

Saint
Oswald's
Prayer
Book



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*Let my prayer be counted as incense before you,
and the lifting up of my hands as an evening sacrifice.*
- Psalm 141.2

*Rejoice always, pray without ceasing, give thanks in all
circumstances; for this is the will of God in Christ Jesus for you.*
- 1 Thessalonians 5.16-18

St Oswald's Church, Maybole
United Diocese of Glasgow & Galloway
Scottish Episcopal Church

At the time this booklet has been created, churches have suspended services as a result of the coronavirus pandemic. We have found ourselves in an alien situation of being unable to physically gather to worship and to enjoy fellowship as we are accustomed.

This has led to many new online acts of worship such as the live streaming of services. However, there are many who are unable to access these. This booklet aims to provide a guide to those who are not able to take part in online services as well as an additional resource for those who can.

Although this booklet has been created particularly for this time when services are suspended, it could be used as an aid to our prayer life at any time.

The Daily Offices: Morning, Evening & Night Prayer

The simple forms of morning, evening and night prayer given here are designed to encourage attentive prayer. The words are few, and are meant to be repeated slowly, quietly and reflectively, so that they may become part of us and may give voice to our own prayer. Our prayer becomes the prayer of Christ's people; Christ's people's prayer becomes our prayer.

Ample opportunity should be taken for silence. Silence allows Christ's words to touch and to mingle with the thoughts of our hearts.

It has always been the Christian custom to pray with Christ at the beginning and at the end of each day. The morning is the time of his resurrection; as the new light breaks we pray to be made new in him. The evening is the time of his descent from the cross; as the sun sets we pray to find our final rest in him.

The order for these simple forms of morning, evening and night prayer is as follows:

- I. Invocation: calling upon God.
- II. Psalmody and Scripture: a Psalm followed by a short reading from Scripture.
- III. Canticle and prayer: a canticle (a hymn, chant or song in Scripture from outside of the Psalms) followed by a time of prayer.

The structure is a very ancient one and has therefore been tested through long Christian experience. It is offered here in simple form in the hope that it may encourage all who use it to 'keep on praying and not to lose heart'.

Spiritual Communion

A key aspect of the liturgical life of the Scottish Episcopal Church is the regular sharing of word and sacrament in eucharistic worship (Holy Communion). Due to current restrictions, we are unable to share in this sacrament together.

However, we can practice 'spiritual communion' – the intentional act of linking our prayer with the whole Church, and receiving Communion in the Holy Spirit, either because we are physically unable to receive it in bread and wine or because circumstances prevent us from being physically present. This practice has a long tradition going back to the early Church, especially in times of persecution.

Throughout this booklet, the words in bold can be said by all or can be used as a response if there is more than one person praying.

I INVOCATION

O Lord open our lips;
and our mouths shall proclaim your praise.

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.

II PSALMODY AND SCRIPTURE

If you have access to the lectionary, you can find the readings allocated for each day. Otherwise, you can use the list of suggested readings below or a Psalm and reading of your choosing.

Advent:	Psalm 97	Romans 13.11-12
Christmas:	Psalm 98	Hebrews 1.1-2
Lent:	Psalm 51	1 Thessalonians 4.1 & 7
Easter:	Psalm 150	Acts 10.40-41
Ascension to Pentecost:	Psalm 104	Acts 5.30-32
Other days		
Option 1:	Psalm 43	Lamentations 3.22-25
Option 2:	Psalm 46	2 Corinthians 4.5-6
Option 3:	Psalm 63	Ephesians 5:9,13,14
Option 4:	Psalm 145	Hosea 6.1-3

III CANTICLE AND PRAYER

Benedictus: The Song of Zechariah

Luke 1.68-79

- 1 Blessed be the Lord the God of Israel:
for he has come to his people and set them free.
- 2 He has raised up for us a mighty saviour:
born of the house of his servant David.
- 3 Through his holy prophets he promised of old:
that he would save us from our enemies,
from the hands of all that hate us.
- 4 He promised to show mercy to our fathers:
and to remember his holy covenant.
- 5 This was the oath he 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.
- 7 You my 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.
- 9 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.**

A time of prayer or silence, followed by:

Kyrie

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

The Lord's Prayer

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

Give us today our daily bread.

**Forgive us our sins
as we forgive those who sin against us.**

**Do not bring us to the time of trial
but deliver us from evil.**

**For the kingdom,
the power and the glory are yours,
now and for ever.**

Amen.

Collect

God most holy, we give you thanks for bringing us out of the shadow of night into the light of morning; and we ask you for the joy of spending this day in your service, so that when evening comes, we may once more give you thanks, through Jesus Christ, your Son, our Lord.

Amen.

Evening Prayer

I INVOCATION

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 shall be for ever. Amen.

