



Daily Prayer

2024

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Remember, Christian Soul,

that you have this day,
and every day of your life,
God to glorify.

Jesus to imitate.

A soul to save.

A body to mortify.

Sins to repent of.

Virtues to acquire.

Hell to avoid.

Heaven to gain.

Eternity to prepare for.

Time to profit by.

Neighbours to edify.

The world to despise.

Devils to combat.

Passions to subdue.

Death, perhaps to suffer.

Judgment to undergo.

St. Augustine's Prayer Book

MORNING PRAYER

Prior to starting the day's work

OPENING SENTENCES

Early in the morning do I cry unto you;
in your word is my hope.

Psalms 119.147

INVITATION

O Lord, open our lips
and our mouth shall proclaim your praise.

O God, make speed to save us,
O Lord, make haste to help us.

Glory be to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be,
world without end. Amen.

O come, let us sing unto the Lord;
let us heartily rejoice in the strength of our salvation.

Let us come before his presence with thanksgiving
and show ourselves glad in him with psalms.

Today, if you will hear his voice, harden not your hearts.

Psalms 95.1-2, 8

PSALMS

Read the Psalm(s) for the morning. After the Psalm(s), say

Glory be to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be,
world without end. Amen.

THE LESSON

Before the lesson say

Your Word is a lamp to my feet and a light unto my path.

Psalms 119.105

Read the Scripture lesson for the morning.
Take time for silent reflection, then say

May it be unto me according to your Word.

Luke 1.38

or

Blessed be the Lord God of Israel,
for he has come and set his people free.
He has raised up for us a mighty saviour,
born of the house of his servant David;
as he promised through his holy prophets,
which have been since the world began.
Glory be to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be,
world without end. Amen.

Luke 1.68-70

PRAYERS

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heaven.

Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and forever. Amen.

Prayer for Grace

The following prayer, or other prayers for grace, may be said.

O God, you are our God.
You have made us for yourself.
We devote our hearts and lives to you.
Grant us your grace,
that this day we may live as in your presence,
and walk in the path of your commandments,
following the example of our Saviour Jesus Christ,
and being made more and more like him
through the power of your Holy Spirit. Amen.

Intercessions

We ask you, gracious God, for the blessings we need, both
earthly and spiritual.

Intercessions may be made here, using these emphases if desired.

Sunday: For your church family, including clergy, staff, your small group, and newcomers.

Monday: For your loved ones.

Tuesday: For those suffering addiction or illness of body or mind.

Wednesday: For the poor, prisoners, and all who are oppressed.

Thursday: For those you dislike or find difficult, and your enemies.

Friday: For those who do not know Jesus, and the spread of the gospel.

Saturday: For those in authority, that justice and peace would prevail.

When you have finished your intercessions say

We ask all of this in the name of Jesus Christ our Lord. Amen.

Any additional prayers may be said, including the Jesus Prayer or other breath prayer (p. 16), or a time for silent contemplation.

MORNING COLLECT

O Lord, our heavenly Father, almighty and everlasting God, who has safely brought us to the beginning of this day: Defend us today by your mighty power, that we fall into no sin nor run into any kind of danger. Guide us by your Holy Spirit so that all we do may be righteous in your sight. Amen.

CLOSING SENTENCES

Give ear to my words, O LORD;
consider my meditation.

O hearken unto the voice of my calling, my King and my God,
for unto you will I make my prayer.

My voice shall you hear in the morning, O LORD;
early in the morning will I direct my prayer unto you,
and will look up.

Psalms 5.1-3

BENEDICTION

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

EVENING PRAYER

From late afternoon to the early night

OPENING SENTENCES

My eyes open before the night watches,
that I may meditate on your words.

Psalms 119.148

CONFESSION OF SIN

Begin by reflecting on the day that is past: your thoughts, words, and actions. Then say

Let us humbly confess our sins to Almighty God.

Tell God how you have sinned during the day. Then say

Almighty and most merciful Father,
we have erred and strayed from your ways like lost sheep.
We have followed too much the plans and 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 that we ought not to have done,
and there is no health in us.

O Lord, have mercy upon us.

Spare all those who confess their faults.

Restore all those who are penitent,
according to your promises declared to all people in
Christ Jesus our Lord.

And grant, O most merciful Father, for his sake,
that we may now live a godly, righteous, and sober life,
to the glory of your holy Name. Amen.

May the Almighty and merciful Lord give us pardon and remission of all our sins, time for amendment of life, and the grace and comfort of the Holy Spirit. Amen.

INVITATION

O Lord, open our lips
and our mouth shall proclaim your praise.
O God, make speed to save us,
O Lord, make haste to help us.
Glory be to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be,
world without end. Amen.

PSALMS

Read the Psalm(s) for the evening. After the Psalm(s) say

Glory be to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be,
world without end. Amen.

THE LESSON

Before the lesson say

Your Word is a lamp to my feet and a light unto my path.
Psalms 119.105

Read the Scripture lesson for the evening.
Take time for silent reflection, then say

May it be unto me according to your Word.
Luke 1.38

or

My soul magnifies the Lord
and my spirit rejoices in God my saviour,
for he has regarded the low estate of his handmaiden.
For behold, hereafter all generations will call me blessed;
for he who is mighty has done great things for me,
and holy is his name.

And his mercy is on those who fear him
from generation to generation.

Glory be to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be,
world without end. Amen.

Luke 1.46-50

PRAYERS

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and forever. Amen.

Any additional prayers may be said, including the Jesus Prayer or other breath prayer (p. 16), or a time for silent contemplation.

EVENING COLLECT

O God, the source of all holy desires, all good counsels, and all just works: Give to your servants that peace which the world cannot give, that our hearts may be set to obey your commandments, and that we, being defended from the fear of our enemies, may pass our time in rest and quietness; through the merits of Jesus Christ our Saviour. Amen.

