Prayer during the Day

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NOTES

- Prayer during the Day is, as the title suggests, to be used at any time of day. These are not specifically for morning or evening, but could of course be used at those times. Find a time of day which suits you best for prayer. That time may vary from day to day, but you will need to set aside at least fifteen minutes if you are to give yourself a chance of unwinding and entering into the still place of prayer. If you can keep the same time for prayer each day, that will help prayer to become a helpful habit. Setting aside time for prayer in the midst of even a busy day can help us re-focus on what is important, and keep us tuned in to God. Find a time when you can sit down with a cuppa and relax in the presence of God.
- 2 If you can, pray in the same place; returning to the same place to pray can help us settle into it more quickly than otherwise.
- The prayers are written as if we are not alone, but praying with others. Perhaps you can share your prayer time with others occasionally but, if not, the 'plurals' are there to remind us that even if we pray physically alone, we do so alongside our brothers and sisters in different places and at different times of the day, as well as praying in the 'company of angels, archangels, and all the heavenly host.'
- The daily themes have been observed by the Church for centuries. Like the church year, they are devised as an aid to our remembering and imbibing the whole sweep of our salvation history. They take us through the work of God the Trinity in relation to mankind, and help us relate the work of the threefold God to our own calling as those who live in him.
- The sections (Call to Worship / Hymn / Reading from Scripture and Reflection / Prayers for the Day / Into the Day) can be varied however you wish. If you already follow particular Bible readings, you may wish to add this into the Scripture section. Add your own prayers; the dots (...) invite this. You might also have a special list of names to pray for each day or each week; these can be added into the 'Prayers for the Day' section.
- The individual prayers and reflections are referenced at the back of the booklet. Hymns are attributed within the text. Enjoy!

Sunday

Resurrection

Call to Worship

From the rising of the sun till its setting in the west, God's holy name be praised.

On the lips of children, by babies at the breast, God's holy name be praised.

In the visions of the old and the dreaming of the young, God's holy name be praised.

In the banquet hall of heaven and the forgotten corners of our hearts, God's holy name be praised.

Let all that has life and breath praise the Lord! Amen.

Hymn

Christ the Lord is risen today, alleluiah! Sons of men and angels say, alleluiah! Raise your joys and triumphs high: alleluiah! Sing, ye heavens; thou earth, reply, alleluiah!

Soar we now where Christ hath led, following our exalted Head; made like him like him we rise; ours the cross, the grave, the skies.

Hail the Lord of earth and heaven, praise to thee by both be given; thee we greet triumphant now, Hail, the Resurrection Thou!

Charles Wesley, 1708-1788

Scripture Reading and Reflection

Colossians 3:1-4

We set our hearts on heaven, where Christ is seated at God's right hand. Christ is our life, and when he appears we too will share his glory. Christ lives in us. Though our bodies will die, yet the Spirit brings life – the Spirit of God who raised Jesus from death. This is our secret: Christ is in us; we will share the glory of God.

O God.

you are our beginning and you will be our end. We are made in your image and likeness. We praise and thank you for this day. This is the day on which you created light and saw that it was good. This is the day in whose early morning light we discovered the tomb was empty, and encountered Christ, the world's true light. This is the day you have made; we will rejoice and be glad in it.

Prayers for the Day

Eternal God, whom our words my cradle but never contain, we thank you for all the sound and silence and colour and symbol which through the centuries have helped the worship of your church to be relevant and real.

We remember those who helped us come to faith, by singing us songs or telling us stories, by inviting us in when we felt distant, by praying for us without being asked...

We pray for the preachers, the readers, the musicians, the leaders, whose sensitivity and skill help us to grow in faith and to enjoy worshipping you...

We pray for those who gather with us for worship week by week, or with whom we meet for fellowship and prayer; friends and companions on the journey...

We pray for those who encourage people to praise you outside the church walls: those who teach your children, those who lead youth groups, those who take prayers in hospitals, in schools, in prisons...

