



PARISHES
BY THE WALL

Living Faith on the Frontier

**An Order for
Morning and Evening Prayer**

for use throughout Hexham Deanery

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Notes

This simple order of Morning and Evening Prayer is designed to allow us, individually or in groups, to focus at this time of uncertainty on God and the needs of those around us.

During this time when there are no acts of public worship in our Parish Churches, it will be said daily at 9am and 5pm in every church in Hexham Deanery. You are invited to pray at home at the same times.

All you need is in this booklet. The psalms and readings set for each day are found at the end of the booklet. If said individually, please say all the words.

If said with others in your home the leader says the normal type words, all others respond with the words in **bold**.

The **Psalms** can be said together or taking a verse each.

The **Gloria** at the end of the Psalm is said together.

The **Gospel Canticle** is said together.

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¶ An Order for Morning Prayer

Preparation

O Lord, open our lips

All and our mouth shall proclaim your praise.

Blessed are you, creator of all,
to you be praise and glory for ever.
As your dawn renews the face of the earth
bringing light and life to all creation,
may we rejoice in this day you have made;
as we wake refreshed from the depths of sleep,
open our eyes to behold your presence
and strengthen our hands to do your will,
that the world may rejoice and give you praise.
Blessed be God, Father, Son and Holy Spirit.

All Blessed be God for ever.

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Silence is kept.

As we rejoice in the gift of this new day,
so may the light of your presence, O God,
set our hearts on fire with love for you;
now and for ever.

All Amen.

The Word of God

The Psalm and Scripture reading set for each day are found between pages 9-22

Silence for reflection may be kept

Gospel Canticle

**All Blessed be the Lord the God of Israel,
who has come to his people and set them free.
He has raised up for us a mighty Saviour,
born of the house of his servant David.
Through his holy prophets God promised of old
to save us from our enemies,
from the hands of all that hate us,
To show mercy to our ancestors,
and to remember his holy covenant.
This was the oath God swore to our father Abraham:
to set us free from the hands of our enemies,**

Free to worship him without fear,
holy and righteous in his sight all the days of our life.

And you, child,
shall be called the prophet of the Most High,
for you will go before the Lord to prepare his way,
To give his people knowledge of salvation
by the forgiveness of all their sins.
In the tender compassion of our God
the dawn from on high shall break upon us,
To shine on those who dwell in darkness
and the shadow of death,
and to guide our feet into the way of peace.

Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.

Prayers

These or other prayers are offered

Almighty and everlasting God,
we thank you that you have brought us safely
to the beginning of this day.
Keep us from falling into sin
or running into danger;
order us in all our doings
and guide us to do always
what is righteous in your sight;
through Jesus Christ our Lord.

All **Amen.**

Gracious Father,
renew the Church in our day
and make your Parishes by the Wall
holy, fruitful, and faithful,
for your glory's sake

All **Amen**

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord.

All **Amen.**

Let us pray with confidence as our Saviour has taught us

All **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,
the power and the glory,
for ever and ever.
Amen.**

The Conclusion

The Lord bless us, and preserve us from all evil,
and keep us in eternal life..

All **Amen.**

Let us bless the Lord.

All **Thanks be to God.**

¶ **An Order for Evening Prayer**

Preparation

O Lord, open our lips

All and our mouth shall proclaim your praise.

Blessed are you, Lord God, creator of day and night:
to you be praise and glory for ever.

As darkness falls you renew your promise
to reveal among us the light of your presence.

By the light of Christ, your living Word,
dispel the darkness of our hearts
that we may walk as children of light
and sing your praise throughout the world.
Blessed be God, Father, Son and Holy Spirit:

All Blessed be God for ever.

That this evening may be holy, good and peaceful,
let us pray with one heart and mind.

Silence is kept.

As our evening prayer rises before you, O God,
so may your mercy come down upon us
to cleanse our hearts
and set us free to sing your praise
now and for ever.

All Amen.