CLOSING SENTENCES

I will not come within the tabernacle of my house,
nor climb up into my bed,
I will not allow my eyes to sleep,
nor my eyelids to slumber,
neither the temples of my head to take any rest,
until I find a place for the temple of the LORD,
a habitation for the mighty God of Jacob.

Psalms 132.3-5

BENEDICTION

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

PRAYER UPON WAKING

As soon as you wake up, pray in your bed or kneeling next to it, saying

I lay down and slept, and rose up again,
for the LORD sustained me.
I will sing of your power,
and will praise your mercy early in the morning.
Unto you, O my Strength, will I sing,
for you, O God, are my refuge,
and my merciful God.

Psalms 3.5, 59.16,17

Then pray

O God, I praise you this day.
O God, I thank you for this day.
O God, I ask for your help this day.

Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those
who sin against us.
Save us from the time of trial,
and deliver us from evil.
For the kingdom, the power,
and the glory are yours,
now and forever. Amen.

PRAYER DURING THE DAY

Take a moment to quiet your mind and focus on God. Then pray

In the evening, and morning,
and at noonday will we pray and lament,
and God shall hear our voice.

It is he who shall deliver our souls in peace
from the battle that is against us.

Restore us again O LORD God of hosts;
show us the light of your countenance,
and we shall be whole.

Psalms 55.18-19, 80.19

THE CREED

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 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.

Any additional prayers may be said, including the Our Father, the Jesus Prayer or other breath prayer (pp. 16), or a time for silent contemplation.

PRAYER BEFORE SLEEPING, OR COMPLINE

Kneeling next to your bed or lying in it, say

The Lord Almighty grant us a peaceful night and a perfect end. Amen. Our help is in the Name of the Lord, the maker of heaven and earth. Amen.

OPENING SENTENCES

Let my prayer be set forth in your sight as incense,
and let the lifting up of my hands be an evening sacrifice.

Set a watch, O LORD, before my mouth,
and keep the door of my lips.

When I remember you on my bed,
I meditate on you in the watches of the night.

Because you have been my helper,
therefore under the shadow of your wings I will rejoice.

Behold now, praise the LORD,
all you servants of the LORD,
you that stand by night in the house of the LORD,
even in the courts of the house of our God.

Psalms 141.1-3, 63.6-7, 134.1-2

PRAYERS

Here may be said any of the following, or any other prayers or confession of sin.

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

Lighten our darkness, we beseech you, O Lord; and by your great mercy defend us from all perils and dangers of this night; for the love of your only Son, our Savior Jesus Christ. Amen.

Be present, O merciful God, and protect us 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.

Look down, O Lord, from your heavenly throne, illumine this night with your celestial brightness, and from the children of light banish the deeds of darkness; through Jesus Christ our Lord. Amen.

Then conclude by saying

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

Lord, now let your servant depart in peace,
according to your word.

For my eyes have seen your salvation,
which you have prepared before the face of all people;
To be a light to lighten the Gentiles,
and to be the glory of your people Israel.

Glory be to the Father, and to the Son, and to the Holy Spirit,
as it was in the beginning, is now, and ever shall be,
world without end. Amen.

Luke 2.29-32

CONCLUDING SENTENCES

I will lay me down in peace, and take my rest;
for you, LORD, only, make me dwell in safety.
My soul waits for the Lord,
more than watchmen for the morning,
more than watchmen for the morning.
Amen.

Psalms 4.8, 130.6

NIGHT PRAYER, OR VIGIL

For those who work or wake at night.

For thanksgiving

At midnight I will rise to give thanks to you,
because of your righteous judgments.
I am a companion of all those who fear you
and keep your commandments.
The earth, O LORD, is full of your mercy;
O teach me your statutes.

Psalms 119.62-64

For holiness

I will thank the LORD for giving me counsel;
my heart also chastens me in the night season.
I have set the LORD always before me;
he is at my right hand; therefore I shall not fall.
Therefore my heart is glad and my soul rejoices.

Psalms 16.8-10

For anxiety, fear, or despair

Hear me, O LORD, and very soon,
for my spirit grows faint;
hide not your face from me,
lest I be like those who go down into the pit.
O let me hear your loving-kindness in the morning,
for in you have I put my trust;
show me the way that I should walk in,
for I lift up my soul unto you.

Psalms 143.7-8

BREATH PRAYERS

The following “arrow” or breath prayers, so-called because they are prayers that are quickly “shot” to heaven with a single breath, are intended for memorization and use at any time of day. If repeating breath prayers, be sure to maintain concentration on the words being said; they are not intended to serve as a mantra that fades into the background.

The Jesus Prayer (for any situation)

Inhale **Lord Jesus Christ**

Exhale **have mercy on me.**

Alternate form: Lord Jesus Christ, Son of God /
have mercy on me, a sinner.

For spiritual renewal

Inhale **Come Holy Spirit**

Exhale **fall afresh on me.**

For help

Inhale **O God make speed to save me**

Exhale **O Lord make haste to help me.**

For strength in spiritual struggle

Inhale **Blessed be the Lord my strength**

Exhale **who teaches my hands to war and my fingers to fight.**

For peace

Inhale **Be still**

Exhale **and know that I am God.**

When you are reading Scripture

Inhale **Let it be unto me**

Exhale **according to your Word.**

For humility

Inhale **Not my will**

Exhale **but your will be done.**

ABOUT THIS BOOK

This book provides a pattern of daily prayer, including prayerful reading of Scripture, which can be said at specific points between waking and sleeping. It is intended to help you cultivate a habit of praying throughout the day, every day.

