

CHRIST CHURCH CATHEDRAL



Making Our
Home
for Faith

***Strategies for Encountering the
Sacred in Everyday Life for
Individuals, Friends, & Families***



A Letter from Dean Barkley Thompson

Dear Friends,

When we gather for corporate worship on Sundays, we become what we already are: the Body of Christ. In worship, we are brought into communion with God and one another, and sent forth to live his way of love, for the life of the world. Gathering with friend and stranger alike, we remember who *and whose* we are. We strengthen our connection to God and our neighbor. This is the most central act of Christian worship, and nothing can replace it. Blessedly, we are now able to offer high-quality live-streamed worship services each Sunday morning from the Cathedral, as well as Morning and Evening Prayer each weekday on Zoom, and Noonday Prayer each weekday on Facebook Live. Through the wonder of digital technology, Cathedral parishioners continue to be able to gather for corporate worship virtually, which is a blessing.

In addition to the indispensable ways the community continues to gather virtually, in these days of social distance it is ever more important to rediscover ways to pray and praise in the flesh. The Acts of the Apostles teaches us that even in the earliest days of the Church, followers of Jesus did two things, they worshiped in the Temple (for us, the Church) and they worshiped at home: *And every day in the temple and at home they did not cease to teach and proclaim Jesus as the Messiah (Acts 5:42)*. Early Christians, drawing on the patterns of Jewish observance, integrated faith into every aspect of daily living. Throughout the ages, Christians have practiced their faith, both by gathering together for the renewal of shared sacramental life *and* as individuals and in smaller fellowships of friends and family. These twin practices of encountering the Divine strengthen and enrich one another.

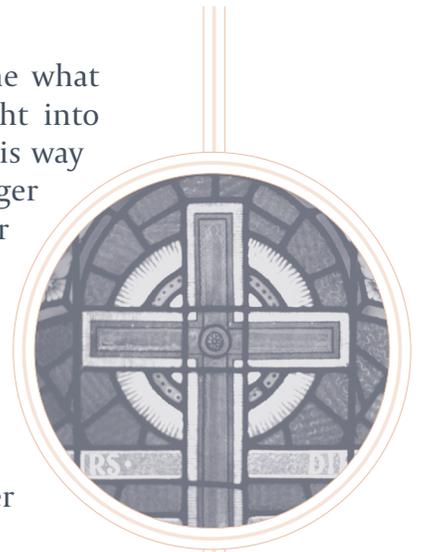
Our current moment invites us to rediscover the practice of faith in our homes and to consider more intentionally the daily rhythm of our souls. What follows in this booklet are resources for you and your household to use for worship and prayer. It includes simple liturgies, spiritual practices, and a collection of prayers for daily living.

It is our sincere hope that we, as Christ Church Cathedral, will *make our homes for faith*, inviting God's loving presence into our own individual dwellings. We have an opportunity to be formed in a new way, integrating our spiritual inheritance into the very heart of our daily lives. Christ is with us in his Word, and by the Spirit draws us together as one before God. Though physically apart, we share the Gospel, which strengthens and comforts us all.

Grace and peace,



The Very Reverend Barkley Thompson, Dean



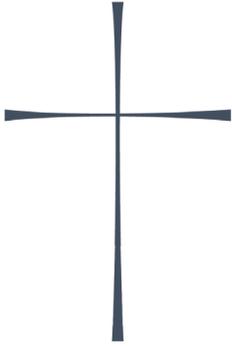
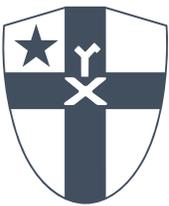


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CHRIST
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How to use this Booklet

All of the offerings in *Making Our Home for Faith* have been designed for praying at home, either as an individual, a couple, or a small gathering of friends and family.

Making Our Home for Faith is also available as a PDF at christchurchcathedral.org/homeforfaith if you would like additional copies. While some of the services assume a small gathering, they can also be used by an individual who, while physically alone, is nevertheless gathered in spirit with the rest of the church. If you are worshiping alone you might consider worshiping with a friend by phone, Facetime, or Zoom.