The Word of God

The Psalm and Scripture reading set for each day are found between pages 9-22

Silence for reflection may be kept

Gospel Canticle

**All My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Saviour;
he has looked with favour on his lowly servant.
From this day all generations will call me blessed;
the Almighty has done great things for me
and holy is his name.**

**He has mercy on those who fear him,
from generation to generation.
He has shown strength with his arm
and has scattered the proud in their conceit,
Casting down the mighty from their thrones**

and lifting up the lowly.
He has filled the hungry with good things
and sent the rich away empty.

He has come to the aid of his servant Israel,
to remember his promise of mercy,
The promise made to our ancestors,
to Abraham and his children for ever.

Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever.
Amen.

Prayers

These or other prayers are offered

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord.

All Amen.

Merciful God,
we entrust to your unfailing and tender care this night
those who are ill or in pain,
knowing that whenever danger threatens
your everlasting arms are there to hold us safe.
Comfort and heal them,
and restore them to health and strength;
through Jesus Christ our Lord.

All Amen.

O Lord,
support us all the day long of this troublous life,
until the shades lengthen and the evening comes,
the busy world is hushed,
the fever of life is over and our work is done;
then Lord, in thy mercy, grant us safe lodging,
a holy rest, and peace at the last,
through Jesus Christ our Lord.

All Amen.

Let us pray with confidence as our Saviour has taught us

All 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,
the power and the glory,
for ever and ever.
Amen.

The Conclusion

All 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.

Let us bless the Lord.

All Thanks be to God.

Psalms and Readings

Sunday – Morning Prayer

PSALM 19

- 1 The heavens are telling the glory of God ♦
and the firmament proclaims his handiwork.
- 2 One day pours out its song to another ♦
and one night unfolds knowledge to another.
- 3 They have neither speech nor language ♦
and their voices are not heard,
- 4 Yet their sound has gone out into all lands ♦
and their words to the ends of the world.
- 5 In them has he set a tabernacle for the sun, ♦
that comes forth as a bridegroom out of his chamber
and rejoices as a champion to run his course.
- 6 It goes forth from the end of the heavens
and runs to the very end again, ♦
and there is nothing hidden from its heat.
- 7 The law of the Lord is perfect, reviving the soul; ♦
the testimony of the Lord is sure
and gives wisdom to the simple.
- 8 The statutes of the Lord are right and rejoice the heart; ♦
the commandment of the Lord is pure and gives light to the eyes.
- 9 The fear of the Lord is clean and endures for ever; ♦
the judgements of the Lord are true and righteous altogether.
- 10 More to be desired are they than gold,
more than much fine gold, ♦
sweeter also than honey, dripping from the honeycomb.
- 11 By them also is your servant taught ♦
and in keeping them there is great reward.
- 12 Who can tell how often they offend? ♦
cleanse me from my secret faults!
- 13 Keep your servant also from presumptuous sins
lest they get dominion over me; ♦
so shall I be undefiled, and innocent of great offence.
- 14 Let the words of my mouth and the meditation of my heart
be acceptable in your sight, ♦
O Lord, my strength and my redeemer.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

GENESIS 1.1-5

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, 'Let there be light'; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

Sunday – Evening Prayer

PSALM 34

- 1 I will bless the Lord at all times; ♦
his praise shall ever be in my mouth.
- 2 My soul shall glory in the Lord; ♦
let the humble hear and be glad.
- 3 O magnify the Lord with me; ♦
let us exalt his name together.
- 4 I sought the Lord and he answered me ♦
and delivered me from all my fears.
- 5 Look upon him and be radiant ♦
and your faces shall not be ashamed.
- 6 This poor soul cried, and the Lord heard me ♦
and saved me from all my troubles.
- 7 The angel of the Lord encamps around those who fear him ♦
and delivers them.
- 8 O taste and see that the Lord is gracious; ♦
blessed is the one who trusts in him.
- 9 Fear the Lord, all you his holy ones, ♦
for those who fear him lack nothing.
- 10 Lions may lack and suffer hunger, ♦
but those who seek the Lord lack nothing that is good.
- 11 Come, my children, and listen to me; ♦
I will teach you the fear of the Lord.
- 12 Who is there who delights in life ♦
and longs for days to enjoy good things?
- 13 Keep your tongue from evil ♦
and your lips from lying words.
- 14 Turn from evil and do good; ♦
seek peace and pursue it.
- 15 The eyes of the Lord are upon the righteous ♦
and his ears are open to their cry.
- 16 The face of the Lord is against those who do evil, ♦
to root out the remembrance of them from the earth.

