

Fixed Hour Prayer 2020

Friday

The Office of Midnight To be observed between 10:30 p.m. and 1:30 a.m.

The Call to Prayer (Psalm 113:2-3)

Blessed be the name of the Lord from this time on and forevermore. From the rising of the sun to its setting the name of the Lord is to be praised.

The Request for Presence

In you, O Lord, I take refuge; let me never be put to shame. In your righteousness deliver me and rescue me; incline your ear to me and save me. (Psalm 71:1-2)

The Greeting

Our Father, hallowed be your name.

The Psalm

The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside still waters; He restores my soul. He leads me in right paths for His name's sake. Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff—they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life and I shall dwell in the house of the Lord my whole life long. (Psalm 23)

The Gloria

Glory to God in the highest and peace to God's people on earth.

The Small Verse (Romans 12:1-2)

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.

The Final Thanksgiving

Jesus said, "I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!" (John 16:33)

The Petition

Let us bless the Lord. Thanks be to God. Almighty and merciful God: Father, Son, and Holy Spirit, bless, preserve and keep us this night and forevermore. Amen.

The Office of Night Watch

To be observed between 1:30 and 4:30 a.m.

The Call to Prayer

Oh, praise the Lord, all you servants of the Lord, you who serve at night in the house of the Lord. Lift up holy hands in prayer, and praise the Lord. May the Lord, who made heaven and earth, bless you from Jerusalem. (Psalm 134)

The Request for Presence

I am God, and also henceforth I am He; there is no one who can deliver from my hand; I work and who can hinder it? (Isaiah 43:13)

The Refrain for the Night Watch

In my distress I called upon the Lord; to my God I called. From His temple He heard my voice, and my cry came to His ears. (2 Samuel 22:7)

The Prayer

Gracious God, we give you thanks for the day, especially the good we were permitted to give and to receive; the day is now past and we commit it to you. We entrust to you the night; we rest securely, for you are our help, and you neither slumber nor sleep; through Jesus Christ our Lord. Amen. (ELW p. 326)

The Thanksgiving

Nunc Dimittis

Now Lord, let your servant go in peace: your word has been fulfilled. My own eyes have seen the salvation which you have prepared in the sight of every people; a light to reveal you to the nations and the glory of your people Israel.

The Final Petition

The Lord of hosts is with us; the God of Jacob is our refuge. (Psalm 46:11)

The Office of Dawn

To be observed between 4:30 and 7:30 a.m.

The Call to Prayer

Great is the Lord and greatly to be praised in the city of our God. His holy mountain, beautiful in elevation, is the joy of all the earth, Mount Zion, in the far north, the city of the great King. (Psalm 48:1)

The Request for Presence

O that you would tear open the heavens and come down, so that the mountains would quake at your presence. (Isaiah 64:1)

The Greeting

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

Morning Hymn

ELW #781

Children of the heavenly Father safely in His bosom gather; nestling bird nor star in heaven such a refuge e'er was given.

God His own doth tend and nourish, in His holy courts they flourish.
From all evil things He spares them, in His mighty arms He bears them.

The Psalm

I praise you for I am fearfully and wonderfully made. wonderful are your works; that I know very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes beheld my unformed substance. In your books were written all the days that were formed for me, when none of them as yet existed. (Psalm 139:14-16)

The Small Verse

(1 Corinthians 13:1-2)

If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers and understand all mysteries and all knowledge, and if I have all faith so as to remove mountains, but do not have love, I am nothing.

The Lord's Prayer

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 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, forever and ever. Amen.

The Blessing

May God, who is present in the sunrise and nightfall, and in the crossing of the sea, guide your feet as you go. (*Iona Abbey Worship Book* p. 29)

The Morning Office

To be observed between 6 and 9 a.m.

