

Fixed Hour Prayer 2020

Sunday

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

The Call to Prayer

One thing I asked of the Lord, that will I 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. (Psalm 27:4)

The Request for Presence

O Lord, I am calling to you. Please hurry! Listen when I cry to you for help! Accept my prayer as incense offered to you, and my upraised hands as an evening offering. (Psalm 141:1-2)

The Greeting

Our Father, forgive us our sins as we forgive those who have sinned against us.

The Psalm

Psalm 131

Lord, my heart is not lifted up, my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul, like a weaned child with its mother; my soul is like the weaned child that is with me. O Israel, hope in the Lord from this time on and forevermore.

The Gloria

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

The Small Verse

Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will receive mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God.

(Matthew 5: 1-9)

The Final Thanksgiving

Let the heavens be glad and the earth rejoice! Tell all the nations, "The Lord reigns!" (1 Chronicles 16:31)

The Petition

Dear Jesus, as a hen covers her chicks with her wings to keep them safe, protect us this night under your golden wings; for your mercy's sake. Amen. (ELW p. 86)

The Office of Night Watch To be observed between 1:30 a.m. 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

Make haste to help me, O Lord. (Psalm 38: 22)

The Refrain for the Night Watch

The heavens proclaim the glory of God. The skies display His craftsmanship. Day after day they continue to speak; night after night they make Him known. (Psalm 19:1-2)

The Psalm

O God, you are my God, I seek you, my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory. Because your steadfast love is better than life, my lips will praise you. So I will bless you as long as I live; I will lift up my hands and call on your name. (Psalm 63: 1-4)

The Refrain for the Night Watch

The heavens proclaim the glory of God. The skies display His craftsmanship. Day after day they continue to speak; night after night they make Him known. (Psalm 19:1-2)

The Prayer

I love You, O my God, and my only desire is to love You until the last breath of my life. I love You, O my infinitely lovable God, and I would rather die loving You, than live without loving You. I love You, Lord and the only grace I ask is to love You eternally....My God, if my tongue cannot say in every moment that I love You, I want my heart to repeat it to You as often as I draw breath. - Saint John Vianney.

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

Guide me waking, O Lord, and guard me sleeping; that awake I may watch with Christ, and asleep, I may rest in peace. Amen. (ELW p. 324)

The Office of Dawn

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

The Call to Prayer

How good to sing praises to our God! How delightful and how fitting!
(Psalm 147:1)

The Request for Presence

I long for the Lord more than sentries long for the dawn, yes, more than sentries long for the dawn. O Israel, hope in the Lord; for with the Lord there is unfailing love, His redemption overflows. (Psalm 130: 6-7)

The Greeting

Gloria Patri

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 # 558

Lord God, we praise you, now the night is over, active and watchful, standing here before you; singing, we offer prayer and meditation; thus we adore you.

Monarch of all things, fit us for your mansions; banish our weakness, health and wholeness sending; bring us to heaven, where your saints united, joy without ending.

All holy Father, Son, and equal Spirit, Trinity blessed, send us your salvation; yours is the glory, gleaming and resounding through all creation.

The Psalm

Psalm 95:1-5

Come let us sing to the Lord! Let us shout to the Rock of our salvation. Let us come to Him with thanksgiving. Let us sing psalms of praise to Him. For the Lord is a great God, a great King above all gods. He holds in His hands the depths of the earth and the mightiest mountains. The sea belongs to Him, for He made it. And His hands formed the dry land.

The Small Verse

Heaven is my throne, and the earth is my footstool. Could you build me a temple as good as that? Could you build me such a resting place? My hands have made both heaven and earth; they and everything in them are mine. I, the Lord, have spoken! I will bless those who have humble and contrite hearts, who tremble at my word. (Isaiah 66:1-2)

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 Lord bless us and keep us; may the Lord make His face shine on us and be gracious to us; may the Lord look upon with favor and give to us His peace. Amen

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

Satisfy us in the morning with your steadfast love, O God, that we may rejoice and be glad all our days. Praise to the blest and holy Trinity, one God, who gives us life, salvation, and resurrection. (*ELW* p. 299)

The Greeting

How great is Your goodness You have stored up for those who fear you! You lavish it on those who come to you for protection, blessing them before the watching world. (Psalm 31:19)

The Refrain for the Morning Lessons

Long ago, God spoke to our ancestors in many and various ways by the prophets, but in these last days, God has spoken to us by His Son, whom He appointed heir of all things, through whom He also created the worlds. (Hebrews 1:1-2)

A Reading

John 5: 1-8

After this there was a festival of the Jews, and Jesus went up to Jerusalem. Now in Jerusalem by the Sheep Gate there is a pool, called in Hebrew Beth-zatha, which has five porticoes. In these lay many invalids—blind, lame, and paralyzed. One man was there who had been ill for thirty-eight years. When Jesus saw him lying there and knew that he had been there a long time, he said to him, “Do you want to be made well?” The sick man answered him, “Sir, I have no one to put me into the pool when the water is stirred up; and while I am making my way, someone else steps down ahead of me.” Jesus said to him, “Stand up, take your mat and walk.” At once the man was made well, and he took up his mat and began to walk.

