

PRAY  DAILY

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# INTRODUCTION

The 17<sup>TH</sup> century Anglican Jeremy Taylor famously said, “Pray frequently and effectually; I had rather your prayers should be often than long.”

**PRAY DAILY** is a devotional aid to help you build a habit of more regular and purposeful prayer. It is arranged in the Anglican Prayer Book tradition and suitable for all Christians seeking a deeper relationship with God.

This book includes four times of prayer (Morning, Noon, Evening, Bedtime) for seven days of the week. Traditionally, these prayers were observed at set times:

- MORNING**—upon waking, or with breakfast;
- NOON**—at midday, or with lunch;
- EVENING**—at end of work day, or with dinner;
- BEDTIME**—before sleep, or when the family retires.

Using **PRAY DAILY** does not require you to pray all four times a day. You should choose a frequency of prayer that is suitable to your growth as a disciple of Jesus. Many who use this book may only pray twice a day at times most convenient for them. Begin where you are.

As you strengthen your habit of prayer, we recommend the following practices:

## For those **BEGINNING** a practice of daily prayer...

- Commit to pray at least once a day.
- Keep your prayers brisk so that you do not feel overburdened by the daily effort.
- Memorize *The Lord's Prayer* and *Confession*.
- Pray freely for your felt needs when prompted by *Personal Prayer*.
- Choose a book of the Bible and read a short passage when prompted by *A Scripture Reading*.

## For those **GROWING** into the rhythms of daily prayer...

- Commit to pray at least 2 times a day.
- Memorize each *Opening Sentence* and *Grace*.
- In your *Personal Prayers*, pray in specific ways for the church, the world, your government, and your loved ones.
- In your *Scripture Reading*, use a lectionary or follow a Bible reading plan.

## For those with a **MATURE** habit of daily prayer...

- Commit to praying 3-4 times a day. Vary the pace of your prayers as the Lord directs you.
- Memorize the *Psalms* and *Canticles*.
- Collect and track *Personal Prayers* in a journal. Give thanks to God for answered prayer and pray for friends and family who do not know the Lord.
- Supplement your *Scripture Reading* with a Bible Study Guide or a commentary.

## Why Pray At Set Times?

Building a habit of daily prayer ensures that a Christian's relationship with God is not forgotten throughout the day. It reminds us that we are to “pray without ceasing” in every context of our lives.

Since the earliest days of the church, Christians have prayed at set times. This practice was the continuation of an older Jewish tradition attested in the Psalms: “Evening and morning and at noon I utter my complaint and moan, and he hears my voice” (Psalm 55:17).

Throughout the Middle Ages, monasteries and cathedral churches—inspired by Psalm 119:164—continued

the practice by praying seven times a day. The frequency and complexity of the ‘Daily Office’ gradually excluded the laity from the prayers of the church. By the eve of the Reformation, sadly, these prayers were almost the sole domain of the clergy and monks.

During the English Reformation, Archbishop of Canterbury Thomas Cranmer sought to recover the church’s ancient heritage of regular prayer by translating and simplifying medieval rites for ordinary Christians. Since then, Anglican churches, seminaries, and homes have recovered the Daily Office through the Book of Common Prayer.

Today, many websites and apps exist to make the Daily Office available and convenient for the lay Christian. But for those without access to or looking to disconnect from a digital device during prayer, using a traditional prayer book can be confusing and cumbersome.

**PRAY DAILY** adopts a middle road between these options, combining the user-friendliness of an app with the look and feel of a paper book. Here the Daily Office is presented in a way that renders instructions (also called “rubrics”) unnecessary.

Each time of prayer is only three pages and can be completed in as little as 5 minutes.

## Prayers At A Glance

The vast majority of the Daily Office is taken from Holy Scripture. Each prayer includes the following elements:

**Opening Sentence:** Prayer begins with a verse from scripture suitable for the day of the week and time of day. Most of these verses come from the Psalms.

**Psalm:** Praying the Psalms is one of the oldest practices of Christian Prayer. **PRAY DAILY** selects portions of Psalm 119 and the “Psalms of Ascents.” Each appointed Psalm excerpt is about 8 verses.

*The memorization of large portions of scripture, like the Psalms, is a practice all but lost to Christians today. Rather than appointing popular or random sections of Psalms, **PRAY DAILY** invites users to meditate deeply on Psalm 119.*

*Psalm 119 is a “microcosm of the entire Psalter,” encompassing everything from praise to lament. Balanced by the Psalms of Ascents, these selections are a fitting introduction to the rest of the Psalter.*

*Praying Psalm 119 may feel repetitive at first. Do not be discouraged! It takes discipline and patience to “read, mark, learn, and inwardly digest” the*

*word of God so that it is “hidden deep within our hearts” (Psalm 119:11).*

**A Scripture Reading:** The regular study of Holy Scripture is an essential part of the Christian life. Each day you are encouraged to either read lessons appointed by a lectionary or portions derived from your own regular study. Readings from scripture conclude with the prayer “The Word of the Lord; Thanks be to God.”

