

Daily Prayers

for Individuals



St. Stephen's Parish

Episcopal Church in the Philippines

Adapted from the Book of Common Prayer 1979

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Introduction

Welcome to the Daily Prayers!

This is a material adopted from the Book of Common Prayer (1979) that you may use for personal devotions. You may use this on different occasions:

1. Daily as your quiet time with God.
2. Weeklong as a personal retreat at home or elsewhere.
3. A supplement for periods of fasting.
4. Anytime you feel you need a longer, more focused time with the Lord.

The purpose of this material is to help individuals develop an unhurried and more intentional time of fellowship with the Lord.

For groups, a Devotional for Families is also available.

How to Use this Material

1. Decide what Bible Reading plan you wish to use (e.g. Revised Common Lectionary, devotional book, read through the Bible).
2. Have the Lectionary ready for the Psalm of the day. The Lectionary may be accessed online at (<http://lectionary.library.vanderbilt.edu>). (Ignore the apocryphal books; e.g. Wisdom of Solomon)
3. Decide what time of the day you will do your devotions and use the appropriate rite: Morning Prayer, Noonday Prayer, or Compline (at night before going to bed).
 - a. You may choose just one, two, or all of the rites.
 - b. Each rite may take at least 10 minutes.
4. Follow the instructions in italics.

Suggestions

1. Find a quiet place away from distractions.
2. The first time you use it may feel a bit unnatural. This is normal. As you use it more and become familiar with the rites, the flow becomes more natural and you can explore ways to improve your experience.
3. Read the prayers with understanding. Read them slowly if it helps. As time passes and the prayers become too familiar, be even more mindful of the words you say.

Have a blessed time with the Lord!

Morning Prayer

READY YOUR HEART

You may listen to or sing a song to begin

The Invitatory

Lord, open my lips and my mouth shall proclaim Your praise.

The Psalm

Read the morning Psalm from the Lectionary.

Say the following

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.

LISTEN FOR GOD

The Lessons

Read one or all passages from the Lectionary or other passage of Scripture.

Answer the following questions as reflection (from Discovery Bible Study):

- 1. What did I discover about God?*
- 2. What did I discover about people?*
- 3. How will I commit to obey this passage this week?*
- 4. With whom will I share what I have learned?*

Pray, say back to God your thoughts from your reflection.

AFFIRM YOUR IDENTITY

Apostles' Creed

Declare your faith as a reminder of who you are at the start of the day.

I believe in God, the Father almighty,
creator of heaven and earth;

I believe in Jesus Christ, His only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day He rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins
the resurrection of the body,
and the life everlasting. Amen.

SPEAK WITH GOD

The Prayers

Start with the Lord's Prayer

Our Father, who art in heaven, hallowed be Thy Name, Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For Thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

Choose one set as your prayers for today. You may also choose to pray in your own words.

Set A

- ❖ Show me Your mercy, O Lord; and grant me Your salvation.
- ❖ Clothe Your ministers with righteousness; let Your people sing with joy.

- ❖ Give peace, O Lord, in all the world; for only in You can we live in safety.
- ❖ Lord, keep this nation under Your care; and guide us in the way of justice and truth.
- ❖ Let Your way be known upon earth; Your saving health among all nations.
- ❖ Let not the needy, O Lord, be forgotten; nor the hope of the poor be taken away.
- ❖ Create in me a clean heart, O God; and sustain me with Your Holy Spirit.

Set B

- ❖ Save Your people, Lord, and bless Your inheritance; govern and uphold them, now and always.
- ❖ Day by day I bless You; I praise Your name for ever.
- ❖ Lord, keep me from all sin today; have mercy upon me, Lord, have mercy.
- ❖ Lord, show me Your love and mercy; for I put my trust in You.
- ❖ In You, Lord, is my hope; and I shall never hope in vain.

Collects

Choose one or more of the following Collects

A Collect for Sundays

O God, You make me glad with the weekly remembrance of the glorious resurrection of Your Son our Lord: Give me this day such blessing through our worship of You, that the week to come may be spent in Your favor; through Jesus Christ our Lord. *Amen.*

A Collect for Fridays

Almighty God, whose most dear Son went not up to joy but first He suffered pain, and entered not into glory before He was crucified:

Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ our Lord. *Amen.*

A Collect for Saturdays

Almighty God, who after the creation of the world rested from all Your works and sanctified a day of rest for all Your creatures: Grant that we, putting away all earthly anxieties, may be duly prepared for the service of Your sanctuary, and that our rest here upon earth may be a preparation for the eternal rest promised to Your people in heaven; through Jesus Christ our Lord. *Amen.*