Families with children are invited to adapt these services even further. If you have a Bible story or picture book, feel free to use it instead. Prayers can be shortened or skipped as needed. Children who can read are encouraged to lead parts of the service. And using concrete objects — such as candles, water, branches or flowers from the yard, pictures, crosses, icons, and so on — is highly encouraged. Additional resources for families for practicing faith at home can be found on the Cathedral website.

To begin, **create a sacred space** in your home (see page 9). It may be an *ofrenda* (offering), a small prayer table, or a quiet chair. You can return to this sacred place again and again for prayers and reflection. The more you use it, the more meaningful it will become in your practice.

Teenagers and tween-agers are ready to use this booklet to create their own individual practices in addition to those shared by the family. Encourage your young person to create a sacred space in their own room, and to experiment with different spiritual practices until they find a rhythm suitable to their faith life.

GETTING STARTED

ITEMS YOU MAY NEED

- ❖ A candle
- ❖ A pair of candles for dinner table liturgy
- ❖ A Book of Common Prayer
- ❖ A Bible
- ❖ A cross or crucifix
- ❖ A bowl with water
- ❖ An item from nature
- ❖ Photos, icons, or images meaningful to you.

ICON KEY



GOOD FOR
individual use



GOOD FOR
couple use



GOOD FOR
family use



GOOD FOR
a small group



GOOD FOR
*use via phone
or Zoom*

Helpful Online Resources

A clickable version of this booklet is available in PDF format on the Cathedral website.

SCRIPTURE RESOURCES

Vanderbilt's Revised Common Lectionary Pages

(<https://lectionary.library.vanderbilt.edu>) allows you to find the readings for the upcoming Sundays according to the Revised Common Lectionary by clicking on the season and the date. In addition to the scripture passages, there are thematic prayers and images chosen to resonate with the themes in the scriptures. HINT: We are in Year A for 2020 until Advent starts.

ESV (<https://podcasts.apple.com/us/podcast/esv-through-the-bible-in-a-year/id1104407866>) **Daily Office Lectionary Podcast** by Crossway is a well-produced podcast of the daily readings (Old Testament, Psalm, Epistle, and Gospel), without comment, using the English Standard Version.

Bible Gateway is both an app and a website: (biblegateway.com) that allows you to easily search for keywords in the Bible or scripture references. You can easily switch to almost any English or other language translations. The site's default is the New International Version (NIV), but we recommend using the New Revised Standard Version (NRSV) which is what you will hear in church. You may also wish to read a passage in more than one translation and reflect on the differences.

PRAYERS & LITURGY RESOURCES

Online Book of Common Prayer (<https://www.bcponline.org>) is an online reproduction of the BCP with hyperlinks. To navigate the Online BCP, use the left hand column and click on the hyperlinks. The sections Daily Office and Prayers and Thanksgivings are very useful for home worship.

Every Moment Holy (<https://www.everymomentholy.com/>) is a beautiful prayer resource. Some of the prayers/liturgies in the book are available at no cost on this website. Even if you don't buy the book or pay to download the other prayers, the titles in the table of contents might inspire you to write a prayer for an ordinary moment.

OTHER PRAYER RESOURCES

Daily Prayer

<https://prayer.forwardmovement.org>

Pandemic Prayers

https://episcopalchurch.org/files/wol_prayers_for_pandemic_final.pdf

A Litany Amidst Covid-19

<https://www.christchurchde.org/wp-content/uploads/2020/03/A-Litany-Amidst-the-COVID.pdf>

Liturgical Resources — Diocese of Texas

<https://www.epicenter.org/on-caring-for-self-and-others-in-this-time-of-pandemic/#Liturgical-Resources>

MUSIC RESOURCES

Spotify Playlists have been created to enrich your worship experience. You can click the links below in the PDF version on our website, or go to <https://open.spotify.com/user/d96fez9nfm6tr8nfebqigion>