**Canticle:** This is a song from scripture that has been sung or said by the church for generations. Many canticles have Latin names derived from the song’s first couple of words. Canticles are often said after a scripture reading as a kind of “call and response.” Learning canticles is a great way to memorize scripture. We refer to seven canticles using their traditional Latin names:

VENITE—O Come

GLORIA IN EXCELSIS—Glory In The Highest

MAGNIFICAT—Magnify

NUNC DIMITTIS—Now Let

BENEDICTUS—Blessed Be

TE DEUM LAUDAMUS—You Are God We Praise You

JUBILATE—Be Joyful

**The Lord’s Prayer:** A prompt for the Lord’s Prayer is included in each time of prayer. Since the Lord’s Prayer is commonly known and memorized, it is not printed in the daily liturgy.

For reference, the text of The Lord's Prayer is:

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

**Collect:** This is a short written prayer that varies with the day and time and often focuses on a single theme. All collects include a declaration about God's character and a corresponding petition.

**Personal Prayer:** Each time of prayer includes a prompt for extemporaneous prayer. Here you may include your petitions, supplications, intercessions, and thanksgivings (1 Timothy 2:1). All Christians are encouraged to regularly pray for the world, the nation, the local community, the church, their neighbors, those who suffer, and those in any trouble.

**Grace:** Each time of prayer concludes with an invocation of God's blessing or a verse from Holy Scripture.

## Confession

Confession of Sin has always been part of the Daily Office. We recommend that you confess your sins to God using this prayer at least once a day:

*Most merciful God,  
we confess that we have sinned against you  
in thought, word and deed,  
by what we have done,  
and by what we have left undone.  
We have not loved you with our whole heart;  
we have not loved our neighbors as ourselves.  
We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will,  
and walk in your ways,  
to the glory of your Name. Amen.*

*Grant your faithful people, merciful Lord, pardon  
and peace; that we may be cleansed from all our  
sins, and serve you with a quiet mind; through Jesus  
Christ our Lord. Amen.*

## Appendices

In addition to the four set times of prayer, **PRAY DAILY** also includes the following supplementary material:

**Seasonal Prayers:** These are collects for each season and important feasts of the church year. You may say these before or after the collect for each time of prayer.

**Occasional Prayers:** These are prayers and hymns suitable for particular persons or situations.

## Recommended Practices

- Instead of reading the prayers in your head, involve your body by verbally saying each prayer aloud.
- Set daily reminders for times to pray using your phone, computer, or clock.
- Use this book as a companion to your regular reading of Holy Scripture and to enhance your personal and group study.



PRAY  DAILY



# SUNDAY ☩ MORNING

## Opening Sentence *Habakkuk 2:20*

The Lord is in his holy temple; let all the earth keep silence before him.

*O Lord, open our lips;  
And our mouth shall proclaim your praise.*

## Psalm 119

- 1 Happy are they whose way is blameless, \*  
who walk in the law of the Lord!
- 2 Happy are they who observe his decrees \*  
and seek him with all their hearts!
- 3 Who never do any wrong, \*  
but always walk in his ways.
- 4 You laid down your commandments, \*  
that we should fully keep them.
- 5 Oh, that my ways were made so direct \*  
that I might keep your statutes!
- 6 Then I should not be put to shame, \*  
when I regard all your commandments.
- 7 I will thank you with an unfeigned heart, \*  
when I have learned your righteous judgments.
- 8 I will keep your statutes; \*  
do not utterly forsake me.

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

## **A Scripture Reading**

*The Word of the Lord.  
Thanks be to God.*

### **Christ Our Passover**

*1 Corinthians 5:7-8; Romans 6:9-11; 1 Corinthians 15:20-22*

[Alleluia.] Christ our Passover has been sacrificed for us;  
therefore let us keep the feast,  
Not with the old leaven, the leaven of malice and evil,  
but with the unleavened bread of sincerity and truth.  
[Alleluia.]

Christ being raised from the dead will never die again;  
death no longer has dominion over him.

The death that he died, he died to sin, once for all;  
but the life he lives, he lives to God.

So also consider yourselves dead to sin,  
and alive to God in Jesus Christ our Lord. [Alleluia.]

Christ has been raised from the dead,  
the first fruits of those who have fallen asleep.

For since by a man came death,  
by a man has come also the resurrection of the dead.

For as in Adam all die,  
so also in Christ shall all be made alive. [Alleluia.]

# The Lord's Prayer

## Collect

O God our King, by the resurrection of your Son Jesus Christ on the first day of the week, you conquered sin, put death to flight, and gave us the hope of everlasting life: Redeem all our days by this victory; forgive our sins, banish our fears, make us bold to praise you and to do your will; and steel us to wait for the consummation of your kingdom on the last great Day; through the same Jesus Christ our Lord. *Amen.*

## Personal Prayer

### **Grace** *2 Corinthians 13:14*

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.*

# SUNDAY ☩ NOON

## Opening Sentence *Psalm 117*

Praise the Lord, all you nations; laud him, all you peoples. For his loving-kindness toward us is great, and the faithfulness of the Lord endures forever. Hallelujah!