The Call to Prayer

(Psalm 51:15)

O Lord, open my lips. And my mouth shall proclaim your praise

The Request for Presence

When morning gilds the skies, my heart awaking cries: may Jesus Christ be praised! When evening shadows fall, this rings my curtain call: may Jesus Christ be praised! (ELW #853)

The Greeting

Give ear, O my people, to my teaching; incline your ears to the words of my mouth. (Psalm 78:1)

The Refrain for the Morning Lesson

Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. (Matthew 7:7)

A Reading

We speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But as it is written, "What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love Him"—these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. (1 Corinthians 2:7-10)

The Refrain for the Morning Lesson

Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. (Matthew 7:7)

The Morning Psalm

Those who love me, I will deliver; I will protect those who know my name. When they call to me, I will answer them; I will be with them in trouble, I will rescue them and honor them. With long life I will satisfy them, and show them my salvation. (Psalm 91:14-16)

The Prayer of the Day

David Abraham

Circle me, O God. Keep peace within, keep turmoil out. Circle me, O God. Keep calm within, keep storms without. Circle me, O God. Keep strength within, keep weakness out. Amen.

The Lord's Prayer

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 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, forever and ever. Amen.

The Blessing

(Ephesians 3:17-19)

May Christ dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

The Midday Office

To be observed between 11 a.m. and 2 p.m.

The Call to Prayer

I am the Lord your God, who brought you up out of the land of Egypt. Open your mouth wide and I will fill it. (Psalm 81:10)

The Request for Presence

O my strength, I will sing praises to you, for you, O God, are my fortress, the God who shows me steadfast love. (Psalm 59:17)

The Greeting

(2 Corinthians 1:20)

For in Jesus every one of God's promises is a "Yes." For this reason, it is through Him that we say the "Amen," to the glory of God

The Refrain for the Midday Lesson

For thus says the Lord: Sing aloud with gladness for Jacob, and raise shouts for the chief of the nations; proclaim, give praise, and say, "Save, O Lord, your people, the remnant of Israel." (Jeremiah 31:7)

A Reading

Now all the tax collectors and sinners were coming near to listen to Him. And the Pharisees and scribes were grumbling and saying, "This fellow welcomes sinners and eats with them." So He told them this parable: "Which one of you, having 100 sheep and losing one of them, does not leave the 99 in the wilderness and go after the one that is lost until he finds it? When he has found it, he lays it on his shoulders and rejoices. And when he comes home, he calls together his friends and neighbors, saying to them, 'Rejoice with me, for I have found my sheep that was lost.' Just so, I tell you, there will be more joy in heaven over one sinner who repents than over 99 righteous persons who need no repentance. (Luke 15: 1-7)

The Refrain for the Midday Lesson

For thus says the Lord: Sing aloud with gladness for Jacob, and raise shouts for the chief of the nations; proclaim, give praise, and say, "Save, O Lord, your people, the remnant of Israel." (Jeremiah 31:7)

The Midday Psalm

(Psalm 27:1-4)

The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid? When evildoers assail me to devour my flesh—my adversaries and foes—they shall stumble and fall. Though an army encamp against me, my heart shall not fear; though war rise up against me, yet I will be confident. One thing I asked of the Lord, that I will seek after; to live in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in His temple.

The Prayer of the Day

David Abraham

Circle me, O God. Keep peace within, keep turmoil out. Circle me, O God. Keep calm within, keep storms without. Circle me, O God. Keep strength within, keep weakness out. Amen.

The Lord's Prayer

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 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, forever and ever. Amen.

The Blessing

May the blessing of the Lord rest and remain upon all His people, of every race and language; may the Lord meet in mercy all who seek Him, may the Lord comfort with tenderness all who suffer and mourn; and may the Lord hasten His coming, and give us the blessing of peace. Amen.

The Vespers Office

To be observed between 5 and 8 p.m.