II PSALMODY AND SCRIPTURE

If you have access to the lectionary, you can find the readings allocated for each day. Otherwise, you can use the list of suggested readings below or a Psalm and reading of your choosing.

Advent:	Psalm 75	I Thessalonians 5.23-24
Christmas:	Psalm 113	Galatians 4.4-5
Lent:	Psalm 130	I Corinthians 9.24-25
Easter:	Psalm 114	Ephesians 2.4-6
Ascension to Pentecost:	Psalm 23	Romans 8.11
Other Days		
Option 1:	Psalm 103	Matthew 11.28-30
Option 2:	Psalm 111	Romans 11.33-36
Option 3:	Psalm 139	Matthew 6.19-21
Option 4:	Psalm 147	Mark 4.30-32

III CANTICLE AND PRAYER

Magnificat: The Song of Mary

Luke 1.46-55

- 1 My soul proclaims the greatness of the Lord:
my spirit rejoices in God my Saviour;
- 2 for he has looked with favour on his lowly servant:
from this day all generations will call me blessed;
- 3 the Almighty has done great things for me:
and holy is his name.
- 4 He has mercy on those who fear him:
in every generation.
- 5 He has shown the strength of his arm:
he has scattered the proud in their conceit.
- 6 He has cast down the mighty from their thrones:
and has lifted up the lowly.
- 7 He has filled the hungry with good things:
and the rich he has sent away empty.
- 8 He has come to the help of his servant Israel:
for he has remembered his promise of mercy,
- 9 the promise he made to our fathers:
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.**

A time of prayer or silence, followed by:

Kyrie

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

Lord's Prayer

Our Father in heaven,

hallowed be your name,

your kingdom come,

your will be done,

on earth as in heaven.

Give us today our daily bread.

Forgive us our sins

as we forgive those who sin against us.

Do not bring us to the time of trial

but deliver us from evil.

For the kingdom,

the power and the glory are yours,

now and for ever.

Amen.

Collect

Lord, God almighty, come and dispel the darkness from our hearts, that in the radiance of your brightness we may know you, the only unfading light, glorious in all eternity.

Amen.

Night Prayer (Compline)

I INVOCATION

The Lord almighty grant us a quiet night and a perfect end. **Amen.**

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 shall be for ever. Amen.

Alleluia! (omitted in Lent)

II PSALMODY AND SCRIPTURE

Sundays:	Psalm 91	Revelation 22.4-5
Mondays:	Psalm 86	I Thessalonians. 5.9-10
Tuesdays:	Psalm 143	I Peter 5.8-9
Wednesdays:	Psalms 31.1-5 & 130	Ephesians 4.26
Thursdays:	Psalm 16	I Peter 5.6-7
Fridays:	Psalm 88	Jeremiah 14.9
Saturdays:	Psalms 4 & 134	Isaiah 30.15

III CANTICLE AND PRAYER

Nunc Dimittis: The Song of Simeon

Luke 2.29-32

Antiphon:

Preserve us, O Lord, while waking, and guard us while sleeping,
**that awake we may watch with Christ,
and asleep we may rest in peace.**

- 1 Now, Lord, you let your servant go in peace;
your word has been fulfilled.
- 2 My own eyes have seen the salvation
which you have prepared in the sight of every people;
- 3 A light to reveal you to 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 shall be for ever. Amen.**

Antiphon:

**Preserve us, O Lord, while waking, and guard us while
sleeping, that awake we may watch with Christ, and asleep we
may rest in peace.**

A time of prayer or silence.

Collect

Lighten our darkness, Lord, we pray; and in your mercy defend us from
all perils and dangers of this night; for the love of your only Son, our
Saviour, Jesus Christ. **Amen.**

Conclusion

May the almighty and merciful Lord, the Father,
the Son and the Holy Spirit, bless and keep us. **Amen.**

An Act of Spiritual Communion

You might like to find a cross or light a candle as a focus for prayer. If you have a candle that was blessed on the Feast of Candlemas at St Oswald's, you could light this. These prayers are particularly suitable for Sunday mornings, remembering when we would gather physically as the people of God, but knowing that the Eucharist is still being celebrated for our church community.

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

Prayers of Penitence and Forgiveness

O Lord, all we long for is before you;
and our deep sighing is not hidden from you.

But we acknowledge our wickedness;
we are filled with sorrow at our sin.

Be pleased O Lord, to deliver us;
O Lord, make haste to help us.

**May the Lord forgive what we have been,
help us to amend what we are
and direct what we shall be,
through Jesus Christ our Lord.
Amen.**

Readings

Read the following words from Scripture. If you have access to the day's readings for Holy Communion, you may wish to read and reflect on them.

Jesus said, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.' – *John 6.35*

Prayers

An opportunity for personal prayer: for the world and its people, for those who suffer and those in need, for the Church and its members.

Concluding with:

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.