A Collect for the Renewal of Life

O God, the King eternal, whose light divides the day from the night and turns the shadow of death into the morning: Drive far from me all wrong desires, incline my heart to keep Your law, and guide my feet into the way of peace; that, having done Your will with cheerfulness during the day, I may, when night comes, rejoice to give You thanks; through Jesus Christ our Lord. *Amen.*

A Collect for Peace

O God, the author of peace and lover of concord, to know You is eternal life and to serve You is perfect freedom: Defend us, Your humble servants, in all assaults of our enemies; that we, surely trusting in Your defense, may not fear the power of any adversaries; through the might of Jesus Christ our Lord. *Amen.*

A Collect for Grace

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

A Collect for Guidance

Heavenly Father, in You we live and move and have our being: I humbly pray You so to guide and govern me by Your Holy Spirit, that in all the cares and occupations of my life, I may not forget You, but may remember that we are ever walking in Your sight; through Jesus Christ our Lord. *Amen.*

Prayers for Mission

Choose one of these prayers

1. Almighty and everlasting God, by whose Spirit the whole body of Your faithful people is governed and sanctified: Receive my supplications and prayers which I offer before You for all members of Your holy Church, that in our vocation and ministry we may truly and devoutly serve You; through our Lord and Savior Jesus Christ. *Amen.*
2. O God, You have made of one blood all the peoples of the earth, and sent Your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after You and find You; bring the nations into Your fold; pour out Your Spirit upon all flesh; and hasten the coming of Your kingdom; through Jesus Christ our Lord. *Amen.*
3. Lord Jesus Christ, You stretched out Your arms of love on the hard wood of the cross that everyone might come within the reach of Your saving embrace: So clothe me in Your Spirit that I, reaching forth my hands in love, may bring those who do not know You to the knowledge and love of You; for the honor of Your Name. *Amen.*

END WITH THANKSGIVING

The General Thanksgiving

Almighty God, Father of all mercies, I Your unworthy servant give You humble thanks for all Your goodness and loving-kindness to me and to all whom You have made. I bless You for my creation,

preservation, and all the blessings of this life; but above all for Your immeasurable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, I pray, give me such an awareness of Your mercies, that with a truly thankful heart, I may show forth Your praise, not only with my lips, but in my life, by giving up myself to Your service, and by walking before You in holiness and righteousness all my days; through Jesus Christ our Lord, to whom, with You and the Holy Spirit, be honor and glory throughout all ages. Amen.

A song may be sung to close.

Noonday Prayer

Opening

O God, make speed to save us.

O Lord, make haste to help us.

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

Psalm

Choose one Psalm below

Psalm 119 Lucerna pedibus meis

105 Your word is a lantern to my feet and a light upon my path.

106 I have sworn and am determined to keep Your righteous judgments.

107 I am deeply troubled; preserve my life, O LORD, according to Your word.

108 Accept, O LORD, the willing tribute of my lips, and teach me Your judgments.

109 My life is always in my hand, yet I do not forget Your law.

110 The wicked have set a trap for me, but I have not strayed from Your commandments.

111 Your decrees are my inheritance for ever; truly, they are the joy of my heart.

112 I have applied my heart to fulfill Your statutes for ever and to the end.

Psalm 121 Levavi oculos

1 I lift up my eyes to the hills; where is my help to come?

2 My help comes from the LORD, maker of heaven and earth.

3 He will not let your foot be moved and He who watches over you will not fall asleep.

4 Behold, He who keeps watch over Israel neither slumber nor sleep;

5 The LORD Himself watches over; the LORD is your shade at your right hand,

6 So that the sun shall not strike you by day, the moon by night.

- 7 The LORD shall preserve you from all evil; is He who shall keep you safe.
- 8 The LORD shall watch over your going out and your coming in, from this time forth for evermore.

Psalm 126 In convertendo

- 1 When the LORD restored the fortunes of Zion, then were we like those who dream.
- 2 Then was our mouth filled with laughter, and our tongue with shouts of joy.
- 3 Then they said among the nations, "The LORD has done great things for them."
- 4 The LORD has done great things for us, and we are glad indeed.
- 5 Restore our fortunes, O LORD, like the watercourses of the Negev.
- 6 Those who sowed with tears will reap with songs of joy.
- 7 Those who go out weeping, carrying the seed, will come again with joy, shouldering their sheaves.

At the end of the Psalm, say

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.

Close with one of the following passage of Scripture

1. The love of God has been poured into our hearts through the Holy Spirit that has been given to us. *Romans 5:5*
2. If anyone is in Christ he is a new creation; the old has passed away, behold the new has come. All this is from God, who through Christ reconciled us to Himself and gave us the ministry of reconciliation. *2 Corinthians 5:17-18*
3. From the rising of the sun to its setting my Name shall be great among the nations, and in every place incense shall be offered to my Name, and a pure offering; for my Name shall be great among the nations, says the Lord of Hosts. *Malachi 1:11*

A meditation, silent or spoken, may follow.