We remember people who cannot pray and struggle to believe, or who fear changes in the church more than in any other area of their lives...

May they be encouraged, and may love dispel fear.

And we pray for the renewal of the Church, beginning with ourselves:

Reshape us, good Lord, until in generosity, in faith, and in expectation that the best is yet to come, we are truly Christ-like.

Make us passionate followers of Jesus rather than passive supporters.

Make our churches centres of radical discipleship and signposts to heaven.

Then, in us, and through us, let your kingdom come.

O Christ, the Master Carpenter, who at the last through wood and nails purchased our whole salvation, wield well your tools in the workshop of your world, so that we who come rough-hewn to your bench, may here be fashioned to a truer beauty of your hand.

Out into the Day

May the blessing of light be on us, light without and light within.

May the blessed sun shine on us and warm each heart till it glows like a great fire so that strangers and friends may come in and warm themselves.

And may the light shine out from our eyes, like a candle set in the windows of a house.

And may the Lord bless us, and bless us kindly.

Monday Creation

Call to Worship

In the beginning, before time, before people, before the world began, God was.

Here and now, among us, beside us, enlisting the people of earth For the purposes of heaven, God is.

In the future, when we have turned to dust, and all we know has found its fulfilment, God will be.

Not denying the world, but delighting in it; not condemning the world, but redeeming it; through Jesus Christ, in the power of the Holy Spirit.

Hymn

All creatures of our God and King Lift up your voice and with us sing, Alleluia, alleluia! Thou burning sun with golden beam, Thou silver moon with softer gleam: O praise him, O praise him, Alleluia, alleluia, alleluia.

Let all things their Creator bless,
And worship him in humbleness,
O praise him, alleluia!
Praise, praise the Father, praise the Son,
And praise the Spirit, Three in One,
O praise him, O praise him,
Alleluia, alleluia, alleluia.

William Henry Draper, 1855-1933,
based on St Francis of Assisi, Canticle of Brother Sun

Scripture Reading and Reflection

Psalm 8

O Lord, our Lord, how majestic is your name in all the earth!

You have set your glory above the heavens. From the lips of children and infants you have ordained praise because of your enemies, to silence the foe and the avenger.

When I consider your heavens, the work of your fingers, the moon and the stars which you have set in place, what is man that you are mindful of him, the son of man that you care for him? Yet you have made him little lower than the angels and crowned him with glory and honour.

You made him ruler over the works of your hands; you put everything under his feet: all flocks and herds, and the beasts of the field, the birds of the air, and the fish of the sea, all that swims the paths of the seas.

O Lord, our Lord, How majestic is your name in all the earth!

This we know: the earth does not belong to us, we belong to the earth.

This we know: all things are connected, like the blood that unites one family.

This we know: we did not weave the web of life,

we are merely a strand in it.

This we know: whatever we do to the web, we do to ourselves.

Let us give thanks for the gift of creation, let us give thanks that all things hold together in Christ:

My God, I thank thee, who hast made the earth so bright, so full of splendour and of joy, beauty and light; so many glorious things are here; noble and right.

Adelaide Anne Procter, 1825-1864

Prayers for the Day

Creator God, thank you for your gifts in creation; for a world which displays your glory, and for the beauty and resources of this land.

We pray for those who make decisions about the resources of the earth, that we may use your gifts responsibly. We especially pray for...

We pray for those who work on the land and sea, in city and in industry, that all may enjoy the fruits of their labours and delight in your creation.

We especially pray for...

We pray for artists, scientists and visionaries, that through their work we may see creation afresh. We especially pray for...

We pray for all who through their own or others' actions are deprived of fullness of life: prisoners, refugees, the handicapped, and all who gripped by addictions. We especially pray for...

We pray for those in politics, medical science, social and relief work, for your Church, and for all who seek to bring life to others.

We especially pray for...