Choral and Organ Music

Favorite Hymns

Cathedral Musicians

Christian Singer/Songwriter

Songs for Kids

Canciones por los niños

Música de adorar

Gospel Inspiration

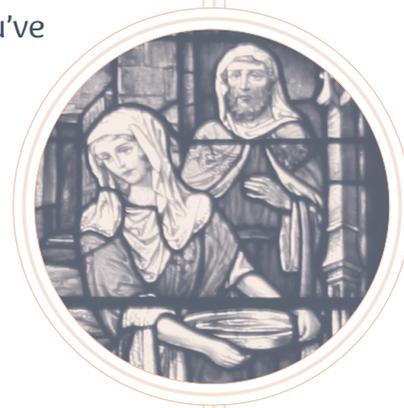
Lullabies

Incorporating Scripture into your Daily Practice

The liturgies and spiritual practices included here often include an invitation to read a passage of scripture. For your convenience, a selection of seven well-loved scriptures, one for each day of the week, can be found on page 6.

Re-reading the same scriptures again and again may be a way to ease into reading the Bible, and those selected here are rich with comfort and praise.

Aside from these scriptures, you may want to find additional passages for your edification. On page 4, you will find links to numerous resources for finding Bible readings for each day. You may also choose a devotional book or simply pick a book of the Bible you've always wanted to read. If you've never read one of the gospels (Matthew, Mark, Luke, or John) in its entirety, give it a try. The Gospel of Mark lends itself beautifully to this practice, as it is short and straightforward. The "Spiritual Practices" (page 27) section of *Making Our Home for Faith* suggests a variety of ways to engage scripture.



Days of the Week Lectionary

SUNDAY Romans 8:35, 37–39

Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? No, in all these things we are more than conquerors through him who loved us. 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.

MONDAY Lamentations 3:22–25

The steadfast love of the Lord never ceases,
his mercies never come to an end;
they are new every morning;
great is your faithfulness.

“The Lord is my portion,” says my soul,
“therefore I will hope in him.”

The Lord is good to those who wait for him,
to the soul that seeks him.

TUESDAY John 14:18–21

“I will not leave you orphaned; I am coming to you. In a little while the world will no longer see me, but you will see me; because I live, you also will live. On that day you will know that I am in my Father, and you in me, and I in you. They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them.”

WEDNESDAY

Isaiah 43:1–3

But now thus says the Lord,
he who created you, O Jacob,
he who formed you, O Israel:
Do not fear, for I have redeemed you;
I have called you by name, you are mine.



How to Use This Book † Days of the Week Lectionary

When you pass through the waters, I will be with you;
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.

For I am the Lord your God,
the Holy One of Israel, your Savior.

THURSDAY 1 John 3:1–2

See what love the Father has given us, that we should be called children of God; and that is what we are. The reason the world does not know us is that it did not know him. Beloved, we are God’s children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is.

FRIDAY Psalm 36:5–9

Your steadfast love, O Lord, extends to the heavens,
your faithfulness to the clouds.

Your righteousness is like the mighty mountains,
your judgments are like the great deep;
you save humans and animals alike, O Lord.

How precious is your steadfast love, O God!

All people may take refuge in the shadow of your wings.
They feast on the abundance of your house,
and you give them drink from the river of your delights.
For with you is the fountain of life;
in your light we see light.

SATURDAY Deuteronomy 6:4–9

Hear, O Israel: The Lord is our God, the Lord alone. You shall love the Lord your God with all your heart, and with all your soul, and with all your might. Keep these words that I am commanding you today in your heart. Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. Bind them as a sign on your hand, fix them as an emblem on your forehead, and write them on the doorposts of your house and on your gates.