Compline

The Compline is used in the evening before retiring to bed.

READY YOUR HEART

You may listen to a song to begin.

Say the following

May the Lord Almighty grant me a peaceful night and a perfect end. *Amen.*

My help is in the Name of the Lord; the maker of heaven and earth.

Confession of Sin

Almighty God, our heavenly Father: I have sinned against You, through my own fault, in thought, and word, and deed, and in what I have left undone. For the sake of Your Son our Lord Jesus Christ, forgive my offenses; and grant that I may serve You in newness of life, to the glory of Your Name. Amen.

The Psalm

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.

Choose one Psalm below

Psalm 4 Cum invocarem

- 1 Answer me when I call, O God, defender of my cause; *
You set me free when I am hard-pressed;
have mercy on me and hear my prayer.
- 2 "You mortals, how long will you dishonor my glory; *
how long will you worship dumb idols
and run after false gods?"
- 3 Know that the LORD does wonders for the faithful; *
when I call upon the LORD, He will hear me.
- 4 Tremble, then, and do not sin; *
speak to your heart in silence upon your bed.

- 5 Offer the appointed sacrifices *
and put your trust in the LORD.
- 6 Many are saying,
"Oh, that we might see better times!" *
Lift up the light of Your countenance upon us, O LORD.
- 7 You have put gladness in my heart, *
more than when grain and wine and oil increase.
- 8 I lie down in peace; at once I fall asleep; *
for only You, LORD, make me dwell in safety.

Psalm 31 In te, Domine, speravi

- 1 In You, O LORD, have I taken refuge;
let me never be put to shame: *
deliver me in Your righteousness.
- 2 Incline Your ear to me; *
make haste to deliver me.
- 3 Be my strong rock, a castle to keep me safe,
for You are my crag and my stronghold; *
for the sake of Your Name, lead me and guide me.
- 4 Take me out of the net that they have secretly set for me, *
for You are my tower of strength.
- 5 Into Your hands I commend my spirit, *
for You have redeemed me,
O LORD, O God of truth.

Psalm 91 Qui habitat

- 1 He who dwells in the shelter of the Most High *
abides under the shadow of the Almighty.
- 2 He shall say to the LORD,
"You are my refuge and my stronghold, *
my God in whom I put my trust."
- 3 He shall deliver you from the snare of the hunter *
and from the deadly pestilence.
- 4 He shall cover you with His pinions,
and you shall find refuge under His wings; *
His faithfulness shall be a shield and buckler.

- 5 You shall not be afraid of any terror by night, *
nor of the arrow that flies by day;
- 6 Of the plague that stalks in the darkness, *
nor of the sickness that lays waste at mid-day.
- 7 A thousand shall fall at your side
and ten thousand at your right hand, *
but it shall not come near you.
- 8 Your eyes only have to behold *
to see the reward of the wicked.
- 9 Because you have made the LORD your refuge, *
and the Most High your habitation,
- 10 There shall no evil happen to you, *
neither shall any plague come near your dwelling.
- 11 For He shall give His angels charge over you, *
to keep you in all your ways.
- 12 They shall bear you in their hands, *
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and the adder; *
you shall trample the young lion and the serpent
under your feet.
- 14 Because he is bound to Me in love,
therefore will I deliver him; *
I will protect him, because he knows my Name.
- 15 He shall call upon Me, and I will answer him; *
I am with him in trouble;
I will rescue him and bring him to honor.
- 16 With long life will I satisfy him, *
and show him my salvation.

Psalm 134 Ecce nunc

- 1 Behold now, bless the LORD, all you servants of the LORD, *
you that stand by night in the house of the LORD.
- 2 Lift up your hands in the holy place and bless the LORD; *
the LORD who made heaven and earth bless you out of Zion.

LISTEN FOR GOD

Readings

Start by reading one of the following verses

1. Lord, You are in the midst of us, and we are called by Your Name: Do not forsake us, O Lord our God. *Jeremiah 14:9,22*
2. Come to Me, all who labor and are heavy-laden, and I will give you rest. Take my yoke upon you, and learn from Me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. *Matthew 11:28-30*
3. Be sober, be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith. *1 Peter 5:8-9a*

Read one or all passages from the Lectionary or other passage of Scripture.

Answer the following questions as reflection (from Discovery Bible Study):

1. *What did I discover about God?*
2. *What did I discover about people?*
3. *How will I commit to obey this passage this week?*
4. *With whom will I share what I have learned?*

Pray, say back to God your thoughts from your reflection and any other matters in your heart.

