

A RULE *of* PRAYER

ADVENT 2024



The Blue Ridge Deanery
Charlottesville • Crozet • D.C. • Harrisonburg
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COVER ART

Streams in the Wasteland | JoEtta Deaton

Ophir Pass, CO | 2024 | 30"x24" | Oil on canvas

Inspiration from Isaiah 44:3–4; Isaiah 43:19, 20b, 21; and Isaiah 41:17, 18, 20.

Dear brothers and sisters in the Blue Ridge Deanery,

A number of our churches have used devotionals during the Advent season to prepare us for Christ's coming at Christmas. I'm excited we are doing something together this year. Advent is a season of preparation. We recall the longing of God's people for Christ's first coming, and we anticipate His second coming. In this anticipation, we prepare ourselves. We order our lives toward Him. We, your pastors, want to invite you into a way of ordering our lives toward Christ, and we hope that these practices continue beyond Advent.

Kevin Whitfield+
*Dean, Blue Ridge Deanery
Diocese of Christ Our Hope*



J. Brooke Chao | *Christmas Moon Over Old Town* | 2024 | Acrylic, gold leaf, silver leaf | 30"x40"

WHAT IS A RULE OF LIFE?

As a way of walking together, your pastors have agreed to a common way of ordering our lives around Christ. Our fathers and mothers in the faith have used a rule of life, also called a **rule of prayer**, as a way to unify themselves in this common pursuit of God. A rule of life is not another way to assert our individuality. Instead, it is a way to seek Christ together. Fittingly, the most basic part of a Christian rule of life is prayer. A rule of life establishes prayer at the center, and everything else is made secondary. The things which hinder prayer, the busyness, the distractions, the selfishness, and the bad habits, are like the weeds in our gardens. They diminish the fruitfulness of our lives and at their worst, they choke out the plant completely. A rule of life helps us set priorities and places us in loving, accountable relationships to carry them out.

THE ANGLICAN RULE OF PRAYER

An Anglican rule of prayer revolves around three simple practices:

- 1) Weekly Communion:** Anglicans feed on Christ communally through Scripture and Eucharist.
- 2) Daily Office (Morning and Evening Prayer):** The best context to hear Scripture is in prayer, so we read the Scriptures and pray with them daily, ideally in community.
- 3) Private prayer:** These are the prayers that overflow from your time in worship with the church and your time listening to Scripture in Morning and Evening Prayer. Personal, spontaneous prayer is essential, but it grows best from a life rooted in the Eucharist, the Scriptures, and the prayers of the church.

HOW TO USE THIS GUIDE

This guide reproduces the Morning and Evening **Daily Office** in the Book of Common Prayer (2019). If you're unfamiliar with praying the Office, it can feel clunky at first. Don't get discouraged! The short **essay** on the next page will help orient you to the benefits of building this habit over time. We suggest returning to this essay a few times over Advent as a way to self-reflect during this season.

Instructions in *italics* are provided along the way. If you're praying together, one person serves as the "Officiant," saying the unbolded parts. If praying alone, say both bold and regular parts. And remember: even if you are "alone," you are joining with others in our deanery and across the globe who are praying these same prayers alongside you. In this way, we are truly participating in "common" prayer.

Family Prayer (pp. 20-21) is especially suitable for those with young children.

WHAT HINDERS PRAYER?

Our catechism* notes in paragraph 225 that our “prayers may be hindered by many things, such as lethargy or loss, selfishness or sin, distractions or difficulties, or seasons of spiritual dryness.”

One does not have to be a Christian long to experience these hindrances! Worry, guilt, sloth, and distraction can all make it difficult to pray. There are seasons when our hearts are numb to the love of God because of an inexplicable emptiness inside of us. Our experience tells us the same thing as the catechism—there are hindrances to prayer, some of which we cause and some of which just seem to happen to us.

The catechism goes on to say, “With God’s help, a rule of prayer strengthens [us] to overcome all these.” In the ancient analogy, the spiritual life is like sailing. Only the wind—the Spirit of God—can move the little ship of our soul. But we must raise our sails into the wind of the Spirit if we are to move onwards. In this analogy, the raising of our sails is the life of prayer: when we enter into the regular rhythm of prayer, the Spirit blows us onward to our safe haven, God himself. But there are days when the waves—laziness, grief, bitterness, sin, distraction, dryness—seem insurmountable; we lower our sails, because the waves are too high. Keeping a rule of prayer is like keeping the sails raised, and the very rhythm of the rule enables us to plow through waves that would otherwise make us quit the journey. When we simply show up at the Eucharist, continue to pray the Offices, and pour out our hearts to God in private, we find the Spirit blows us past yet another wave that threatened to swamp our little boat.