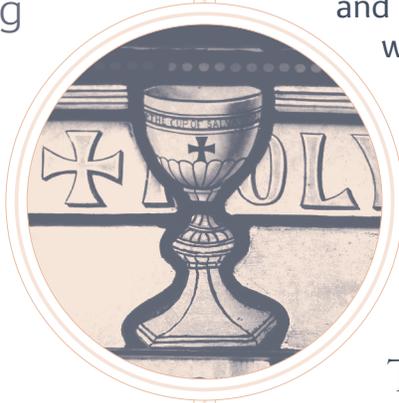
Soul Food

It is a fact of life that a living thing needs food to survive. If you don't feed life, it slowly withers away. Our souls are living entities and need a bit of nourishment from us to survive, and a bit more than a little to thrive. Below is a tried and true three-step process to nourish a soul.

It is best done on a regular basis, daily or weekly, or a combination of both, and demands only the commitment you are willing to give.

THE APPETIZER

The first step is the most obvious spiritual food. Begin by spending a few minutes with one spiritual practice: a quick reading at the beginning, or close, of the day. You can choose a two- or three-minute paragraph, but you do need to concentrate during that time. Suggestions for a place to start would be *Forward Day by Day*, published by Forward Movement Publications of the Episcopal Church. You can get a copy through the Cathedral Bookstore or look it up online. There are also many devotional books that focus on a theme or goal. Listen (and sing along with) an uplifting hymn or song. Find a speaker that you can listen to while getting dressed. Try different things until you find something that seems to fit your current interest/need.



THE ENTRÉE

Here is true nourishment. Commit a bit of time, at least once a week, for some kind of spiritual study. Join a Bible study. Find a spiritual book and read a chapter a week. Explore the wonders of the Book of Common Prayer. Open your mind to learn or better understand something about your faith. Begin where you are comfortable and if where you start doesn't interest you, move on to find something that does.

THE DESSERT

This is the fun part — the part that tastes good. Reach out beyond yourself, beyond those to whom you are regularly committed. Hourly, daily, weekly, whenever the opportunity presents itself, say or do something kind for someone. This action can be as small as a smile and a hello to a stranger, or as big as a plan to start a homeless shelter. Make a commitment with yourself to check in once a week with someone who could use a call or a note. Carry the grocery bag for someone who needs an extra hand. The generous gesture that lifts your spirit because it lifts someone else is truly the cherry on top.

Now you've had a full meal, but there is one more thing that brings full satisfaction. Keep it up. Acknowledge what you have done. Share with someone, or keep a record for yourself. You can have a group that you check in with once a week, or you can make a note each day on your activities. The acknowledgement of your accomplishments encourages more accomplishments. Once you have a pattern going, it is rewarding to extend it and a source of growth to acknowledge it. So feed your soul with these relatively easy steps and note the growth that comes.

Creating Sacred Space at Home



Creating Sacred Space At Home

In this time of separation, we have learned that the Church is not a building, but a community connected by love and prayer.

We've also realized that our homes can be places of prayer. So as we enter a new season of physical separation, but deepened spiritual connection, we suggest creating a prayer space at home that can be available to anyone in your household at any time of day or night. In the midst of the chaos of homeschooling and the worries of our world right now, working together as a household to build a home altar or sacred space can be a way to create order and peace. There are a number of ways to create sacred space at home:

AN OFRENDA (offering) is a collection of sacred and personal objects placed on a ritual display.

A PRAYER DESK is a table for keeping aids to prayer and provides a focus for devotions.

A SPECIAL CHAIR is a place reserved for prayer and reading.

Setting aside sacred space is simple and can be done with items you most likely already have at home. Find a quiet spot for a prayer chair, ideally one that is not used for watching television. For an ofrenda or a prayer desk, choose an area that is less likely to collect junk or mail, such as a window sill, small table, portable tray table, or book shelf.