Many Christians today—especially in North American churches—are unfamiliar with fixed patterns of prayer like the ones in these pages. We often imagine prayer to be an informal conversation with God where we ask God for what we need and give praise and thanksgiving. The prayers in this book are not intended to replace such conversations with God! Rather, the structure of daily prayer at fixed times should complement and strengthen our more informal relationship with God, just as the structure of a trellis holds up a living vine.

Our mental, physical, and emotional lives vary from day to day. Some days you feel bright, sharp, alert, and strong. Other days you feel foggy, tired, and down. Our spiritual lives are no different, and prayer will feel different every day. But if you develop a habit of praying at specific times each day, the quality of your prayer life won't depend on how you feel on a particular day. The structure and habit of daily prayer will draw you back to God throughout the day—especially when you need it most, as the demands and cares of life pull your attention away from God.

If you want a healthy prayer life, the most important thing to do is pray—every day, whether you feel like it or not (and especially if you don't feel like it). Toward this end, you should cultivate a habit of prayer that you can sustain. Be ambitious and resolute, but also realistic, in committing when and for how long you will pray each day. This will be different for everyone and depend on your circumstances. A firefighter working 24-hour shifts, a new parent at home with a child, and a retiree—to take just three examples—are all going to have very different prayer rhythms.

As you undertake a habit of daily prayer, you may find that you can only manage a small amount of time in the morning and/or evening to start. As you develop in prayer, or as your life circumstances change, your prayer time will as well.

To begin with, you might try to commit to the core practices of the Daily Office: Morning and/or Evening Prayer, each of which will require 10-15 minutes using the forms in this book. You can extend the time with additional prayers or silent contemplation as you wish.

If you wish to expand your prayer times, you can also experiment with the other “hours” of prayer here. You might start by memorizing the verses for prayer upon waking, so that your first thoughts are of God, and/or saying Compline right before you go to sleep. The midday prayers and breath prayers listed here are intended to punctuate our days with the memory of God.

HISTORICAL BACKGROUND

The prayers in this book are adapted from of ancient patterns that have sustained Christians for thousands of years. The earliest Christians were Jews, like Jesus, and they followed the Jewish pattern of regular prayers throughout the day. Later Christians sustained and adapted this practice, inspired by scriptural examples like Daniel, who prayed three times daily (Dan. 6.10), and the Psalms, which frequently refer to prayer at specific hours of the day.

Starting in the fourth century, Christian monastic communities—men and women who swore vows of chastity, obedience, and poverty—developed a schedule of seven prayers every day, which are known by their Latin names: Lauds (before sunrise), Prime (early morning), Terce (9 AM), Sext (noon), None (3 PM), Vespers (evening), and Compline (bedtime), plus prayers at midnight.

The monastic schedule of prayer represented an attempt to live a life saturated with prayer. But most of us aren't monks and nuns. In an attempt to make the gift of regular prayer more accessible for normal people, the 16th-century English reformers who gave us our Anglican tradition consolidated the seven monastic hours into what's called "the Daily Office". The Daily Office has two main times of prayer—Morning and Evening Prayer (MP/EP)—with supplementary prayers at midday, and at bedtime (Compline).

Morning and Evening Prayer were common daily services at Anglican churches for centuries and are maintained in our *Book of Common Prayer* and *Book of Alternative Services* today. (At St. Paul's Bloor Street, we still have a sung version of Morning Prayer as our main Sunday service at 11 AM on the first Sunday of each month.) The basic components of MP/EP were: 1) written prayers, drawn from the language of Scripture, that stayed the same every day; 2) other written prayers that varied according to the church season (Lent, Advent, etc.); and 3) readings from the Old and New Testaments and Psalms. A faithful participant in MP/EP would hear most of the Bible over the course of a year and pray through all the Psalms once a month.

WHY THIS BOOK?

So, if our prayer books still have Morning and Evening Prayer, why is this book necessary? Well, as beautiful as these prayers are, they are not especially suited for the daily prayer life of a Christian in North America today, for several reasons.

First, the Book of Common Prayer (BCP) MP/EP are fundamentally prayers for group worship, rather than individual or family devotions. An individual can say MP/EP by herself, but this can feel a bit artificial, since it involves saying both parts of responsive prayers that assume a minister and a congregation. We need a pattern of daily prayer that works within our context.

Second, the BCP MP/EP is too long and wordy for most individuals' or families' daily prayer. Few people will have the time to consider the sheer amount of Scripture read in each service: two lessons from the Old and New Testaments, often lengthy, as well as several Psalms. If you read and speak quickly, you can get through the BCP MP and EP in about 25 and 15 minutes, respectively, but speed is not the goal of prayer! For private devotions, it is more rewarding to move through Scripture and the Psalms slowly, reading and praying in shorter segments that we can better contemplate, prayerfully marinating in God's word.

Third, the BCP MP/EP is too complicated for most people's private use. MP/EP are services for the church, intended to be run by religious professionals whose job it is to know the prayer book backward and forward. But it is confusing to juggle the various prayers, psalms, and Scripture readings, which are at different places in the prayer book, not to mention cross-referencing all of it with an elaborate calendar of church seasons, saints' days, etc.

A workable pattern of daily prayer will be straightforward and simple, with minimal page-flipping to distract you, and significant portions easily memorized, so that you can sink into the presence of God. Hence this book, which represents an attempt to adapt the spiritual treasure of the Daily Office for private daily prayer by individuals/families in the lived context of 21st-century Toronto (or other similar environments).

Prayer is the action of directing our minds and hearts toward God. This practice can take many forms, and there is no "right" way to do it, but there are also time-tested patterns and practices that have served the people of God for millennia. The purpose and hope for this book is that the structure and wording provided here, based on these ancient patterns, will be a helpful tool for you as you pray.