- 17 The righteous cry and the Lord hears them ♦
and delivers them out of all their troubles.
- 18 The Lord is near to the brokenhearted ♦
and will save those who are crushed in spirit.
- 19 Many are the troubles of the righteous; ♦
from them all will the Lord deliver them.
- 20 He keeps all their bones, ♦
so that not one of them is broken.
- 21 But evil shall slay the wicked ♦
and those who hate the righteous will be condemned.
- 22 The Lord ransoms the life of his servants ♦
and will condemn none who seek refuge in him.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

REVELATION 21.1-4

I, John, saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, 'See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.'

Monday – Morning Prayer

PSALM 126

- 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 songs of joy.
- 3 Then said they among the nations, ♦
'The Lord has done great things for them.'
- 4 The Lord has indeed done great things for us, ♦
and therefore we rejoiced.
- 5 Restore again our fortunes, O Lord, ♦
as the river beds of the desert.
- 6 Those who sow in tears ♦
shall reap with songs of joy.
- 7 Those who go out weeping, bearing the seed, ♦
will come back with shouts of joy,
bearing their sheaves with them.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

ISAIAH 49.1B-4

The Lord called me before I was born, while I was in my mother's womb he named me. He made my mouth like a sharp sword, in the shadow of his hand he hid me; he made me a polished arrow, in his quiver he hid me away. And he said to me, 'You are my servant, Israel, in whom I will be glorified.' But I said, 'I have laboured in vain, I have spent my strength for nothing and vanity; yet surely my cause is with the Lord, and my reward with my God.'

Monday – Evening Prayer

PSALM 65

- 1 Praise is due to you, O God, in Zion; ♦
to you that answer prayer shall vows be paid.
- 2 To you shall all flesh come to confess their sins; ♦
when our misdeeds prevail against us, you will purge them away.
- 3 Happy are they whom you choose
and draw to your courts to dwell there. ♦
We shall be satisfied with the blessings of your house,
even of your holy temple.
- 4 With wonders you will answer us in your righteousness,
O God of our salvation, ♦
O hope of all the ends of the earth and of the farthest seas.
- 5 In your strength you set fast the mountains ♦
and are girded about with might.
- 6 You still the raging of the seas, ♦
the roaring of their waves and the clamour of the peoples.
- 7 Those who dwell at the ends of the earth
tremble at your marvels; ♦
the gates of the morning and evening sing your praise.
- 8 You visit the earth and water it; ♦
you make it very plenteous.
- 9 The river of God is full of water; ♦
you prepare grain for your people,
for so you provide for the earth.
- 10 You drench the furrows and smooth out the ridges; ♦
you soften the ground with showers and bless its increase.
- 11 You crown the year with your goodness, ♦
and your paths overflow with plenty.
- 12 May the pastures of the wilderness flow with goodness ♦
and the hills be girded with joy.

- 13 May the meadows be clothed with flocks of sheep ♦
and the valleys stand so thick with corn
that they shall laugh and sing.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

John 14.1-6

Jesus said to the disciples, 'Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.' Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me.'