The Call to Prayer

For you, O Lord, are most high over all the earth; you are exalted far above all gods. (Psalm 96:9)

The Request for Presence

From the end of the earth I call to you, when my heart is faint. Lead me to the rock that is higher than I; for you are my refuge, a strong tower against the enemy. (Psalm 61:2-3)

The Greeting

(ELW p. 309)

Stay with us, Lord, for it is evening, and the day is almost over.

The Hymn

ELW #742

What a friend we have in Jesus, all our sins and griefs to bear. What a privilege to carry everything to God in prayer! Oh, what peace we often forfeit; oh, what needless pain we bear—all because we do not carry everything to God in prayer.

Have we trials and temptations? Is there trouble anywhere? We should never be discouraged—take it to the Lord in prayer. Can we find a friend so faithful who will all our sorrows share? Jesus knows our every weakness—take it to the Lord in prayer.

The Refrain for the Vespers Lesson

By day the Lord commands His steadfast love, and at night His song is with me, a prayer to the God of my life. (Psalm 42:8)

The Vespers Lesson

And as Jesus sat at dinner in the house, many tax collectors and sinners came and were sitting with Him and His disciples. When the Pharisees saw this, they said to His disciples, “Why does your teacher eat with tax collectors and sinners?” But when He heard this, He said, “Those who are well have no need of a physician, but those who are sick. Go and learn what this means, ‘I desire mercy, not sacrifice.’ For I have come to call not the righteous but sinners.” (Matthew 9:10-13)

The Refrain for the Vespers Lesson

By day the Lord commands His steadfast love, and at night His song is with me, a prayer to the God of my life. (Psalm 42:8)

The Prayer of the Day

David Abraham

Circle me, O God. Keep peace within, keep turmoil out. Circle me, O God. Keep calm within, keep storms without. Circle me, O God. Keep strength within, keep weakness out. Amen.

The Lord's Prayer

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 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, forever and ever. Amen.

The Concluding Prayer of the Church

Janet Morley

Spirit of comfort and longing, enfold my fear, unclothe me of my pride, unweave my thoughts, uncomplicate my heart, and give me surrender: that I may tell my wounds, lay down my work, and greet the dark. Amen.

The Office of Compline

To be observed before bedtime

The Call to Prayer

I will both lie down and sleep in peace; for you alone, O Lord, make me lie down in safety. (Psalm 4:8)

The Request for Presence

By day, O God, you grant your steadfast love, and at night your song is with me, a prayer to the God of my life. (ELW p. 320)

The Confession

John L. Bell

O God, bring new life, where we are worn and tired; new love where we have turned hard-hearted; forgiveness where we have wounded; and the joy and freedom of your Holy Spirit where we are prisoners of our selves.

The Forgiveness

(ELW #608)

Oh, for the wonderful love He has promised, promised for you and for me! Though we have sinned He has mercy and pardon, pardon for you and for me. Come home, come home! You who are weary, come home! Earnestly, tenderly, Jesus is calling. Calling, "O sinner, come home."

The Reading

For everything there is a season, and a time for every matter under heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up what is planted; a time to kill, and a time to heal; a time to break down, and a time to build up; a time to weep, and a time to laugh; a time to mourn and a time to dance; a time to throw away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; a time to seek, and a time to lose; a time to keep, and a time to throw away; a time to tear, and a time to sew; a time to keep silence, and a time to speak. a time to love, and a time to hate; a time for war, and a time for peace. (Ecclesiastes 3:1-8)

The Gloria

Glory to God in the highest and peace to God's people on earth.

The Small Verse

For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth,

nor anything else in all creation will be able to separate us from the love of God in Christ Jesus our Lord. (Romans 8:38-39)

The Gloria

Glory to God in the highest and peace to God's people on earth.

The Petition

St. Gregory of Nazianzus
While I sleep, O Lord, let my heart not cease to worship you; fill my sleep with your presence, while creation itself keeps watch, singing psalms with the angels, and taking up my soul into its triumph of praise.

The Final Blessing

Behold now, praise the Lord, you who by night stand in the house of the Lord. (Psalm 134:1)