HOW TO PRAY THE DAILY OFFICE

In order to pray the Daily Office you will need this book and a Bible with 2-3 bookmarks or ribbons: one or two for the Lessons and one for the Psalms.

Attention to your physical location and your body is an important part of developing a habit of daily prayer. If you can, designate a particular space for your prayer. This could be a nook or corner of a room where you can keep a Bible and this book. It might be a favourite armchair, or a rug for kneeling on. You may wish to have a cross, icon, and/or candle as a visual focus.

As you pray, pay attention to your physical posture. For Morning and Evening Prayer, find an alert posture that you can maintain comfortably for the duration of the prayer: sitting upright in a chair, kneeling on a stool or a rug, standing, etc. Prayers at midmorning, midday, and afternoon are brief and are meant to be said anywhere—in your office, at the job site, on the subway, etc. The prayers upon waking and sleeping in this book are intended to be said in your bed or kneeling beside it. It is otherwise inadvisable to pray lying down if you can avoid it.

Morning Prayer focuses on the gift of a new day and asking God's help for living it. You can pray MP whenever works best for you, but try to do so before you start the day's work.

Evening Prayer is reflective, considering the day that is past and anticipating our nightly sleep. You can pray EP anytime from late afternoon through the early night, but try to do so before you are on the verge of sleeping (which is the time for Compline).

Morning Prayer and Evening Prayer each have two roughly equal parts. The first part focuses on the prayerful consideration of Psalms and Scripture. The second part focuses

on prayer to God in response to Scripture. You may notice that the written prayers are often in the plural (we/our). This is because, even when you pray by yourself, you are spiritually joined to Christian brothers and sisters around the world and are surrounded by God's faithful from every age.

MP/EP both begin with OPENING SENTENCES, drawn from the Psalms, which set our intention for prayer.

Evening Prayer then continues with the CONFESSION OF SIN. The first part is an examination of conscience: a mental replaying of the day, noting areas where we have done wrong or failed to do good. We then confess our specific sins to God, pray for forgiveness, and claim the pardon that Scripture promises us.

The INVITATION that follows in both MP/EP is an ancient set of verses that serve as a doorway into prayer, asking God to bless and help our prayer.

We finish the invitation with the Glory Be, an ancient praise of God that concludes many prayers in this book: "Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen". (If you like, it is traditional to bow at the start of the Glory Be, as a sign of respect for God, and rise midway through, at "...as it was in the beginning".)

In MP, we then pray a section from Psalm 95 ("O come, let us sing...") which is traditionally used to call God's people into morning prayer.

In both MP/EP, we then recite the PSALMS for the day. The Psalms were Jesus' hymnbook, and they run the spectrum of human experience and emotion—joy, grief, despair, happiness, rage, etc.—all brought before God. We say the Psalms out loud, as prayers. You can use the recommended 60-day Psalter (collection of psalms, ordered for daily reading, see pp. 25-36 of

this booklet), which spreads the 150 Psalms across two months. If you want more Psalms each day, you can use the traditional 30-day Psalter, or you can move through the Psalms at whatever pace suits you. We conclude the Psalms by saying the Glory Be.

Then we read the LESSON from Scripture, preceded and followed by a Scriptural sentence about God's Word. This book assumes one, relatively short reading in both MP and EP, which can be taken from the accompanying lectionary (a collection of Bible passages arranged for daily reading). The lectionary can be found at the end of this book. If you are praying once a day, you can pick a lesson from the lectionary, or read two lessons. In any case, take your time with it. Read Scripture out loud if you can—perhaps two times. After the lesson, sit in silent reflection for as long as you like. We close our focus on hearing God's word with traditional responses, which are words from Scripture that celebrate God's faithfulness to his promises.

Having read Psalms and Scripture lessons, we now turn to a time of direct prayer. We mark this transition with the threefold invocation of God: LORD/CHRIST/LORD HAVE MERCY...

This is followed by the LORD'S PRAYER (also called the "Our Father"), which is how Jesus taught his followers to pray. The Lord's Prayer is here in simple, modern English, but you should pray it in whatever form or language comes naturally to you.

After the Lord's Prayer, you can pray as you wish. In MP, a prayer asking for God's grace for the day is provided, as is a list of daily focus for intercessions— appeals for God's help. You can use these prayers, or any others you like.

In both MP/EP, at this point you can also take whatever time you like for conversation with God, or quiet listening and contemplation. Breath prayer like the Jesus Prayer may be helpful here—a short, repeated prayer, which is prayed on each inhale/exhale (see p. 16).

You wrap up your prayers with a COLLECT. Collects are set

prayers that “collect” us together toward a particular prayer purpose. The morning/evening collects are specific to that time of day.

Finally, the CLOSING SENTENCES are a bookend to the opening sentences, bringing our prayer to a close.

We finish with the BENEDICTION, asking for God’s blessing.

To facilitate your calm transition out of prayer, it is a good idea to sit in quiet for a brief period of time—three or four deep breaths—after the final Amen.

May God bless your prayer.

Seven times a day do I praise you,
because of your righteous judgments.
Great is the peace they have who love your law
and find in it no stumbling block.