Tuesday – Morning Prayer

PSALM 17: 1-8

- 1 Hear my just cause, O Lord; consider my complaint; ♦
listen to my prayer, which comes not from lying lips.
- 2 Let my vindication come forth from your presence; ♦
let your eyes behold what is right.
- 3 Weigh my heart, examine me by night, ♦
refine me, and you will find no impurity in me.
- 4 My mouth does not trespass for earthly rewards; ♦
I have heeded the words of your lips.
- 5 My footsteps hold fast in the ways of your commandments; ♦
my feet have not stumbled in your paths.
- 6 I call upon you, O God, for you will answer me; ♦
incline your ear to me, and listen to my words.
- 7 Show me your marvellous loving-kindness, ♦
O Saviour of those who take refuge at your right hand
from those who rise up against them.
- 8 Keep me as the apple of your eye; ♦
hide me under the shadow of your wings,

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

ISAIAH 35.2c-6

They shall see the glory of the Lord, the majesty of our God. Strengthen the weak hands, and make firm the feeble knees. Say to those who are of a fearful heart, 'Be strong, do not fear! Here is your God. He will come

with vengeance, with terrible recompense. He will come and save you.' Then the eyes of the blind shall be opened, and the ears of the deaf unstopped; then the lame shall leap like a deer, and the tongue of the speechless sing for joy. For waters shall break forth in the wilderness, and streams in the desert.

Tuesday – Evening Prayer

PSALM 16

- 1 Preserve me, O God, for in you have I taken refuge; ♦
I have said to the Lord, 'You are my lord,
all my good depends on you.'
- 2 All my delight is upon the godly that are in the land, ♦
upon those who are noble in heart.
- 3 Though the idols are legion that many run after, ♦
their drink offerings of blood I will not offer,
neither make mention of their names upon my lips.
- 4 The Lord himself is my portion and my cup; ♦
in your hands alone is my fortune.
- 5 My share has fallen in a fair land; ♦
indeed, I have a goodly heritage.
- 6 I will bless the Lord who has given me counsel, ♦
and in the night watches he instructs my heart.
- 7 I have set the Lord always before me; ♦
he is at my right hand; I shall not fall.
- 8 Wherefore my heart is glad and my spirit rejoices; ♦
my flesh also shall rest secure.
- 9 For you will not abandon my soul to Death, ♦
nor suffer your faithful one to see the Pit.
- 10 You will show me the path of life;
in your presence is the fullness of joy ♦
and in your right hand are pleasures for evermore.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

PHILIPPIANS 4.8-9

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Wednesday – Morning Prayer

PSALM 48

- 1 Great is the Lord and highly to be praised, ♦
in the city of our God.
- 2 His holy mountain is fair and lifted high, ♦
the joy of all the earth.
- 3 On Mount Zion, the divine dwelling place, ♦
stands the city of the great king.
- 4 In her palaces God has shown himself ♦
to be a sure refuge.
- 5 For behold, the kings of the earth assembled ♦
and swept forward together.
- 6 They saw, and were dumbfounded; ♦
dismayed, they fled in terror.
- 7 Trembling seized them there;
they writhed like a woman in labour, ♦
as when the east wind shatters the ships of Tarshish.
- 8 As we had heard, so have we seen
in the city of the Lord of hosts, the city of our God: ♦
God has established her for ever.
- 9 We have waited on your loving-kindness, O God, ♦
in the midst of your temple.
- 10 As with your name, O God,
so your praise reaches to the ends of the earth; ♦
your right hand is full of justice.
- 11 Let Mount Zion rejoice and the daughters of Judah be glad, ♦
because of your judgements, O Lord.
- 12 Walk about Zion and go round about her;
count all her towers; ♦
consider well her bulwarks; pass through her citadels,
- 13 That you may tell those who come after
that such is our God for ever and ever. ♦
It is he that shall be our guide for evermore.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

ISAIAH 61.1-3A

The spirit of the Lord God is upon me, because the Lord has anointed me; he has sent me to bring good news to the oppressed, to bind up the broken-hearted, to proclaim liberty to the captives, and release to the prisoners; to proclaim the year of the Lord's favour, and the day of vengeance of our God; to comfort all who

mourn; to provide for those who mourn in Zion – to give them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a faint spirit.