Out of the darkness and void, God is creating.
Out of chaos, God is bringing order.
Out of the fragments we offer, God is creating wholeness.
Into despair, God is breathing hope.
Into anxiety, God is breathing peace.
Into deadness, God is breathing life.

Blessed are you, God of growth and discovery; yours is the inspiration that has altered and changed our lives; yours is the power that has brought us to new dangers and opportunities. Set us, your new creation, to walk through this new world, watching and learning, loving and trusting, until your kingdom comes.

Lord God.

when you give to us your servants any great matter to do, grant us also to know that it is not the beginning, but the continuing of it until it is thoroughly finished which yields the true glory.

Out into the Day

God of work and rest and pleasure, grant that what we do this week may be for us an offering rather than a burden; and for those we serve, may it be the help they need. Amen.

Tuesday

Incarnation

Call to worship

Heaven is here, and earth, and the God who made them is present. The Lamb, glorious on the throne, sits beside us; the Spirit of God, the Dove, makes her resting place among us. Let heaven be glad, let the whole earth cry, 'Glory!'

Hymn

How sweet the name of Jesus sounds in a believer's ear; it soothes his sorrows, heals his wounds, and drives away his fear.

Jesus! My Shepherd, Saviour, Friend; my Prophet, Priest and King, my Lord, My Life my Way my End, accept the praise I bring. John Newton. 1725-1807

My heart overflows with a goodly theme, I will address my verses to the King; my heart overflows with praise to my God, I'll give him the love of my heart.

> For he is Lord of all the earth, He's risen above, he's seated at God's right hand; and from him and through him and to him are all things, that his glory might fill the land.

> > Carolyn Govier

Scripture Reading and Reflection

Matthew 4:23-25

Jesus went throughout Galilee, teaching in their synagogues, preaching the good news of the kingdom, and healing every disease and sickness among the people. News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralysed, and he healed them. Large crowds from Galilee, the Decapolis, Jerusalem, Judea and the region across the Jordan followed him.

What kind of love is God's love? It is love that forgives and then forgives again. It is love that rolls up its sleeves and gets involved with caring and mending and building. It is love that is quite happy to be considered weak. It is love that goes on giving but keeps no accounts; love that is non-selective and unconditional. This is the nature of God's love, for this is the nature of our God.

Will you come and follow me if I but call your name? Will you go where you don't know and never be the same? Will you let my love be shown, will you let my name be known, will you let my life be grown in you, and you in me?

Will you love the 'you' you hide if I but call your name? Will you quell the fear inside, and never be the same? Will you use the faith you've found to reshape the world around through my sight and touch and sound in you, and you in me? Lord, your summons echoes true when you but call my name. Let me turn and follow you, and never be the same. In your company I'll go where your love and footsteps show. Thus I'll move and live and grow in you, and you in me.

John Bell (b1949) and Graham Maule (b. 1958)

Prayers for the Day

Holy God, though this world depends on your grace, It is governed and tended by mortals.

So we pray for those who walk the corridors of power in the parliaments of this and other lands, whose judgements we value or fear...

May they always consider those they represent; make decisions with courage in integrity, and resist any temptation to abuse the trust placed in them.

We pray for those who hold key positions in the worlds of finance, business and industry, whose decision may profit some or impoverish many...

May they always value people more highly than profit; may they never impose burdens on the poor which they would not carry themselves; and may they always hold together in their minds money and morality; ownership and stewardship.

We pray for those in the caring professions, who look after, and listen to, the hurting, the fearful, the kind and the cantankerous, and we pray for those who make decisions about the nation's health and welfare...

May they always sense the sanctity of life and each person's uniqueness; May they help and heal by their interest as well as their skill; and may they be saved from tiredness and an excess of demands.

We pray for those for whom we are responsible, and those to whom we are accountable...

May we show to them the thoughtfulness, tolerance and kindness of Jesus.