Psalms 119.164-165

LECTIONARY

JANUARY

DAY	MORNING PRAYER		EVENING PRAYER	
	PSALMS	LESSON	PSALMS	LESSON
1	1, 2, 3	Matthew 1:1-17	4, 5	Romans 1:1-7
2	6, 7	1:18-25	8	1:8-17
3	9	2:1-12	10	1:18-32
4	11, 12	2:13-18	13, 14	2:1-11
5	15, 16	2:19-23	17	2:12-24
6	18:1-25	3:1-12	18: 26-52	2:25-29
7	19, 20	3:13-17	21	3:1-8
8	22	4:1-11	23, 24	3:9-20
9	25, 26	4:12-17	27, 28	3:21-31
10	29, 30	4:18-25	31	4:1-12
11	32, 33	5:1-12	34	4:13-25
12	35	5:13-16	36	5:1-11
13	37	5:17-20	38	5:12-17
14	39, 40	5:21-26	39	5:18-21
15	40	5:27-32	41, 42	6:1-11
16	43	5:33-37	44	6:12-19
17	45, 46	5:38-42	47, 48	6:20-23
18	49	5:43-48	50	7:1-6
19	51	6:1-15	52, 53, 54	7:7-12
20	55	6:16-21	56	7:13-25
21	57	6:22-24	58	8:1-8
22	59	6:25-34	60	8: 9-17
23	61, 62	7:1-6	63	8:18-25
24	64, 65	7:7-12	66, 67	8:26-30
25	68	7:13-20	69	8:31-39
26	70, 71	7:21-29	72	9:1-13
27	73	8:1-13	74	9:14-29
28	75, 76	8:14-22	77	9:30-10:4
29	78:1-55	8:23-9:1	78:56-72	10:5-13
30	79	9:2-8	80	10:14-21
31	81	9:9-13	82, 83	11:1-10

FEBRUARY

DAY	MORNING PRAYER		EVENING PRAYER	
	PSALMS	LESSON	PSALMS	LESSON
1	84, 85	Matthew 9:14-26	86	Romans 11:11-16
2	87, 88	9:27-38	89: 1-25	11:17-24
3	89: 26-51	10:1-15	90	11:25-36
4	91	10:16-23	92	12:1-3
5	93, 94	10:24-33	95, 96	12:4-8
6	97, 98	10:34-42	99, 100, 101	12:9-21
7	102	11:1-6	103	13:1-10
8	104:1-18	11:7-19	104:19-35	13:11-14
9	105:1-22	11:20-30	105:23-44	14:1-12
10	106:1-25	12:1-8	106:26-46	14:13-23
11	107:1-22	12:9-21	107:23-43	15:1-6
12	108	12:22-32	109	15: 7-13
13	110, 111	12:33-42	112, 113	15:14-21
14	114, 115	12:43-50	116	15:22-33
15	117, 118:1-13	13:1-23	118:14-29	16:1-16
16	119:1-16	13:24-43	119:17-32	16:17-27
17	119:33-48	13:44-58	119:49-64	1 Corinthians 1:1-9
18	119:65-80	14:1-12	119:81-96	1:10-17
19	119:97-112	14:13-21	119:113-128	1:18-31
20	119:129-144	14:22-36	119:145-160	2:1-5
21	119:161-176	15:1-20	120, 121	2:6-15
22	122, 123	15:21-31	124, 125	3:1-9
23	126, 127, 128	15:32-39	129, 130, 131	3:10-17
24	132, 133	16:1-12	134, 135	3:18-23
25	136	16:13-20	137, 138	4:1-13
26	139	16:21-28	140, 141, 142	4:14-21
27	143	17:1-13	144	5:1-13
28	145	17:14-21	146	6:1-11
29	147, 148	17:22-27	149, 150	6:12-20

MARCH

DAY	MORNING PRAYER		EVENING PRAYER	
	PSALMS	LESSON	PSALMS	LESSON
1	1, 2, 3	Matthew 18:1-9	4, 5	1 Corinthians 7:1-9
2	6, 7	18:10-20	8	7:10-16
3	9	18:21-35	10	7:17-24
4	11, 12	19:1-15	13, 14	7:25-31
5	15, 16	19:16-30	17	7:32-40
6	18:1-25	20:1-16	18: 26-52	8:1-13
7	19, 20	20:17-28	21	9:1-12
8	22	20:29-34	23	9:13-18
9	24	21:1-11	25	9:19-27
10	26	21:12-17	27	10:1-13
11	28, 29	21:18-27	30	10:14-22
12	31	21:28-46	32, 33	10:23-33
13	34	22:1-14	35	11:1-16
14	36, 37:1-17	22:15-22	37: 18-41	11:17-26
15	38	22:23-33	39	11:27-34
16	40	22:34-46	41, 42	12:1-11
17	43	23:1-36	44	12:12-20
18	45, 46	23:37-24:14	47, 48	12:12-31
19	49	24:15-35	50	13:1-13
20	51	24:36-51	52, 53, 54	14:1-12
21	55	25:1-13	56	14:13-25
22	57	25:14-30	58	14:26-40
23	59	25:31-46	60	15:1-11
24	61, 62	26:1-16	63	15:12-19
25	64, 65	26:17-35	66, 67	15:20-28
26	68	26:36-46	69	15:29-41
27	70, 71	26:47-56	72	15:42-49
28	73	26:57-68	74	15:50-58
29	75, 76	26:69-27:10	77	16:1-11
30	78:1-55	27:11-26	78:56-72	16:12-24
31	79	27:27-44	80	2 Corinthians 1:1-11