Wednesday – Evening Prayer

PSALM 2

- 1 Why are the nations in tumult, ♦
and why do the peoples devise a vain plot?
- 2 The kings of the earth rise up,
and the rulers take counsel together, ♦
against the Lord and against his anointed:
- 3 ‘Let us break their bonds asunder ♦
and cast away their cords from us.’
- 4 He who dwells in heaven shall laugh them to scorn; ♦
the Lord shall have them in derision.
- 5 Then shall he speak to them in his wrath ♦
and terrify them in his fury:
- 6 ‘Yet have I set my king ♦
upon my holy hill of Zion.’
- 7 I will proclaim the decree of the Lord; ♦
he said to me: ‘You are my Son; this day have I begotten you.
- 8 ‘Ask of me and I will give you the nations for your inheritance ♦
and the ends of the earth for your possession.
- 9 ‘You shall break them with a rod of iron ♦
and dash them in pieces like a potter’s vessel.’
- 10 Now therefore be wise, O kings; ♦
be prudent, you judges of the earth.
- 11 Serve the Lord with fear, and with trembling kiss his feet, ♦
lest he be angry and you perish from the way,
for his wrath is quickly kindled.
- 12 Happy are all they ♦
who take refuge in him.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

COLOSSIANS 3.16,17

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Thursday – Morning Prayer

PSALM 133

- 1 Behold how good and pleasant it is ♦
to dwell together in unity.
- 2 It is like the precious oil upon the head, ♦
running down upon the beard,
- 3 Even on Aaron's beard, ♦
running down upon the collar of his clothing.
- 4 It is like the dew of Hermon ♦
running down upon the hills of Zion.
- 5 For there the Lord has promised his blessing: ♦
even life for evermore.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

DEUTERONOMY 15.7,8,10,11

If there is among you anyone in need, a member of your community in any of your towns within the land that the Lord your God is giving you, do not be hard-hearted or tight-fisted towards your needy neighbour. You should rather open your hand, willingly lending enough to meet the need, whatever it may be. Give liberally and be ungrudging when you do so, for on this account the Lord your God will bless you in all your work and in all that you undertake. Since there will never cease to be some in need on the earth, I therefore command you, 'Open your hand to the poor and needy neighbour in your land.'

Thursday – Evening Prayer

PSALM 90

- 1 Lord, you have been our refuge ♦
from one generation to another.
- 2 Before the mountains were brought forth,
or the earth and the world were formed, ♦
from everlasting to everlasting you are God.
- 3 You turn us back to dust and say: ♦
'Turn back, O children of earth.'
- 4 For a thousand years in your sight are but as yesterday ♦
which passes like a watch in the night.
- 5 You sweep them away like a dream; ♦
they fade away suddenly like the grass.
- 6 In the morning it is green and flourishes; ♦
in the evening it is dried up and withered.
- 7 For we consume away in your displeasure; ♦
we are afraid at your wrathful indignation.

- 8 You have set our misdeeds before you ♦
and our secret sins in the light of your countenance.
- 9 When you are angry, all our days are gone; ♦
our years come to an end like a sigh.
- 10 The days of our life are three score years and ten,
or if our strength endures, even four score; ♦
yet the sum of them is but labour and sorrow,
for they soon pass away and we are gone.
- 11 Who regards the power of your wrath ♦
and your indignation like those who fear you?
- 12 So teach us to number our days ♦
that we may apply our hearts to wisdom.
- 13 Turn again, O Lord; how long will you delay? ♦
Have compassion on your servants.
- 14 Satisfy us with your loving-kindness in the morning, ♦
that we may rejoice and be glad all our days.
- 15 Give us gladness for the days you have afflicted us, ♦
and for the years in which we have seen adversity.
- 16 Show your servants your works, ♦
and let your glory be over their children.
- 17 May the gracious favour of the Lord our God be upon us; ♦
prosper our handiwork; O prosper the work of our hands.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

EPHESIANS 2.19-22

You are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

Friday – Morning Prayer

PSALM 23

- 1 The Lord is my shepherd; ♦
therefore can I lack nothing.
- 2 He makes me lie down in green pastures ♦
and leads me beside still waters.
- 3 He shall refresh my soul ♦
and guide me in the paths of righteousness for his name's sake.