Lord, hear our prayers, And if today we might be the means by which you answer the prayers of others, may you find us neither deaf nor defiant, but keen to fulfil your purpose; for Jesus' sake. Amen.

Out into the Day

Here I am, Lord, is it I, Lord?
I have heard you calling in the night.
I will go, Lord, if you lead me.
I will hold your people in my heart.

Dan Schutte

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.

Ascribed to St Patrick, 363-463

Call to Worship

O God of life, eternity cannot hold you, nor can our little words catch the magnificence of your kindness. Yet in the space of our small hearts, and in silence, come close and repair us.

Hymn

Be still, for the presence of the Lord, the Holy One, is here; come, bow before him now with reverence and fear. In him no sin is found, we stand on holy ground; be still, for the presence of the Lord, the Holy One, is here.

Be still for the glory of the Lord is shining all around, He burns with holy fire; with splendour he is crowned. How awesome is the sight, our radiant King of light, Be still, for the glory of the Lord is shining all around.

Be still, for the power of the Lord is moving in this place. He comes to cleanse and heal, to minister his grace. no work too hard for him, in faith receive from him; Be still, for the power of the Lord is moving in this place.

David J Evans, b 1957

Scripture Reading and Reflection

1 Kings 19:11-13

The Lord said to Elijah, 'Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by.'

Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in

the fire. And after the fire came a gentle whisper. When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.

Then a voice said to him, 'What are you doing here, Elijah?'

Lord, Holy Spirit, you blow like the wind in a thousand paddocks, inside and outside the fences; you blow where you wish to blow.

Lord, Holy Spirit, you are the sun who shines on the little plant, you warm him gently, you give him life, you raise him up to become a tree with many leaves.

Lord, Holy Spirit, you are as the mother eagle with her young, holding them in peace under your feathers. On the highest mountain you have built your nest, above the valley, above the storms of the world, where no hunter ever comes.

Lord, Holy Spirit, you are the bright cloud in whom we hide. in whom we know already that the battle has been won. You bring us to our Brother Jesus to rest our head on his shoulder.

Lord, Holy Spirit, you are the kind fire who does not cease to burn, consuming us with flames of love and peace, driving us out like sparks to set the world on fire.

Lord, Holy Spirit, in the love of friends you are building a new house. Heaven is with us when you are with us. You are singing your song in the hearts of the poor. Guide us, wound us, heal us. Bring us to the Father.

Prayers for the Day

'They were all filled with the Holy Spirit.' Fill us, Holy Spirit.

When the doors are closed and we are afraid to move, fill us, Holy Spirit.
When we are weak and unable to act, fill us, Holy Spirit.
When we are hesitant and unable to speak, fill us, Holy Spirit.
When we lack energy and are unable to cope, fill us, Holy Spirit.
That we may go out in your power, fill us, Holy Spirit.
that we may live and work for you, Fill us, Holy Spirit.
That we may be part of your mission, fill us, Holy Spirit.

We pray

...for many hearts to wake up to their need of God, and the fullness of life that only his Spirit can give...

...for all who have put their trust in money, possessions and success, and feel the nudge of disillusion...

...for those in whom spiritual growth is fragile and vulnerable...

...for the children and young people in our community, that they may be sensitive to the guidance of the Holy Spirit...

...for courage to step out in faith and in the power of the Holy Spirit...

Lord, may your Spirit come to us like water to the roots of the tree. The growing may be painful, root-growth may be unseen; we may sometimes prefer the seed we are to the tree we might become. Lord, give us courage for the growing,

that we may grow tall in your love and bear fruit in abundance, for your glory and for the good of your world.

Out into the Day

O thou who camest from above, The fire celestial to impart, Kindle a flame of sacred love On the mean altar of my heart.

Jesus, confirm my heart's desire To work and speak and think for thee; Still let me guard the holy fire And still stir up thy gift in me.