APRIL

DAY	MORNING PRAYER		EVENING PRAYER	
	PSALMS	LESSON	PSALMS	LESSON
1	81	Matthew 27:45-56	82, 83	2 Corinthians 1:12-20
2	84, 85	27:57-66	86	1:20-2:4
3	87, 88	28:1-10	89: 1-25	2:5-17
4	89: 26-51	28:11-20	90	3:1-6
5	91	Mark 1:1-13	92	3:7-18
6	93, 94	1:14-20	95, 96	4:1-12
7	97, 98	1:21-34	99, 100, 101	4:13-18
8	102	1:35-45	103	5:1-10
9	104:1-18	2:1-12	104:19-35	5:11-21
10	105:1-22	2:13-22	105:23-44	6:1-13
11	106:1-25	2:23-28	106:26-46	6:14-7:1
12	107:1-22	3:1-12	107:23-43	7:2-9
13	108	3:13-35	109	7:10-16
14	110, 111	4:1-20	112, 113	8:1-15
15	114, 115	4:21-34	116	8:16-24
16	117, 118:1-13	4:35-41	118:14-29	9:1-15
17	119:1-16	5:1-20	119:17-32	10:1-18
18	119:33-48	5:21-43	119:49-64	11:1-15
19	119:65-80	6:1-13	119:81-96	11:16-33
20	119:97-112	6:14-29	119:113-128	12:1-10
21	119:129-144	6:30-44	119:145-160	12:11-21
22	119:161-176	6:45-56	120, 121	13:1-14
23	122, 123	7:1-23	124, 125	Galatians 1:1-10
24	126, 127, 128	7:24-30	129, 130, 131	1:11-24
25	132, 133	7:31-37	134, 135	2:1-10
26	136	8:1-13	137, 138	2:11-21
27	139	8:14-26	140, 141, 142	3:1-9
28	143	8:27-9:1	144	3:10-14
29	145	9:2-13	146	3:15-20
30	147, 148	9:14-29	149, 150	3:21-29

MAY

DAY	MORNING PRAYER		EVENING PRAYER	
	PSALMS	LESSON	PSALMS	LESSON
1	1, 2, 3	Mark 9:30-41	4, 5	Galatians 4:1-7
2	6, 7	9:42-50	8	4:8-20
3	9	10:1-16	10	4:21-31
4	11, 12	10:17-31	13, 14	5:1-6
5	15, 16	10:32-45	17	5:7-15
6	18:1-25	10:46-52	18: 26-52	5:16-26
7	19, 20	11:1-19	21	6:1-10
8	22	11:20-33	23	6:11-18
9	24	12:1-12	25	Ephesians 1:1-10
10	26	12:13-17	27	1:11-14
11	28, 29	12:18-27	30	1:15-23
12	31	12:28-34	32, 33	2:1-10
13	34	12:35-44	35	2:11-22
14	36, 37:1-17	13:1-23	37: 18-41	3:1-13
15	38	13:24-36	39	3:14-21
16	40	14:1-11	41, 42	4:1-16
17	43	14:12-21	44	4:17-32
18	45, 46	14:22-31	47, 48	5:1-10
19	49	14:32-52	50	5:11-16
20	51	14:53-65	52, 53, 54	5:17-33
21	55	14:66-72	56	6:1-9
22	57	15:1-15	58	6:10-23
23	59	15:16-32	60	Philippians 1:1-11
24	61, 62	15:33-47	63	1:12-18
25	64, 65	16:1-8	66, 67	1:19-26
26	68	16:9-20	69	1:27-30
27	70, 71	John 1:1-18	72	2:1-11
28	73	1:19-34	74	2:12-18
29	75, 76	1:35-51	77	2:19-30
30	78:1-55	2:1-12	78:56-72	3:1-11
31	79	2:13-25	80	3:12-4:1

JUNE

DAY	MORNING PRAYER		EVENING PRAYER	
	PSALMS	LESSON	PSALMS	LESSON
1	81	John 3:1-21	82, 83	Philippians 4:2-9
2	84, 85	3:22-36	86	4:10-23
3	87, 88	4:1-26	89: 1-25	Colossians 1:1-14
4	89: 26-51	4:27-45	90	1:15-23
5	91	4:46-54	92	1:24-2:5
6	93, 94	5:1-18	95, 96	2:6-15
7	97, 98	5:19-29	99, 100, 101	2:16-23
8	102	5:30-47	103	3:1-4
9	104:1-18	6:1-15	104:19-35	3:5-11
10	105:1-22	6:26-24	105:23-44	3:12-17
11	106:1-25	6:25-51	106:26-46	3:18-4:6
12	107:1-22	6:52-71	107:23-43	4:7-18
13	108	7:1-24	109	1 Thessalonians 1:1-10
14	110, 111	7:25-36	112, 113	2:1-8
15	114, 115	7:37-52	116	2:9-16
16	117, 118:1-13	7:53-8:11	118:14-29	2:17-3:5
17	119:1-16	8:12-20	119:17-32	3:6-13
18	119:33-48	8:21-30	119:49-64	4:1-8
19	119:65-80	8:31-47	119:81-96	4:9-18
20	119:97-112	8:48-59	119:113-128	5:1-11
21	119:129-144	9:1-12	119:145-160	5:12-28
22	119:161-176	9:13-23	120, 121	2 Thessalonians 1:1-12
23	122, 123	9:24-41	124, 125	2:1-12
24	126, 127, 128	10:1-21	129, 130, 131	2:13-17
25	132, 133	10:22-42	134, 135	3:1-5
26	136	11:1-16	137, 138	3:6-18
27	139	11:17-27	140, 141, 142	1 Timothy 1:1-11
28	143	11:28-37	144	1:12-20
29	145	11:38-44	146	2:1-7
30	147, 148	11:45-57	149, 150	2:8-15

