest and yours is the vineyard. You assign the task and pay a wage that is just. Help us to meet this day's responsibilities and let nothing separate us from your love. Through Jesus Christ our Lord. Amen. (Liturgy of the Hours)

**#15.** O Lamb of God, that takes away the sin of the world, look upon us and have mercy. You who art thyself both victim and Priest, both Reward and Redeemer, keep us safe from evil. For you are the Savior of the world. Amen. (Irenaeus †202)

**#16.** Grant, we beseech you, O merciful God, wisely to work, rightly to understand, and perfectly to fulfill that which is pleasing to You, to the praise and glory of thy Name. Amen. (Aquinas †1274)

**#17.** Now unto Him that is able to keep you from falling, and to present you faultless before the presence of His glory with exceeding joy, to the only wise God our Savior, be glory and majesty, dominion and power, both now and ever. *Amen.* (Jude 1:24,25)

**#18.** And the God of peace sanctify you wholly; and may your spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. *Amen.* (1 Thess. 5:23)

**#19.** The Lord Jesus Christ be near to defend us. Within to refresh us. Around to preserve us. Before to guide us. Behind to justify us. Above to bless He who lives and reigns with the Father and the Spirit, God evermore. *Amen.*

**#20.** Almighty God, you have brought us to the beginning of a new day. Keep us safe the whole day through from every sinful inclination. May our thoughts, words and actions aim at doing what is pleasing in your sight. Through Jesus Christ our Lord. *Amen.*

**#21.** May the peace of God which passes all understanding keep our hearts and minds in the knowledge and love of God. And of His Son Jesus Christ our Lord. And the blessing of God Almighty, Father, Son and Spirit, be among us and remain with us. *Amen.*

**#22.** May the eternal God bless and keep us, guard our bodies, save our souls, direct our thoughts, and bring us safe to the heavenly country, where Father, Son, and Holy Spirit reign, one God forever and ever. *Amen.*



**#23.** O God and Father of all, whom the whole heaven adores: Let the whole earth also worship you, all kingdoms obey you, all tongues confess and bless you, and all men love and serve you in peace. Through Jesus Christ, our Lord. Amen.

**#24.** We thank you, O Lord, for hearing us when we so call upon you. We thank you for saving us from our sins and sorrows, and for directing our ways this day. Lead us to yourself. For the sake of Jesus Christ, our Lord. Amen.

**#25.** Lord, we are humbled as we wonder at your greatness and power, your gentleness and love. Help us to worship you in our words, in our thoughts, and in our lives. Through Jesus Christ, our Lord. Amen.

**#26.** Creator of the light that drove out the darkness in the world, dispel from us the darkness of sin, establish your truth in our hearts, strengthen our hands for the doing of good, and give us light and joy in your son, Jesus Christ, the true light. Amen.

**#27.** O God, who made of one blood all the peoples of the earth, and sent your blessed Son to bring peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you, pour out your Spirit upon all flesh, and hasten the coming of your kingdom. Amen.

**#28.** Eternal God and Father, by whose power we were created and by whose love we are redeemed, guide and strengthen us by your Spirit, that we may give ourselves today in love and service to you and to one another, through Jesus Christ, our Lord. Amen.

**#29.** Almighty and most merciful God, we remember before you the poor and the neglected, the homeless and the destitute, the old and the sick, and all who have none to care for them. Help us to heal those who are broken in body or spirit, and to turn their sorrow into joy. Grant this, through your Son, Jesus Christ, our Lord. Amen.

**#30.** Almighty and eternal God, so draw our hearts to you, so guide our minds, so fill our imaginations, so control our wills, that we may be wholly yours, dedicated to you. And then use us as you will, and for the good and the welfare of your people. Amen.

**#31.** O God, who has so greatly loved us, long-sought us, and mercifully redeemed us, give us grace that in everything we may yield ourselves, our will and our works, a continual thank-offering to you, through Jesus Christ, our Lord. Amen.

## VIII. Benedictions

Through a benediction, we take our leave from praying. We do so by blessing God or by asking for His blessing.

**#1.** The Lord bless you, and keep you.

*The Lord make His face shine on you and be gracious to you.*

The Lord lift up His countenance on you,

*And give you peace.*

Amen. (Num. 6:24-26)

**#2.** Into your hands, O Lord, I commend my spirit.

*For you have redeemed me, O Lord, O God of truth.*

Amen. (Ps. 31:1)

**#3.** Bless the work of our hands, O Lord.

*Bless the work of our hands, this day.*

And grant that we might be a help and an encouragement to others.

*For your name's sake.*

Amen. (Ps. 90:17)

**#4.** 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 and forevermore.*

Amen. (Ps. 113:1-4)

## 8. Benedictions

**#5.** The Lord bless us and preserve us from all evil,  
*From this time forth, and forevermore.*

And bring us to eternal life.