Charles Wesley, 1707-1788

Community

Call to Worship

Great and wonderful are your deeds, Lord God the Almighty, just and true are your ways O King of the nations. Who shall not revere and praise your name, O Lord? for you alone are holy. All nations shall come and worship in your presence, for your just dealings have been revealed.

To him who sits on the throne, and to the Lamb, be praise and honour, glory and might, for ever and ever. Amen.

Hymn

For the beauty of the earth, for the beauty of the skies, for the love which from our birth over and around us lies: Christ our God, to thee we raise this our sacrifice of praise.

For the joy of human love. brother, sister, parent, child; friends on earth and friends above, for all gentle thoughts and mild, Christ our God, to thee we raise this our sacrifice of praise.

Scripture Reading and Reflection

Colossians 3:12-14

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

Born by the Holy Spirit's breath, loosed from the law of sin and death, now cleared in Christ from every claim, no judgement stands against our name.

One is his love, his purpose one: to form the likeness of his Son in all who, called and justified, shall reign in glory at his side.

Timothy Dudley-Smith

Prayers for the Day

Almighty God, the fountain of all goodness, bless our Sovereign Lady, Queen Elizabeth, and all who are in authority under her; that they may order all things in wisdom and equity, righteousness and peace, to the honour of your name, and the good of your Church and people; through Jesus Christ our Lord. Amen.

Guide the leaders of the nations into the ways of peace and justice. Hear us, good Lord.

Endue the High Court of Parliament and all the Ministers of the Crown with wisdom and understanding. Hear us, good Lord.

Bless those who administer the law, that they may uphold justice, honesty, and truth. Hear us, good Lord.

> Help and comfort the lonely, the bereaved, and the oppressed. Lord, have mercy.

Keep in safety those who travel, and all who are in danger. Lord, have mercy.

Heal the sick in body and mind, and provide for the homeless, the hungry, and the destitute. Lord, have mercy.

Show your pity on prisoners and refugees, and all who are in trouble. Lord, have mercy.

Because you made the world, and intended it to be a good place, and called its people your children; because, when things seemed at their worst, you came in Christ to restore all that had been lost; so, gracious God, we gladly say:
Goodness is stronger than evil,
Love is stronger than hate,
Light is stronger than lies.

Because confusion can reign inside us, despite our faith; because anger, tension, bitterness and envy distort our vision; because our minds sometimes worry small things out of all proportion; because we do not always get it right, we want to believe:

Goodness is stronger than evil, Love is stronger than hate Light is stronger than darkness, Truth is stronger than lies.

Because you have promised to hear us, and are able to change us, and are willing to make our hearts your home, we ask you to confront, control, forgive and encourage us, as you know best.

Then let us cherish in our hearts
That which we proclaim with our lips:
Goodness is stronger than evil,
Love is stronger than hate,
Light is stronger than lies.

Lord, hear our prayer, and change our lives until we illustrate the grace of the God who comes to make all things new.

Out into the Day

Lord, give us wisdom before we speak, understanding while we listen, sensitivity towards those we meet, and the perspective of your kingdom in which to see the things of the earth.

Grant us such readiness and delight in following Christ, that whether our lives are short or long, we will have lived abundantly.

Friday The Cross

Call to worship

Let us bless the one who, for the joy set before him, endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Hymn

Who would true valour see, let him come hither! One here will constant be, come wind, come weather! There's no discouragement can make him once relent His first avowed intent to be a pilgrim.

Whoso beset him round with dismal stories, Do but themselves confound; his strength the more is. No foe shall stay his might, though he with giants fight, He will make good his right to be a pilgrim.

Since, Lord, thou dost defend us with thy Spirit, We know we at the end shall life inherit.

Then fancies flee away! I'll fear not what men say, I'll labour night and day to be a pilgrim.

John Bunyan, 1628-88

Scripture Reading and Reflection

Romans 5:6-8

At just the right time, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous man. But God demonstrates his love for us in this: While we were still sinners, Christ died for us.