JULY

DAY	MORNING PRAYER		EVENING PRAYER	
	PSALMS	LESSON	PSALMS	LESSON
1	1, 2, 3	John 12:1-8	4, 5	1 Timothy 3:1-7
2	6, 7	12:9-19	8	3:8-13
3	9	12:20-36	10	3:14-16
4	11, 12	12:37-43	13, 14	4:1-5
5	15, 16	12:44-50	17	4:6-16
6	18:1-25	13:1-20	18: 26-52	5:1-8
7	19, 20	13:21-30	21	5:9-16
8	22	13:31-38	23	5:17-6:2
9	24	14:1-14	25	6:3-10
10	26	14:15-31	27	6:11-21
11	28, 29	15:1-17	30	2 Timothy 1:1-7
12	31	15:18-16:4	32, 33	1:8-18
13	34	16:5-15	35	2:1-7
14	36, 37:1-17	16:16-24	37: 18-41	2:8-13
15	38	16:25-33	39	2:14-19
16	40	17:1-26	41, 42	2:20-26
17	43	18:1-11	44	3:1-9
18	45, 46	18:12-27	47, 48	3:10-17
19	49	18:28-40	50	4:1-8
20	51	19:1-16	52, 53, 54	4:9-22
21	55	19:17-30	56	Titus 1:1-9
22	57	19:31-42	58	1:10-16
23	59	20:1-10	60	2:1-10
24	61, 62	20:11-18	63	2:11-15
25	64, 65	20:19-31	66, 67	3:1-15
26	68	21:1-14	69	Philemon 1:1-25
27	70, 71	21:15-19	72	Hebrews 1: 1-3
28	73	21:20-25	74	1:3-14
29	75, 76	Luke 1:1-25	77	2:1-4
30	78:1-55	1:26-38	78:56-72	2:5-9
31	79	1:39-56	80	2:10-18

AUGUST

DAY	MORNING PRAYER		EVENING PRAYER	
	PSALMS	LESSON	PSALMS	LESSON
1	81	Luke 1:57-80	82, 83	Hebrews 3:1-6
2	84, 85	2:1-7	86	3:7-13
3	87, 88	2:8-21	89: 1-25	3:14-19
4	89: 26-51	2:22-40	90	4:1-13
5	91	2:41-52	92	4:14-5:4
6	93, 94	3:1-22	95, 96	5:5-10
7	97, 98	3:23-38	99, 100, 101	5:11-6:8
8	102	4:1-13	103	6:9-12
9	104:1-18	4:14-30	104:19-35	6:13-20
10	105:1-22	4:31-37	105:23-44	7:1-10
11	106:1-25	4:38-44	106:26-46	7:11-19
12	107:1-22	5:1-11	107:23-43	7:20-25
13	108	5:12-16	109	7:26-28
14	110, 111	5:17-26	112, 113	8:1-7
15	114, 115	5:27-39	116	8:8-13
16	117, 118:1-13	6:1-11	118:14-29	9:1-10
17	119:1-16	6:12-26	119:17-32	9:11-14
18	119:33-48	6:27-36	119:49-64	9:15-22
19	119:65-80	6:37-42	119:81-96	9:23-28
20	119:97-112	6:43-49	119:113-128	10:1-4
21	119:129-144	7:1-10	119:145-160	10:5-14
22	119:161-176	7:11-17	120, 121	10:15-18
23	122, 123	7:18-35	124, 125	10:19-25
24	126, 127, 128	7:36-50	129, 130, 131	10:26-31
25	132, 133	8:1-15	134, 135	10:32-39
26	136	8:16-25	137, 138	11:1-7
27	139	8:26-39	140	11:8-16
28	141, 142	8:40-56	143	11:17-22
29	144	9:1-17	145	11:23-38
30	146	9:18-27	147	12:1-2
31	148	9:28-36	149, 150	12:3-11

SEPTEMBER

DAY	MORNING PRAYER		EVENING PRAYER	
	PSALMS	LESSON	PSALMS	LESSON
1	1, 2, 3	Luke 9:37-48	4, 5	Hebrews 12:12-17
2	6, 7	9:49-62	8	12:18-24
3	9	10:1-17	10	12:25-29
4	11, 12	10:28-24	13, 14	13:1-6
5	15, 16	10:25-37	17	13:7-16
6	18:1-25	10:38-42	18: 26-52	13:17-25
7	19, 20	11:1-13	21	James 1:1-4
8	22	11:14-28	23	1:5-8
9	24	11:29-36	25	1:9-11
10	26	11:37-54	27	1:12-15
11	28, 29	12:1-12	30	1:16-18
12	31	12:13-21	32, 33	1:19-27
13	34	12:22-34	35	2:1-7
14	36, 37:1-17	12:35-48	37: 18-41	2:8-13
15	38	12:49-59	39	2:14-17
16	40	13:1-9	41, 42	2:18-26
17	43	13:10-21	44	3:1-12
18	45, 46	13:22-30	47, 48	3:13-18
19	49	13:31-35	50	4:1-4
20	51	14:1-14	52, 53, 54	4:5-12
21	55	14:15-24	56	4:13-17
22	57	14:25-35	58	5:1-6
23	59	15:1-10	60	5:7-12
24	61, 62	15:11-32	63	5:13-20
25	64, 65	16:1-15	66, 67	1 Peter 1:1-9
26	68	16:16-31	69	1:10-12
27	70, 71	17:1-10	72	1:13-21
28	73	17:11-19	74	1:22-25
29	75, 76	17:20-37	77	2:1-8
30	78:1-55	18:1-8	78:56-72	2:9-12