*O God, make speed to save us.*

*O Lord, make haste to help us.*

## Psalm 119

- 9 How shall a young man cleanse his way? \*  
By keeping to your words.
- 10 With my whole heart I seek you; \*  
let me not stray from your commandments.
- 11 I treasure your promise in my heart, \*  
that I may not sin against you.
- 12 Blessed are you, O Lord; \*  
instruct me in your statutes.
- 13 With my lips will I recite \*  
all the judgments of your mouth.
- 14 I have taken greater delight in the way of your decrees \*  
than in all manner of riches.
- 15 I will meditate on your commandments \*  
and give attention to your ways.
- 16 My delight is in your statutes; \*  
I will not forget your word.

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

## **A Scripture Reading**

*The Word of the Lord.  
Thanks be to God.*

### **The Song of Moses** *Exodus 15:1-6, 11-13, 17-18*

I will sing to the Lord, for he is lofty and uplifted;  
the horse and its rider has he hurled into the sea.

The Lord is my strength and my refuge;  
the Lord has become my Savior.

This is my God and I will praise him,  
the God of my people and I will exalt him.

The Lord is a mighty warrior;  
Yahweh is his Name.

The chariots of Pharaoh and his army has he hurled  
into the sea;  
the finest of those who bear armor have been  
drowned in the Red Sea.

The fathomless deep has overwhelmed them;  
they sank into the depths like a stone.

Your right hand, O Lord, is glorious in might;  
your right hand, O Lord, has overthrown the enemy.

Who can be compared with you, O Lord, among the gods?  
who is like you, glorious in holiness,  
awesome in renown, and worker of wonders?  
You stretched forth your right hand;  
the earth swallowed them up.  
With your constant love you led the people you redeemed;  
you brought them in safety to your holy dwelling.  
You will bring them in and plant them  
on the mount of your possession,  
The resting-place you have made for yourself, O Lord,  
the sanctuary, O Lord, that your hand has established.  
The Lord shall reign for ever and for ever.

## The Lord's Prayer

### Collect

Almighty and everlasting God, who alone works great marvels: Send down upon our clergy and the congregations committed to their charge the life-giving Spirit of your grace, shower them with the continual dew of your blessing, and ignite in them a zealous love of your Gospel, through Jesus Christ our Lord. *Amen.*

### Personal Prayer

*Let us bless the Lord.*

*Thanks be to God.*

# SUNDAY ✠ EVENING

## Opening Sentence *Psalm 26:8*

O Lord, I love the habitation of your house and the place where your glory dwells.

*Praise the Lord.*

*The Lord's name be praised.*

## Psalm 119

- 17 Deal bountifully with your servant, \*  
that I may live and keep your word.
- 18 Open my eyes, that I may see \*  
the wonders of your law.
- 19 I am a stranger here on earth; \*  
do not hide your commandments from me.
- 20 My soul is consumed at all times \*  
with longing for your judgments.
- 21 You have rebuked the insolent; \*  
cursed are they who stray from your  
commandments!
- 22 Turn from me shame and rebuke, \*  
for I have kept your decrees.
- 23 Even though rulers sit and plot against me, \*  
I will meditate on your statutes.
- 24 For your decrees are my delight, \*  
and they are my counselors.

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

## A Scripture Reading

*The Word of the Lord.  
Thanks be to God.*

### **Magnificat** *Luke 1:46-55*

My soul magnifies the Lord,  
and my spirit rejoices in God my Savior.  
For he has regarded  
the lowliness of his handmaiden.  
For behold, from now on,  
all generations will call me blessed.  
For he that is mighty has magnified me,  
and holy is his Name.  
And his mercy is on those who fear him,  
throughout all generations.  
He has shown the strength of his arm;  
he has scattered the proud in the imagination of  
their hearts.  
He has brought down the mighty from their thrones,  
and has exalted the humble and meek.  
He has filled the hungry with good things,  
and the rich he has sent empty away.

He, remembering his mercy, has helped his servant Israel,  
as he promised to our fathers, Abraham and his  
seed forever.

## The Lord's Prayer

### Collect

Lord God, whose Son our Savior Jesus Christ triumphed over the powers of death and prepared for us our place in the new Jerusalem: Grant that we, who have this day given thanks for his resurrection, may praise you in that City of which he is the light, and where he lives and reigns forever and ever. *Amen.*

## Personal Prayer

### Grace *Romans 15:13*

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. *Amen.*

# SUNDAY ✠ BEDTIME

## Opening Sentence *Psalm 134*

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

*Our help is in the Name of the Lord;  
The maker of heaven and earth.*

## Psalm 131

- 1 O Lord, I am not proud; \*  
I have no haughty looks.
- 2 I do not occupy myself with great matters, \*  
or with things that are too hard for me.
- 3 But I still my soul and make it quiet,  
like a child upon its mother's breast; \*  
my soul is quieted within me.
- 4 O Israel, wait upon the Lord, \*  
from this time forth for evermore.

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

## A Scripture Reading

*The Word of the Lord.*

*Thanks be to God.*

## The Lord's Prayer

### Collect

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. *Amen.*

## Personal Prayer

**Nunc Dimittis** *Luke 2:29-32*

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

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

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

## **Grace**

The almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and keep us, this night and evermore.  
*Amen.*