SPEAK WITH GOD

The Prayers

Into Your hands, O Lord, I commend my spirit; for You have redeemed me, O Lord, O God of truth. Keep me, O Lord, as the apple of Your eye; hide me under the shadow of Your wings.

Kyrie

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Say one of the following Collects

1. Be my light in the darkness, O Lord, and in Your great mercy defend me from all perils and dangers of this night; for the love of Your only Son, our Savior Jesus Christ. Amen.
2. Be present, O merciful God, and protect me through the hours of this night, so that we who are wearied by the changes and chances of this life may rest in Your eternal changelessness; through Jesus Christ our Lord. Amen.
3. Look down, O Lord, from Your heavenly throne, and illumine this night with Your celestial brightness; that by night as by day Your people may glorify Your holy Name; through Jesus Christ our Lord. Amen.
4. Visit this place, O Lord, and drive far from it all snares of the enemy; let Your holy angels dwell with me to preserve me in peace; and let Your blessing be upon me always; through Jesus Christ our Lord. Amen.

END WITH FAITH

Conclusion

Guide me waking, O Lord, and guard me sleeping; that awake I may watch with Christ, and asleep I may rest in peace.

Song of Simeon

Lord, You now have set Your servant free *
to go in peace as You have promised;
For these eyes of mine have seen the Savior, *
whom You have prepared for all the world to see:
A Light to enlighten the nations, *
and the glory of Your people Israel.

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.

Lectionary

LENT DAILY READINGS (YEAR C – 2025)

DATE	DAY	PSALM	OT	NT
March 6	Thu	Psalms 91:1-2, 9-16	Exodus 5:10-23	Acts 7:30-34
March 7	Fri	Psalms 91:1-2, 9-16	Exodus 6:1-13	Acts 7:35-42
March 8	Sat	Psalms 91:1-2, 9-16	Ecclesiastes 3:1-8	John 12:27-36
March 10	Mon	Psalms 17	1 Chronicles 21:1-7	1 John 2:1-6
March 11	Tue	Psalms 17	Zechariah 3:1-10	2 Peter 2:4-21
March 12	Wed	Psalms 17	Job 1:1-22	Luke 21:34-22:6
March 13	Thu	Psalms 27	Genesis 13:1-7,14-18	Philippians 3:2-12
March 14	Fri	Psalms 27	Genesis 14:17-24	Philippians 3:17-20
March 15	Sat	Psalms 27	Psalms 118:26-29	Matthew 23:37-39
March 17	Mon	Psalms 105:1-42	Exodus 33:1-6	Romans 4:1-12
March 18	Tue	Psalms 105:1-42	Numbers 14:10b-24	1 Corinthians 10:1-13
March 19	Wed	Psalms 105:1-42	2 Chronicles 20:1-22	Luke 13:22-31
March 20	Thu	Psalms 63:1-8	Daniel 3:19-30	Revelation 2:8-11
March 21	Fri	Psalms 63:1-8	Daniel 12:1-4	Revelation 3:1-6
March 22	Sat	Psalms 63:1-8	Isaiah 5:1-7	Luke 6:43-45
March 24	Mon	Psalms 39	Jeremiah 11:1-17	Romans 2:1-11
March 25	Tue	Psalms 39	Ezekiel 17:1-10	Romans 2:12-16
March 26	Wed	Psalms 39	Numbers 13:17-27	Luke 13:18-21
March 27	Thu	Psalms 32	Joshua 4:1-13	2 Corinthians 4:16-5:5
March 28	Fri	Psalms 32	Joshua 4:14-24	2 Corinthians 5:6-15
March 29	Sat	Psalms 32	Exodus 32:7-14	Luke 15:1-10
March 31	Mon	Psalms 53	Leviticus 23:26-41	Revelation 19:1-8
April 1	Tue	Psalms 53	Leviticus 25:1-19	Revelation 19:9-10
April 2	Wed	Psalms 53	2 Kings 4:1-7	Luke 9:10-17
April 3	Thu	Psalms 126	Isaiah 43:1-7	Philippians 2:19-24
April 4	Fri	Psalms 126	Isaiah 43:8-15	Philippians 2:25-3:1
April 5	Sat	Psalms 126	Exodus 12:21-27	John 11:45-57

April 7	Mon	Psalm 20	Exodus 40:1-15	Hebrews 10:19-25
April 8	Tue	Psalm 20	Judges 9:7-15	1 John 2:18-28
April 9	Wed	Psalm 20	Habakkuk 3:2-15	Luke 18:31-34
April 10	Thu	Psalm 31:9-16	Isaiah 53:10-12	Hebrews 2:1-9
April 11	Fri	Psalm 31:9-16	Isaiah 54:9-10	Hebrews 2:10-18
April 12	Sat	Psalm 31:9-16	Leviticus 23:1-8	Luke 22:1-13