- 4 Though I walk through the valley of the shadow of death,
I will fear no evil; ♦
for you are with me; your rod and your staff, they comfort me.
- 5 You spread a table before me
in the presence of those who trouble me; ♦
you have anointed my head with oil and my cup shall be full.
- 6 Surely goodness and loving mercy shall follow me
all the days of my life, ♦
and I will dwell in the house of the Lord for ever.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

ISAIAH 57.15-19

Thus says the high and lofty one who inhabits eternity, whose name is Holy: I dwell in the high and holy place, and also with those who are contrite and humble in spirit, to revive the spirit of the humble, and to revive the heart of the contrite. For I will not continually accuse, nor will I always be angry; for then the spirits would grow faint before me, even the souls that I have made. Because of their wicked covetousness I was angry; I struck them, I hid and was angry; but they kept turning back to their own ways. I have seen their ways, but I will heal them; I will lead them and repay them with comfort, creating for their mourners the fruit of the lips. Peace, peace, to the far and the near, says the Lord; and I will heal them.

Friday – Evening Prayer

PSALM 124

- 1 If the Lord himself had not been on our side, ♦
now may Israel say;
- 2 If the Lord had not been on our side, ♦
when enemies rose up against us;
- 3 Then would they have swallowed us alive ♦
when their anger burned against us;
- 4 Then would the waters have overwhelmed us
and the torrent gone over our soul; ♦
over our soul would have swept the raging waters.
- 5 But blessed be the Lord ♦
who has not given us over to be a prey for their teeth.
- 6 Our soul has escaped
as a bird from the snare of the fowler; ♦
the snare is broken and we are delivered.
- 7 Our help is in the name of the Lord, ♦
who has made heaven and earth.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

ROMANS 19.9-12

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.

Saturday – Morning Prayer

PSALM 63: 1-8

- 1 O God, you are my God; eagerly I seek you; ♦
my soul is athirst for you.
- 2 My flesh also faints for you, ♦
as in a dry and thirsty land where there is no water.
- 3 So would I gaze upon you in your holy place, ♦
that I might behold your power and your glory.
- 4 Your loving-kindness is better than life itself ♦
and so my lips shall praise you.
- 5 I will bless you as long as I live ♦
and lift up my hands in your name.

- 6 My soul shall be satisfied, as with marrow and fatness, ♦
and my mouth shall praise you with joyful lips,
- 7 When I remember you upon my bed ♦
and meditate on you in the watches of the night.
- 8 For you have been my helper ♦
and under the shadow of your wings will I rejoice.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

ISAIAH 11.6–9

The wolf shall live with the lamb, the leopard shall lie down with the kid, the calf and the lion and the fatling together, and a little child shall lead them. The cow and the bear shall graze, their young shall lie down together; and the lion shall eat straw like the ox. The nursing child shall play over the hole of the asp, and the weaned child shall put its hand on the adder's den. They will not hurt or destroy on all my holy mountain; for the earth will be full of the knowledge of the Lord as the waters cover the sea.

Saturday – Evening Prayer

PSALM 138

- 9 I will give thanks to you, O Lord, with my whole heart; ♦
before the gods will I sing praise to you.
- 10 I will bow down towards your holy temple
and praise your name,
because of your love and faithfulness; ♦
for you have glorified your name
and your word above all things.
- 11 In the day that I called to you, you answered me; ♦
you put new strength in my soul.
- 12 All the kings of the earth shall praise you, O Lord, ♦
for they have heard the words of your mouth.
- 13 They shall sing of the ways of the Lord, ♦
that great is the glory of the Lord.
- 14 Though the Lord be high, he watches over the lowly; ♦
as for the proud, he regards them from afar.
- 15 Though I walk in the midst of trouble,
you will preserve me; ♦
you will stretch forth your hand against the fury of my enemies;
your right hand will save me.
- 16 The Lord shall make good his purpose for me; ♦
your loving-kindness, O Lord, endures for ever;
forsake not the work of your hands.

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

**as it was in the beginning is now
and shall be for ever. Amen.**

LUKE 12.22-31

Jesus said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.