But these hindrances are more than just waves to be overcome and sailed past. One of the great mysteries of the Christian life is that the threats to the life of prayer—the threats to our souls—become places where God shows up in power. As Paul discovered, God’s “power is perfected in weakness.” When we keep the sails raised into the wind of the Spirit by continuing in the life of prayer in the face of threatening waves, we find that God shows us more and more of himself through those same hindrances. Even our sin and selfishness, when we doggedly continue to pray through them, becomes places of God’s grace. Seasons of dryness become perseverance, moments of anxiety become faith, and times of loss become hope. The hindrances to prayer, as we continue in the rhythm of prayer, become God’s means of transforming us in love.

Steven Breedlove+

Rector, Church of the Incarnation, Richmond

**To Be a Christian: An Anglican Catechism.*
Edited by J.I. Packer and Joel Scandrett.

DAILY MORNING PRAYER

In the wilderness prepare the way of the Lord;
make straight in the desert a highway for our God.

ISAIAH 40:3

CONFESSION OF SIN

The Officiant says to the People

Let us humbly confess our sins to Almighty God.

Silence is kept. All kneeling, the Officiant and People say

Almighty and most merciful Father,

we have erred and strayed from your ways like lost sheep.

We have followed too much the devices and desires of our own hearts.

We have offended against your holy laws.

We have left undone those things which we ought to have done,

and we have done those things which we ought not to have done;

and apart from your grace, there is no health in us.

O Lord, have mercy upon us.

Spare all those who confess their faults.

Restore all those who are penitent, according to your promises declared to all people in Christ Jesus our Lord.

And grant, O most merciful Father, for his sake,

that we may now live a godly, righteous, and sober life,

to the glory of your holy Name. Amen.

A Deacon or layperson remains kneeling and prays

Grant to 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.**

All stand.

Officiant O Lord, open our lips;

People **And our mouth shall proclaim your praise.**

Officiant O God, make speed to save us;

People **O Lord, make haste to help us.**

Officiant Glory be to the Father, and to the Son, and to the Holy Spirit;

People **As it was in the beginning, is now, and ever shall be,
world without end. Amen.**

Officiant Praise the Lord.

People **The Lord's Name be praised.**

This antiphon is said before and after the Invitatory Psalm (Venite).

Our King and Savior now draws near: *

O come, let us adore him.

VENITE

O Come

O come, let us sing unto the LORD; *

let us heartily rejoice in the strength of our salvation.

Let us come before his presence with thanksgiving *

and show ourselves glad in him with psalms.

For the LORD is a great God *

and a great King above all gods.

In his hand are all the depths of the earth, *

and the heights of the hills are his also.

The sea is his, for he made it, *

and his hands prepared the dry land.

O come, let us worship and fall down, *

and kneel before the LORD our Maker.

For he is our God, *

and we are the people of his pasture,

and the sheep of his hand.

Then follows

THE PSALM OR PSALMS APPOINTED

See p. 23 for the appointed Psalm. At the end of the Psalms the Gloria Patri (Glory be . . .) is sung or said

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.

THE LESSONS

One or more Lessons, as appointed (see p. 23), are read, the Reader first saying

A Reading from _____.

A citation giving chapter and verse may be added.

After each lesson the Reader may say

The Word of the Lord.

People **Thanks be to God.**

The following Canticles are normally sung or said after each of the lessons.

MAGNA ET MIRABILIA
The Song of the Redeemed

O ruler of the universe, Lord God,
great deeds are they that you have done, *
surpassing human understanding.
Your ways are ways of righteousness and truth,*
O King of all the ages.
Who can fail to do you homage, Lord,
and sing the praises of your Name? *
For you only are the Holy One.

All nations will draw near and fall down before you, *
because your just and holy works have been revealed.
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.