Amen. (Ps. 121:7)

**#6.** Bless the Lord, all you servants of the Lord.

*You that stand in the house of the Lord.*

Lift up your hands to the holy place,

*And bless the Lord.*

Amen. (Ps. 134)

**#7.** Day by day we bless you.

*We praise your name forever.*

In you, Lord, is our hope,

*And we shall never hope in vain.*

Amen. (Ps. 33:20; 145:2)

**#8.** The grace of our Lord Jesus Christ

*And the love of God,*

And the fellowship of the Holy Spirit,

*Be with us all.*

Amen. (2 Cor. 13:14)

**#9.** We commend to you, O Lord,

*Our souls and our bodies,*

Our minds and our thoughts,

*Our prayers and our hopes.*

Now and forever.

Amen.

## 8. Benedictions

**#10.** Let us bless the Lord.

*Thanks be to God.*

May the God of hope fill us with all joy and peace in believing,

*Through the power of the Holy Spirit.*

Amen. (Rom. 15:13)

**#11.** May the love of the Lord Jesus,

Draw us to himself.

May the power of the Lord Jesus,

*Strengthen us in His service.*

May the joy of the Lord Jesus,

Fill our souls.

May the blessings of God Almighty,

*The Father, the Son and the Holy Spirit,*

Be among you and remain with you always.

*Amen.*

**#12.** Lord, our help and guide,

*Make your love the foundation of our lives.*

May our love for you express itself in eagerness to do good for others.

*Grant this through Christ our Lord.*

Amen.

**#13.** O God, make speed to save us.

*O Lord, make haste to help us.*

Glory to the Father, and to the Son, and to the Holy Spirit:

*As it was in the beginning, is now, and will be for ever.*

Amen. (Ps. 70:1)

## 8. Benedictions

**#14.** Our help is in the Name of the Lord,

*The maker of heaven and earth.*

The Lord be with you.

*And also with you.*

Amen.

**#15.** Now unto the King eternal, immortal, invisible,  
the only wise God,

*Be honor and glory, forever and ever.*

Amen.

**#16.** God the Father, bless us.

*God the Son, defend us.*

God the Spirit, keep us.

*Now and evermore.*

Amen.

**#17.** Now the God of hope fill us with all joy and peace in believing,

*That we may abound in hope,*

Through the power of the Holy Ghost.

Amen. (Rom. 5:13)

**#18.** The grace of the Lord Jesus Christ, and the love of God,

*And the communion of the Holy Ghost,*

Be with you all.

Amen. (2 Cor. 13:14)

## 8. Benedictions

**#19.** Our help is in the Name of the Lord,  
*The maker of heaven and earth.*  
Blessed be the Name of the Lord,  
*From this time forth for evermore.*  
Amen. (Ps. 124:8)

**#20.** Show us, good Lord, the peace we should seek,  
*The peace we should give,*  
The peace we can keep,  
*The peace we must forego.*  
And the peace you have given us in Jesus Christ.  
Amen.

**#21.** May God the Father, bless us,  
*God the Son, defend us.*  
God the Spirit, keep us.  
*Now and evermore.*  
Amen.

**#22.** Now the God of hope fill us with all joy and peace in believing,  
*That we may abound in hope,*  
Through the power of the Holy Ghost.  
Amen. (Rom. 5:13)

**#23.** May the love of the Lord Jesus draw us to himself.  
*May the power of the Lord Jesus strengthen us in His service.*  
May the joy of the Lord Jesus fill our souls.  
*May the blessing of God Almighty Father, Son, and Holy Spirit,*  
Be among us and remain with us always.  
Amen.

## 8. Benedictions

**#24.** In the time of our tribulation,

*Good Lord, deliver us.*

In the hour of death,

*Good Lord, deliver us.*

And in the day of judgment,

*Good Lord, deliver us.*

Amen.

**#25.** The Lord bless you, and keep you.

*The Lord make His face shine on you and be gracious to you.*

The Lord lift up His countenance on you,

*And give you peace.*

Amen. (Num. 6:24-26)

**#26.** Into your hands, O Lord, I commend my spirit.

*For you have redeemed me, O Lord, O God of truth.*

Amen.

**#27.** Bless the work of our hands, O Lord.

*Bless the work of our hands, this day.*

And grant that we might be a help and an encouragement to others.

*For your Name's sake.*

Amen. (Ps. 90:17)

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*Praise the Name of the Lord.*

Let the name of the Lord be blessed,

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## 8. Benedictions

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*You that stand in the house of the Lord.*

Lift up your hands to the holy place,

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**#30.** Day by day we bless you.

*We praise your name forever.*

In you, Lord, is our hope,

*And we shall never hope in vain.*

Amen. (Ps. 145:2; Ps. 33:20)

**#31.** The grace of our Lord Jesus Christ and the love of God,

*And the fellowship of the Holy Spirit be with us all.*

Amen.

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