The Refrain for the Morning Lessons

Long ago, God spoke to our ancestors in many and various ways by the prophets, but in these last days, God has spoken to us by His Son, whom

He appointed heir of all things, through whom He also created the worlds. (Hebrews 1: 1-2)

The Morning Psalm

Psalm 147:1-6

Praise the Lord! How good it is to sing praises to our God; for He is gracious, and a song of praise is fitting. The Lord builds up Jerusalem; He gathers the outcasts of Israel. He heals the brokenhearted, and binds up their wounds. He determines the number of the stars; He gives to all of them their names. Great is our Lord, and abundant in power; His understanding is beyond measure. The Lord lifts up the downtrodden; He casts the wicked to the ground.

The Prayer of the Day

O God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ our Lord 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 grace of the Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you all. (2 Corinthians 13:14)

The Midday Office

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

The Call to Prayer

All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ. (Ephesians 1: 3)

The Request for Presence

Psalm 67:1

May God be merciful and bless us. May His face smile with favor on us.

The Greeting

The Lord is king! He is robed in majesty. Indeed, the Lord is robed in majesty and armed with strength. The world stands firm and cannot be shaken. (Psalm 93: 1)

The Refrain for the Midday Lesson

Psalm 119:105

Your word is a lamp unto my feet and a light unto my path

A Reading

Deuteronomy 4:1-2

So now, Israel, give heed to the statutes and ordinances that I am teaching you to observe, so that you may live to enter and occupy the land that the Lord, the God of your ancestors, is giving you. You must neither add anything to what I command you nor take away anything from it, but keep the commandments of the Lord your God with which I am charging you.

The Refrain for the Midday Lesson

Psalm 119:105

Your word is a lamp unto my feet and a light unto my path

The Midday Psalm

Psalm 40: 1-3

I waited patiently for the Lord; He turned to me and heard my cry. He drew me up from the desolate pit, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord.

The Prayer of the Day

O God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ our Lord. 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

Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. God will make this happen, for He who calls you is faithful. (1 Thessalonians 5: 23-24)

The Vespers Office

To be observed between 5 and 8 p.m.

The Call to Prayer

Come and see what our God has done, what awesome miracles He performs for people. Psalm 66:5

The Request for Presence

Lead me to the towering rock of safety, for you are my safe refuge, a fortress where my enemies cannot reach me. Let me live forever in your sanctuary, safe beneath the shelter of your wings. (Psalm 61:3-4)

The Greeting

ELW p. 309

Jesus Christ is the light of the world; the light no darkness can overcome!

The Hymn

ELW # 565

All praise to thee, my God, this night for all the blessings of the light.
Keep me, oh, keep me, King of kings, beneath thine own almighty wings.

Forgive me, Lord, for thy dear Son, the ill that I this day have done;
That with the world, myself, and thee, I, ere I sleep at peace may be.

Praise God, from whom all blessings flow; praise God, all creatures here below;
praise God above, ye heavenly host; praise Father, Son, and Holy Ghost.

The Refrain for the Vespers Lesson

Psalm 54:4

Behold, God is my helper; it is the Lord who sustains my life

The Vespers Lesson

Isaiah 61:1-3

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 brokenhearted, to proclaim liberty to the captives, and release to the prisoners; to proclaim the year of the Lord's favor, 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. They will be called oaks of righteousness, the planting of the Lord, to display His glory.

The Refrain for the Vespers Lesson

Psalm 54:4

Behold, God is my helper; it is the Lord who sustains my life.

Prayer of the Day

O God, you have called your servants to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us; through Jesus Christ our Lord. 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

Almighty and everlasting God, by whose Spirit the whole body of your faithful is governed and sanctified: receive my supplications and prayers which I offer before you all members of your holy Church, that in our vocation and ministry in the week to come, we all may truly serve you through our Lord and Savior Jesus Christ. Amen.

The Office of Compline

To be observed before bedtime

The Call to Prayer

Almighty God, grant us a quiet night and peace at the last. Amen.

The Request for Presence

It is good to give thanks to the Lord, to sing praise to your name, O Most High; to herald your love in the morning, your truth at the close of the day. (ELW p. 320)

The Confession

Holy and gracious God, I confess that I have sinned against you this day. Some of my sins I know—the thoughts and words and deeds of which I am ashamed, but some is known only to you. In the name of Jesus Christ I ask forgiveness. Deliver and restore me, that I may rest in peace.

The Forgiveness

By the mercy of God we are united with Jesus Christ, in whom we are forgiven. We rest now in the peace of Christ and rise in the morning to serve. Amen. (ELW p. 321)

The Reading

Matthew 6: 25-30

Therefore I tell you, do not worry about your life, what you will eat or what you will drink or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, 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, will he not much more clothe you—you of little faith?

The Gloria

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

The Small Verse

Psalm 17:6-8

I call upon you, for you will answer me, O God; incline your ear to me, hear my words. Wondrously show your steadfast love, O savior of those who seek refuge from their adversaries at your right hand. Guard me as the apple of the eye; hide me in the shadow of your wings

The Gloria

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

The Petition

Be present, merciful God, and protect us through the hours of this night, so that we who are feared by the changes and chances of life may find our rest in you, through Jesus Christ our Lord. Amen. (*ELW* p. 326)

The Final Blessing

Now in peace I will lie down and sleep; you alone, O God, make me secure.