REVELATION 15:3-4

BENEDICTUS
The Song of Zechariah

Blessed be the Lord, the God of Israel; *
he has come to his people and set them free.
He has raised up for us a mighty savior, *
born of the house of his servant David.
Through his holy prophets he promised of old
that he would save us from our enemies, *
from the hands of all who hate us.
He promised to show mercy to our fathers *
and to remember his holy covenant.
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.
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 their sins.
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 in the shadow of death, *
and to guide our feet into the way of peace.

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.

LUKE 1:68–79

THE APOSTLES' CREED

Officiant and People together, all standing

**I believe in God, the Father almighty,
creator of heaven and earth.**

I believe in Jesus Christ, his only Son, our Lord.

**He was conceived by the Holy Spirit
and born of the Virgin Mary.**

**He suffered under Pontius Pilate,
was crucified, died, and was buried.**

He descended to the dead.

On the third day he rose again.

**He ascended into heaven,
and is seated at the right hand of the Father.**

He will come again to judge the living and the dead.

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

THE PRAYERS

Officiant The Lord be with you.

People **And with your spirit.**

Officiant Let us pray.

The People kneel or stand.

Lord, have mercy upon us.

Christ, have mercy upon us. *or*

Lord, have mercy upon us.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Officiant and People

**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.**

**Our Father, who is in heaven,
hallowed be your Name,
your kingdom come,
your 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.

And forgive us our sins
as we forgive those
who sin against us.
And lead us not into temptation,
but deliver us from evil.
For yours is the kingdom,
and the power, and the glory,
for ever and for ever. Amen.

Officiant O Lord, show your mercy upon us;

People **And grant us your salvation.**

Officiant O Lord, guide those who govern us;

People **And lead us in the way of justice and truth.**

Officiant Clothe your ministers with righteousness;

People **And let your people sing with joy.**

Officiant O Lord, save your people;

People **And bless your inheritance.**

Officiant Give peace in our time, O Lord;

People **And defend us by your mighty power.**

Officiant Let not the needy, O Lord, be forgotten;

People **Nor the hope of the poor be taken away.**

Officiant Create in us clean hearts, O God;

People **And take not your Holy Spirit from us.**

The Officiant then prays one or more of the following Collects, always beginning with the Collect of the Day found on p. 22. It is traditional to pray the Collects for Peace and Grace daily.

THE COLLECT OF THE DAY

From the appropriate week in Advent, found on p. 22

A COLLECT FOR PEACE

O God, the author of peace and lover of concord, to know you is eternal life and to serve you is perfect freedom: Defend us, your humble servants, in all assaults of our enemies; that we, surely trusting in your defense, may not fear the power of any adversaries, through the might of Jesus Christ our Lord. **Amen.**

A COLLECT FOR GRACE

O Lord, our heavenly Father, almighty and everlasting God, you have brought us safely to the beginning of this day: Defend us by your mighty power, that we may not fall into sin nor run into any danger; and that, guided by your Spirit, we may do what is righteous in your sight; through Jesus Christ our Lord. **Amen.**

One of the following prayers for mission is added.

PRAYER FOR MISSION

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.**

or this

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh; and hasten the coming of your kingdom; through Jesus Christ our Lord. **Amen.**

or this

Lord Jesus Christ, you stretched out your arms of love on the hard wood of the Cross that everyone might come within the reach of your saving embrace: So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honor of your Name. **Amen.**

The Officiant may invite the People to offer intercessions and thanksgivings.

Before the close of the Office one or both of the following prayers may be used.

THE GENERAL THANKSGIVING

Officiant and People

**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 whom you have made.
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, we pray, give us such an awareness of your mercies,
that with truly thankful hearts
we may show forth your praise,
not only with our lips, but in our lives,
by giving up our selves 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 honor and glory throughout all ages. Amen.**

A PRAYER OF ST. JOHN CHRYSOSTOM

Almighty God, you have given us grace at this time, with one accord to make our common supplications to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will grant their requests: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. **Amen.**

Officiant Let us bless the Lord.

People **Thanks be to God.**

The Officiant says one of these concluding sentences (and the People may be invited to join)

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.**

2 CORINTHIANS 13:14

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

ROMANS 15:13

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine: Glory to him from generation to generation in the Church, and in Christ Jesus for ever and ever. **Amen.**

EPHESIANS 3:20-21



Thomas Ingmire | *Messianic Predictions* | In *The Saint John's Bible* | 2011

DAILY EVENING PRAYER

Therefore stay awake—for you do not know when the master of the house will come, in the evening, or at midnight, or when the rooster crows, or in the morning—lest he come suddenly and find you asleep.