Psalm 84

How lovely is your dwelling-place, O Lord Almighty! My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry out for the living God.

Even the sparrow has found a home, and the swallow a nest for herself, where she may lay her young – a place near your altar, O Lord Almighty, my King and my God.

Blessed are those who dwell in your house; they are ever praising you.

Blessed are those whose strength is in you, who have set their hearts on pilgrimage. As they pass through the desolate valley they make it a place of springs; the autumn rains also cover it with pools.

They go from strength to strength, till each appears before God in Zion.

O Lord Almighty, blessed is the one who trusts in you.

We have an anchor that keeps the soul steadfast and sure while the billows roll; fastened to the rock which cannot move, grounded firm and deep in the Saviour's love!

Priscilla Jane Owens, 1829-1899

Prayers for the Day

We pray...

...for those who have lost their way and can't get out of the mess they have got themselves into...

Father, search for them and carry them home.

... for those whose lives are at a crossroads, with important decisions to make about direction...

Father, counsel them and show them the way.

... for those who are feeling discouraged, and those who are experiencing failure...

Father, give them your encouragement.

...for those weakened by lives which are burdened with crisis after crisis...

Father, may they know the upholding of your everlasting arms.

... for those coming near to the end of their earthly journey...

Father, may they know the comfort of your presence.

Throughout this day, enliven our minds, inspire our conversation, inform our decisions, and protect those we love.

And should today bring what we neither anticipate nor desire, increase our faith and decrease our pride until we know that, when we face the unexpected, we do not stand alone.

A General Thanksgiving

Almighty God, Father of all mercies, we your unworthy servants give you humble thanks for all your goodness and loving kindness to us and to all people.

We bless you for our creation, preservation, and all the blessings of this life;

but above all for your immeasurable love in the redemption of the world by our Lord Jesus Christ, for the means of grace, and for the hope of glory.

And give us, we pray, such a sense of all your mercies that our hearts may be unfeignedly thankful, and that we show forth your praise, not only with our lips but in our lives, by giving up ourselves to your service, and by walking before you in holiness and righteousness all our days;

through Jesus Christ our Lord, to whom, with you and the Holy Spirit be all honour and glory, for ever and ever. Amen.

Out into the Day

Great is thy faithfulness, O God my Father, there is no shadow of turning with thee; thou changest not, thy compassions they fail not, as thou hast been, thou forever wilt be.

Great is thy faithfulness! Great is thy faithfulness! Morning by morning new mercies I see.
All I have needed thy hand hath provided, great is thy faithfulness, Lord, unto me!

The Saints, a Holy End

Call to worship

With angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, for ever praising you and saying, Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory; hosanna in the highest!

Hymn

For all the saints who from their labours rest, who thee by faith before the world confessed, thy name, O Jesus, be for ever blest.

Alleluia!

Thou wast their rock, their fortress and their might; thou, Lord, the Captain in the well fought fight; thou in the darkness drear their one true light, Alleluia!

O blest communion, fellowship divine! We feebly struggle, they in glory shine; yet all are one in Thee, for all are thine. Alleluia!

From earth's wide bounds, from ocean's farthest coast, through gates of pearl streams in the countless host, singing to Father, Son and Holy Ghost, Alleluia!

Scripture Reading and Reflection

Hebrews 12:1-3, 12

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

We live as those who believe in the communion of saints, the forgiveness of sins, and the resurrection to eternal life.

We are an Easter people, and 'halleluiah' is our song!

Before time and after time, there is God.
Where past and future are gathered, there is God.
Beyond the death of the body, there is God.
For you, O Lord, are everlasting, faithful for ever and eternally present; you are the great 'I AM' and we worship you.

Prayers for the Day

O God of many names, Lover of all peoples; we pray for peace in our hearts and homes, in our nations and our world; the peace of your will, the peace of our need.

For family members

... named before God now...

Holy Father, in thy mercy hear our earnest prayer, keep our loved ones, some far distant, 'neath thy care.