OCTOBER

DAY	MORNING PRAYER		EVENING PRAYER	
	PSALMS	LESSON	PSALMS	LESSON
1	79	Luke 18:9-17	80	1 Peter 2:13-17
2	81	18:18-30	82, 83	2:18-25
3	84, 85	18:31-43	86	3:1-7
4	87, 88	19:1-10	89: 1-25	3:8-12
5	89: 26-51	19:11-27	90	3:13-17
6	91	19:28-46	92	3:18-22
7	93, 94	19:47-20:18	95, 96	4:1-6
8	97, 98	20:19-26	99, 100, 101	4:7-11
9	102	20:27-40	103	4:12-19
10	104:1-18	20:41-21:4	104:19-35	5:1-5
11	105:1-22	21:5-19	105:23-44	5:6-14
12	106:1-25	21:20-28	106:26-46	2 Peter 1:1-11
13	107:1-22	21:29-38	107:23-43	1:12-21
14	108	22:1-23	109	2:1-11
15	110, 111	22:24-34	112, 113	2:12-16
16	114, 115	22:35-46	116	2:17-22
17	117, 118:1-13	22:47-53	118:14-29	3:1-7
18	119:1-16	22:54-71	119:17-32	3:8-13
19	119:33-48	23:1-25	119:49-64	3:14-18
20	119:65-80	23:26-43	119:81-96	1 John 1:1-10
21	119:97-112	23:44-49	119:113-128	2:1-6
22	119:129-144	23:50-56	119:145-160	2:7-11
23	119:161-176	24:1-12	120, 121	2:12-17
24	122, 123	24:13-35	124, 125	2:18-27
25	126, 127, 128	24:36-53	129, 130, 131	2:28-3:3
26	132, 133	Acts 1:1-11	134, 135	3:4-10
27	136	1:12-26	137, 138	3:11-18
28	139	2:1-13	140, 141, 142	3:19-24
29	143	2:14-36	144	4:1-6
30	145	2:37-47	146	4:7-12
31	147, 148	3:1-10	149, 150	4:13-21

NOVEMBER

DAY	MORNING PRAYER		EVENING PRAYER	
	PSALMS	LESSON	PSALMS	LESSON
1	1, 2, 3	Acts 3:11-26	4, 5	1 John 5:1-5
2	6, 7	4:1-12	8	5:6-12
3	9	4:13-22	10	5:13-21
4	11, 12	4:23-31	13, 14	2 John 1:1-13
5	15, 16	4:32-37	17	3 John 1:1-15
6	18:1-25	5:1-11	18: 26-52	Jude 1:1-16
7	19, 20	5:12-26	21	1:17-25
8	22	5:27-42	23	Revelation 1:1-3
9	24	6:1-7	25	1:4-8
10	26	6:8-15	27	1:9-20
11	28, 29	7:1-16	30	2:1-7
12	31	7:17-34	32, 33	2:8-11
13	34	7:35-53	35	2:12-17
14	36, 37:1-17	7:54-8:3	37: 18-41	2:18-29
15	38	8:4-25	39	3:1-6
16	40	8:26-40	41, 42	3:7-13
17	43	9:1-19	44	3:14-22
18	45, 46	9:20-31	47, 48	4:1-6
19	49	9:32-43	50	4:7-11
20	51	10:1-23	52, 53, 54	5:1-5
21	55	10:24-33	56	5:6-10
22	57	10:34-48	58	5:11-14
23	59	11:1-18	60	6:1-8
24	61, 62	11:19-30	63	6:9-11
25	64, 65	12:1-17	66, 67	6:12-17
26	68	12:18-25	69	7:1-8
27	70, 71	13:1-25	72	7:9-12
28	73	13:26-43	74	7:13-17
29	75, 76	13:44-14:7	77	8:1-5
30	78:1-55	14:8-28	78:56-72	8:6-12

DECEMBER

DAY	MORNING PRAYER		EVENING PRAYER	
	PSALMS	LESSON	PSALMS	LESSON
1	79	Acts 15:1-21	80	Revelation 8:13-9:12
2	81	15:22-35	82, 83	9:13-21
3	84, 85	15:36-16:5	86	10:1-11
4	87, 88	16:6-24	89: 1-25	11:1-14
5	89: 26-51	16:25-40	90	11:15-19
6	91	17:1-21	92	12:1-6
7	93, 94	17:22-34	95, 96	12:7-17
8	97, 98	18:1-17	99, 100, 101	13:1-10
9	102	18:18-28	103	13:11-18
10	104:1-18	19:1-10	104:19-35	14:1-5
11	105:1-22	19:11-20	105:23-44	14:6-13
12	106:1-25	19:21-41	106:26-46	14:14-20
13	107:1-22	20:1-16	107:23-43	15:1-8
14	108	20:17-38	109	16:1-7
15	110, 111	21:1-16	112, 113	16:8-16
16	114, 115	21:17-26	116	16:17-21
17	117, 118:1-13	21:27-36	118:14-29	17:1-6
18	119:1-16	21:37-22:16	119:17-32	17:7-18
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QUICK START

“About Daily Prayer” and “How to Pray the Daily Office” (pp. 17-24) will give you a sense of where the prayers in this booklet come from, and the rationale behind them. But if you just want to get started praying with this booklet, here’s what you’ll need:

- This booklet.
- A quiet place to pray.
- A Bible with two bookmarks or ribbons: one for the Psalms, and one for the Scripture lesson.

That’s it! Try starting with Morning Prayer (p. 3) sometime before you start the day’s work, and Evening Prayer (p. 7) between dusk and bedtime. Just follow the order of prayer as written — it tells you what to read and say — and make the words your own as you talk to God. The Psalms and Scripture lessons for each day can be found in the Lectionary in this booklet (pp. 25-36). Build in the other prayers throughout the day as you wish. May God bless your prayer.

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The Book of Common Prayer, © 1962 The General Synod of the Anglican Church of Canada.

The New Coverdale Psalter, © 2019 Anglican Church in North America.
St. Augustine’s Prayer Book (rev. ed.), © 1967 Holy Cross Publications.



The day is yours, and the night is yours;
you have prepared the light and the sun.
It is a good thing to give thanks unto the LORD,
and to sing praises unto your Name, O Most High,
To tell of your loving-kindness early in the morning,
and of your faithfulness in the night season.

Psalms 74.16, 92.1-2



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