MARK 13:35–36

CONFESSION OF SIN

The Officiant says to the People

Let us humbly confess our sins to Almighty God.

Silence is kept. All kneeling, the Officiant and People say

Almighty and most merciful Father,

we have erred and strayed from your ways like lost sheep.

We have followed too much the devices and desires of our own hearts.

We have offended against your holy laws.

We have left undone those things which we ought to have done,

and we have done those things which we ought not to have done;

and apart from your grace, there is no health in us.

O Lord, have mercy upon us.

Spare all those who confess their faults.

Restore all those who are penitent, according to your promises declared to all people in Christ Jesus our Lord.

And grant, O most merciful Father, for his sake,

that we may now live a godly, righteous, and sober life,

to the glory of your holy Name. Amen.

A Deacon or layperson remains kneeling and prays

Grant to 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.**

All stand.

Officiant O Lord, open our lips;

People **And our mouth shall proclaim your praise.**

Officiant O God, make speed to save us;

People **O Lord, make haste to help us.**

Officiant Glory be to the Father, and to the Son, and to the Holy Spirit;

People **As it was in the beginning, is now, and ever shall be, world without end. Amen.**

Officiant Praise the Lord.

People **The Lord's Name be praised.**

The following or some other suitable hymn or Psalm may be sung or said.

PHOS HILARON
O Gladsome Light

**O gladsome light,
pure brightness of the everliving Father in heaven, *
O Jesus Christ, holy and blessed!
Now as we come to the setting of the sun,
and our eyes behold the vesper light, *
we sing your praises, O God: Father, Son, and Holy Spirit.
You are worthy at all times to be praised by happy voices, *
O Son of God, O Giver of Life,
and to be glorified through all the worlds.**

Then follows

THE PSALM OR PSALMS APPOINTED

See p. 23. At the end of the Psalms the Gloria Patri (Glory be . . .) is sung or said

**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.**

THE LESSONS

One or more Lessons, as appointed (see p. 23), are read, the Reader first saying

A Reading from _____.

A citation giving chapter and verse may be added.

After each Lesson the Reader may say

The Word of the Lord.

People **Thanks be to God.**

The following Canticles are normally sung or said after each of the lessons.

MAGNIFICAT
The Song of Mary

**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 for ever.
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.

LUKE 1:46–55

NUNC DIMITTIS
The Song of Simeon

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 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.

LUKE 2:29–32

THE APOSTLES' CREED

Officiant and People together, all standing

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.

**I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.**

THE PRAYERS

Officiant The Lord be with you.

People **And with your spirit.**

Officiant Let us pray.

The People kneel or stand.

Lord, have mercy upon us.

Christ, have mercy upon us. *or*

Lord, have mercy upon us.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Officiant and People

**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.**

**Our Father, who is in heaven,
hallowed be your Name,
your kingdom come,
your will be done,
on earth as it is in heaven.**

Give us this day our daily bread.

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

**And lead us not into temptation,
but deliver us from evil.**

**For your is the kingdom,
and the power, and the glory,
for ever and ever. Amen.**

That this evening may be holy, good, and peaceful,

We entreat you, O Lord.

That your holy angels may lead us in paths of peace and goodwill,

We entreat you, O Lord.

That we may be pardoned and forgiven for our sins and offenses,

We entreat you, O Lord.

That there may be peace in your Church and in the whole world,

We entreat you, O Lord.

That we may depart this life in your faith and fear, and not be condemned before the great judgment seat of Christ,
We entreat you, O Lord.

That we may be bound together by your Holy Spirit in the communion of all your saints, entrusting one another and all our life to Christ,
We entreat you, O Lord.

The Officiant then prays one or more of the following Collects, always beginning with the Collect of the Day found on p. 22. It is traditional to pray the Collects for Peace and Aid against Perils daily.

THE COLLECT OF THE DAY

From the appropriate week in Advent, found on p. 22

A COLLECT FOR PEACE

O God, the source of all holy desires, all good counsels, and all just works: Give to your servants that peace which the world cannot give, that our hearts may be set to obey your commandments, and that we, being defended from the fear of our enemies, may pass our time in rest and quietness; through the merits of Jesus Christ our Savior. **Amen.**

A COLLECT FOR AID AGAINST PERILS

Lighten our darkness, we beseech you, O Lord; and by your great mercy defend us from all perils and dangers of this night; for the love of your only Son, our Savior Jesus Christ. **Amen.**

One of the following prayers for mission is added.