Jesus, Saviour, let thy presence be their light and guide; keep, O keep them, in their weakness, at thy side.

When in sorrow, when in danger, when in loneliness, in thy love look down and comfort their distress.

May the joy of thy salvation be their strength and stay; may they love and may they praise thee day by day.

Holy Spirit, let thy teaching sanctify their life; send thy grace, that they may conquer in the strife.

Father, Son, and Holy Spirit, God the One in three, bless them, guide them, save them, keep them near to thee. Isabel Stephana Stevenson, 1843-1890

Lord, make us instruments of your peace; where there is hatred, let us sow love; where there is injury, let us bring pardon, where there is discord, let us bring union, where there is doubt, let us bring faith; where there is despair, let us bring hope; where there is darkness, let us bring light, where there is sadness, let us bring joy; for your mercy and your truth's sake. Amen.

Dear Christ, our friend and our guide pioneer through the shadow of death, passing through darkness to make it light, be our companion that we may fear no evil, and bring us to life and to glory. Watch, dear Lord, with those who wake, or watch, or weep this night, and give your angels charge over those who sleep. Tend your sick ones, rest your weary ones, bless your dying ones, soothe your suffering ones, pity your afflicted ones, shield your joyous ones, and all for your love's sake.

God be in my head, and in my understanding; God be in my eyes and in my looking; God be in my mouth and in my speaking; God be in my heart and in my thinking; God be at my end, and at my departing.

Out into the Day

How good is the God we adore; our faithful, unchangeable friend! His love is as great as his power, and knows neither measure nor end.

'Tis Jesus the First and the Last whose Spirit will guide us safe home. We'll praise him for all that is past, we'll trust him for all that's to come.

Lord, fill our lives with the alleluias of angels, the hosannas of heaven and the sanctity of the saints.

NOTES ON SOURCES

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2	From the rising	Iona liturgy
3	O God, you	Iona liturgy
	Eternal God	Iona liturgy
4	O Christ, the Master	British, unknown author
5	May the blessing	Irish blessing, Iona liturgy
6	In the beginning	Iona liturgy
7	This we know	Iona liturgy
8	Creator God	New Zealand Prayer Book
9	Out of the darkness	Susan Sayers
	Blessed are you	New Zealand Prayer Book
	Lord God	New Zealand Prayer Book
	God of rest and work	New Zealand Prayer Book
10	Heaven is here	Iona liturgy
11	What kind of love	Susan Sayers
12	Holy God	Iona liturgy
14	O God of life	Iona liturgy
15	Lord, Holy Spirit	James K Baxter, NZ Prayer Book
16	They were all filled	David Adam
	We pray for many hearts	Susan Sayers
17	Lord, may your Spirit	Susan Sayers
18	Great and wonderful	Alternative Service Book
19	Almighty God	Alternative Service Book
20	Because you made	Iona liturgy
21	Lord, give us wisdom	New Zealand Prayer Book
24	We pray for those	Susan Sayers
	Throughout this day	Iona liturgy
25	A General Thanksgiving	Alternative Service Book
26	With angels	Common Worship Communion
27	Before time	Susan Sayers
28	O God of many	New Zealand Prayer Book

Details of sources

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Lord, fill our lives...

Iona liturgy: Wild Goose Resource Group, A Wee Worship Book, Fourth Incarnation. Glasgow: Wild Goose Publications, 1999. Susan Sayers: Susan Sayers, To Worship in Stillness. Bury St Edmunds: Kevin Mayhew Ltd, 1991. NZ Prayer Book: The Church of the Province of New Zealand, A New Zealand Prayer Book. Auckland: Collins, 1989. David Adam: David Adam, The Rhythm of Life. London: SPCK, 1996. Alternative Service Book 1980: Oxford, the University Press, 1980. Common Worship Daily Prayer. London: Church House Publishing, 2005.

David Adam