Prayers for Spiritual Communion

God of unending love, you are present to us in Word and Sacrament. With all around the world who gather to worship, I offer you my praise and thanksgiving; and though I cannot eat the bread of God, or drink the royal wine of heaven, I pray that I may know the fountain of your love pouring upon me and your incarnate presence encompassing me behind and before, that through the power of your Spirit, I may rejoice in the sure and certain hope that I abide in your wondrous love now and for all eternity, in Jesus Christ our Lord. **Amen.**

Closing Prayer

The Lord bless us and keep us.
The Lord make his face to shine upon us and be gracious to us.
The Lord lift up his countenance upon us and give us peace.
Amen.

The Prayer of Examen

The Examen is a spiritual practice of prayerful reflection on the events of the day in order to detect God's presence and discern God's direction for us. It is an ancient monastic practice that is particularly associated with Saint Ignatius of Loyola (1491-1556), who described it in his text of spiritual exercises. Ignatius was a Spanish priest and theologian and 'examen' is the Spanish word for 'examination'.

By regularly spending 15-20 minutes praying the Examen at the end of the day, you may begin to more easily notice God's presence in the moment rather than just on reflection at the end of the day.

1. Presence

Remember that you're in the presence of God in a special way when you pray. Ask God for help in prayer.

2. Gratitude

Recall two or three things that happened today for which you are especially grateful. Savour them. Thank God for these gifts.

3. Review

Review your day from start to finish, noticing where you experienced God's presence. Notice everything from large to small: from an enjoyable interaction with a friend to the feel of the sun on your face. When did you love? When were you loved?

4. Sorrow

You may have sinned today or done something you regret. Express your sorrow to God and ask for forgiveness.

5. Grace

You may want to return to a meaningful part of your prayer and speak to God about how you felt. At the close of the prayer, ask for God's grace for the following day.

Prayers for use during the pandemic

The doors of the house where the disciples had met were locked.

- John 20.19

Ever-present God,
be with us in our isolation,
be close to us in our distancing,
be healing in our sickness,
be joy in our sadness,
be light in our darkness,
be wisdom in our confusion,
be all that is familiar when all is unfamiliar,
that when the doors reopen
we may with the zeal of Pentecost
inhabit our communities
and speak of your goodness
to an emerging world.
For Jesus' sake.

(A prayer by Andrew Nunn, Dean of Southwark)

On Sundays, starting on Sunday 22nd March 2020 (National Day of Prayer) Christians from across Scotland have been lighting a candle and placing it in their window at 7pm. This is in response to the coronavirus pandemic.

The lighting of the candle acts as a sign of Christians of all denominations in Scotland joining in prayerful solidarity. The candle acts as a visible symbol of the light of life, Jesus Christ, the source of hope in this life.

The following prayer can be used when lighting the candle:

For all that is good in life, thank you,
For the love of family and friends, thank you,
For the kindness of good neighbour and Samaritan stranger, thank you.

May those who are vulnerable,
hungry or homeless, experience support,
May those who are sick, know healing,
May those who are anxious or bereaved, sense comfort.

Bless and guide political leaders and decision-makers, with wisdom,
Bless and guide health workers and key workers,
with strength and well-being,
Bless and guide each one of us, as we adapt to a new way of living.

And may the light shining from our windows,
across road and wynd, glen and ben, kyle and isle,
be reflected in our hearts and hands and hopes.

Through Jesus Christ our Lord, Amen.

Personal Prayers

Lord Jesus Christ, you said to your disciples,
'I am with you always'.
Be with me today, as I offer myself to you.
Hear my prayers for others and for myself,
and keep me in your care.

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

From St Patrick's Breastplate

I am giving you worship with all my life,
I am giving you obedience with all my power,
I am giving you praise with all my strength,
I am giving you honour with all my speech.
I am giving you love with all my heart,
I am giving you affection with all my sense,
I am giving you my being with all my mind,
I am giving you my soul, O most high and holy God.
Praise to the Father,
Praise to the Son,
Praise to the Spirit,
The Three in One.

*Adapted from Alexander Carmichael,
Carmina Gadelica (1900)*

Lord Jesus Christ,
Son of the living God,
have mercy on me, a sinner.

The Jesus Prayer

O gracious and holy Father,
give us wisdom to perceive you,
diligence to seek you,
patience to wait for you,
eyes to behold you,
a heart to meditate upon you,
and a life to proclaim you,
through the power of the spirit
of Jesus Christ our Lord.

St Benedict

Before going to sleep

God our Father, by whose mercy
the world turns safely into darkness and returns again to light:
we place in your hands our unfinished tasks,
our unsolved problems, and our unfulfilled hopes,
knowing that only what you bless will prosper.
To your love and protection
we commit each other and all those we love,
knowing that you alone are our sure defender,
through Jesus Christ our Lord.

Church of South India

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