PRAYER FOR MISSION

O God and Father of all, whom the whole heavens adore: Let the whole earth also worship you, all nations obey you, all tongues confess and bless you, and men, women, and children everywhere love you and serve you in peace; through Jesus Christ our Lord. **Amen.**

or this

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.**

or this

O God, you manifest in your servants the signs of your presence: Send forth upon us the Spirit of love, that in companionship with one another your abounding grace may increase among us; through Jesus Christ our Lord. **Amen.**

The Officiant may invite the People to offer intercessions and thanksgivings.

Before the close of the Office one or both of the following prayers may be used.

THE GENERAL THANKSGIVING

Officiant and People

**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 whom you have made.
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, we pray, give us such an awareness of your mercies,
that with truly thankful hearts we may show forth your praise,
not only with our lips, but in our lives,
by giving up our selves 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 honor and glory throughout all ages. Amen.**

A PRAYER OF ST. JOHN CHRYSOSTOM

Almighty God, you have given us grace at this time, with one accord to make our common supplications to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will grant their requests: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. **Amen.**

Officiant Let us bless the Lord.

People **Thanks be to God.**

The Officiant says one of these concluding sentences (and the People may be invited to join)

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.**

2 CORINTHIANS 13:14

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

ROMANS 15:13

FAMILY PRAYER

IN THE MORNING

The following or some other verse of Scripture is said

O Lord, open my lips, and my mouth shall show forth your praise. PSALM 51:15

PSALM 51:10–12

- 10 **Create in me a clean heart, O God, *
and renew a right spirit within me.**
- 11 **Cast me not away from your presence, *
and take not your holy Spirit from me.**
- 12 **O give me the comfort of your help again, *
and sustain me with your willing Spirit.**

**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.**

A READING FROM HOLY SCRIPTURE

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead. 1 PETER 1:3

or this

Give thanks to the Father, who has qualified you to share in the inheritance of the saints in light. He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins. COLOSSIANS 1:12–14

A period of silence may follow.

Prayers may be offered for ourselves and others.

THE LORD'S PRAYER (see p. 17)

THE COLLECT

O Lord, our heavenly Father, almighty and everlasting God, you have brought us safely to the beginning of this day: Defend us by your mighty power, that we may not fall into sin nor run into any danger; and that, guided by your Spirit, we may do what is righteous in your sight; through Jesus Christ our Lord. **Amen.**

FAMILY PRAYER

AT THE CLOSE OF DAY

The following or some other verse of Scripture is said

I will lay me down in peace, and take my rest;
for you, LORD, only, make me dwell in safety.

PSALM 4:8

PSALM 134

- 1 **Behold now, praise the LORD, ***
all you servants of the LORD,
- 2 **You that stand by night in the house of the LORD, ***
even in the courts of the house of our God.
- 3 **Lift up your hands in the sanctuary ***
and sing praises unto the LORD.
- 4 **The LORD who made heaven and earth ***
give you blessing out of Zion.

A READING FROM HOLY SCRIPTURE

You keep them in perfect peace whose minds are stayed on you, because they trust in you. Trust in the LORD for ever, for the LORD God is an everlasting rock.

ISAIAH 26:3-4

or this

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.

1 THESSALONIANS 5:23

A period of silence may follow. A hymn or canticle may be used.

Prayers may be offered for ourselves and others. It is appropriate that prayers of thanksgiving for the blessings of the day, and penitence for our sins, be included.

THE LORD'S PRAYER (see p. 17)

THE COLLECT

Visit this place, O Lord, and drive far from it all snares of the enemy; let your holy angels dwell with us to preserve us in peace; and let your blessing be upon us always; through Jesus Christ our Lord. **Amen.**

CONCLUDING SENTENCE

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

THE COLLECT OF THE DAY

COLLECT FOR THE FIRST WEEK IN ADVENT

Almighty God, give us grace to cast away the works of darkness, and put on the armor of light, now in the time of this mortal life in which your Son Jesus Christ came to visit us in great humility; that in the last day, when he shall come again in his glorious majesty to judge both the living and the dead, we may rise to the life immortal; through him who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

COLLECT FOR THE SECOND WEEK IN ADVENT

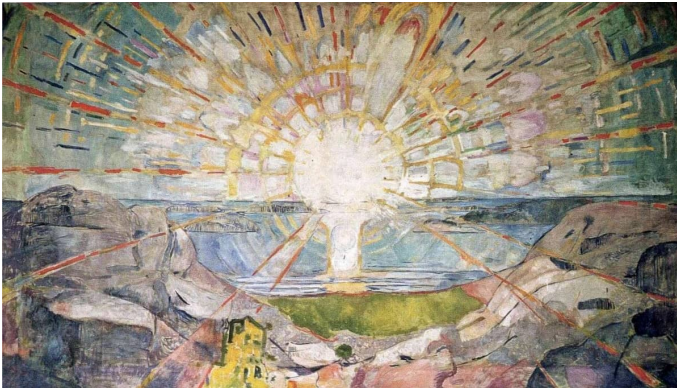
Blessed Lord, who caused all Holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that by patience and the comfort of your holy Word we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

COLLECT FOR THE THIRD WEEK IN ADVENT

O Lord Jesus Christ, you sent your messengers the prophets to preach repentance and prepare the way for our salvation: Grant that the ministers and stewards of your mysteries may likewise make ready your way, by turning the hearts of the disobedient toward the wisdom of the just, that at your second coming to judge the world, we may be found a people acceptable in your sight; for with the Father and the Holy Spirit you live and reign, one God, now and for ever. **Amen.**

COLLECT FOR THE FOURTH WEEK IN ADVENT

Stir up your power, O Lord, and with great might come among us; and as we are sorely hindered by our sins from running the race that is set before us, let your bountiful grace and mercy speedily help and deliver us; through Jesus Christ our Lord, to whom, with you and the Holy Spirit, be honor and glory, now and for ever. **Amen.**



Edvard Munch | *The Sun* | 1909

DAILY OFFICE LECTONARY

Note: If only praying one Office, both lessons may be read at that time. Otherwise, the two lessons may be divided across the two Offices. The full Lectionary (four total lessons per day) may be found in the Book of Common Prayer (2019), p. 762–763.

DATE	1ST LESSON	2ND LESSON	MORNING PSALM	EVENING PSALM
1	Isa 44	Luke 9:18-50	78:41-72	80
2	Isa 45	Luke 9:51-end	81	83
3	Isa 46	Luke 10:1-24	84	85
4	Isa 47	Luke 10:25-end	86, 87	88
5	Isa 48	Luke 11:1-28	89:1-18	89:19-52
6	Isa 49	Luke 11:29-end	90	91
7	Isa 50	Luke 12:1-34	92, 93	94
8	Isa 51	Luke 12:35-53	95, 96	97, 98
9	Isa 52	Luke 12:54—13:9	99, 100, 101	102
10	Isa 53	Luke 13:10-end	103	104
11	Isa 54	Luke 14:1-24	105:1-22	105:23-45
12	Isa 55	Luke 14:25—15:10	106:1-18	106:19-48
13	Isa 56	Luke 15:11-end	107:1-22	107:23-43
14	Isa 57	Luke 16	108, 110	109
15	Isa 58	Luke 17:1-19	111, 112	113, 114
16	Isa 59	Luke 17:20-end	115	116, 117
17	Isa 60	Luke 18:1-30	119:1-24	119:25-48
18	Isa 61	Luke 18:31—19:10	119:49-72	119:73–88
19	Isa 62	Luke 19:11-28	119:89-104	119:105–128
20	Isa 63	Luke 19:29-end	119:129-152	119:153–176
21	Isa 64	Luke 20:1-26	118	120, 121
22	Isa 65	Luke 20:27—21:4	122, 123	124, 125, 126
23	Isa 66	Luke 21:5-end	127, 128	129, 130, 131
24	Song of Songs 1	Luke 22:1-38	132, 133	134, 135



*I must make my office with great care.
It is my daily offering of fresh flowers to the Beloved Spouse.*

– CHARLES DE FOUCAULD

Martyr, 20th century, Algeria



Church of
the Resurrection
charlottesville, VA



CHURCH OF THE
INCARNATION



CHURCH
OF THE
LAMB
AT ROCKINGHAM ABBEY



CHURCH OF THE
HOLY CROSS



THE CHURCH OF THE
INCARNATION



THE CHURCH OF THE
RESURRECTION
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RESTORATION
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