ITEMS YOU MIGHT GATHER WHEN CREATING A SACRED SPACE:

- ❖ **CLOTH:** A placemat, tablecloth, or any piece of fabric.
- ❖ **CANDLE:** Real or battery operated (good if you have small children) to remind you that Jesus is the Light of the World.
- ❖ **CROSS:** Any shape, type, or media.
- ❖ **ICON:** A holy image of a saint or biblical figure. Not everyone will want (or have) an icon.
- ❖ **OBJECT FROM NATURE:** A stone, flower, shell, acorn, etc. This reminds us of God's creation that surrounds us always.
- ❖ **FLOWERS:** Most of our churches have flowers on or near their altars — again, a reminder of God's creation and abundance.
- ❖ **PRAYERS/ SCRIPTURE:** Having a Bible and Book of Common Prayer nearby can be helpful. Perhaps there is a prayer that you like especially; write it on paper or an index card.
- ❖ **BOWL WITH PAPER AND PEN:** You may write names of people or thanksgivings on a slip of paper and put them in the bowl as part of your prayer practice. The bowl can serve as a reminder, and become a household "collection of prayers."
- ❖ **A SMALL BOWL OF WATER:** Representing our baptismal identity in Jesus.
- ❖ **OTHER OBJECTS:** Photographs, pictures, remembrances.

— Adapted from "Making an Altar for Home"
by Sharon Ely Pearson

Dedicating Your Sacred Space

After your space has been created, gather those who will use it to offer a prayer of dedication.

A PRAYER OF DEDICATION FOR SACRED SPACE

Gracious God, make this place of prayer and reflection a holy and sacred place through our use and by our devotion. Pour out your Spirit, so that we may draw near to you in prayer and receive your grace and truth; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

Seasonal Prayers for Use with Sacred Space

Observing A Birthday

Place a photograph of the person whose birthday is celebrated.

PRAYER FOR A BIRTHDAY

O God, our times are in your hand: Look with favor, we pray, on your servant *N.* as *he/she* begins another year. Grant that *he/she* may grow in wisdom and grace, and strengthen *his/her* trust in your goodness all the days of their life; through Jesus Christ our Lord. Amen. (BCP, 830)

PRAYER FOR A CHILD'S BIRTHDAY

Watch over thy child, O Lord, as their days increase; bless and guide them wherever they may be. Strengthen them when they stand; comfort them when discouraged or sorrowful; raise them up if they fall; and in their heart may thy peace which passeth understanding abide all the days of their life; through Jesus Christ our Lord. Amen. (BCP, 830)



Observing the Feast of St. Francis, October 4

Consider gathering photographs of beloved pets (living and deceased), images from nature, and images of St. Francis in celebration of his life and ministry.



THE PRAYER ATTRIBUTED TO ST. FRANCIS

Lord, make me an instrument of your peace, where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

O, God, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love; for it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

A BLESSING PRAYER FOR PETS IN HONOR OF ST. FRANCIS

Most high, almighty Lord, our Creator, yours are the praise, the glory, the honor and all blessings! To you alone do all things belong. Be praised for giving us the animals, birds, and fish which fill your world. May we think of you and thank you when we play with and care for our pets. Be praised for making us so happy to have our pets and to have them to play with. We ask you, Lord, that we may be good to our pets always, so that they may be happy also. Help us always to take care of them so that they will be healthy. O God, your world is wonderful. May we all come into your even greater world of the kingdom of heaven where we shall see even more wonderful things and where we shall live and love for ever. This we ask to your eternal praise, and to our blessing. Amen.

Adapted from <http://www.liturgies.net/saints/francis/animalblessing.htm>

Prayers Of Remembrance

In your sacred space place a photograph on the anniversary of your loved one's birth, death, or on any other occasion of remembrance.

A PRAYER OF REMEMBRANCE FOR ONE WHO HAS DIED OR AT THE CELEBRATION OF ALL SOULS

Gracious God, we pray to you for those we love, but see no longer: Grant them your peace; let light perpetual shine upon them; and in your loving wisdom and almighty power, work in them, and in us, the good purpose of your perfect will.

Make us, we pray, deeply aware of the shortness and uncertainty of human life; give us reverence and appreciation for all our blessings, and by your Holy Spirit lead us into all goodness, so that having served you in our own time, we may be gathered into your eternal glory, in the company of those we love. All this we ask through Jesus Christ our Lord. Amen.

Celebrating All Saints, November 1

In your sacred space gather images of holy men and women throughout the ages along with photographs of friends and family who have passed into eternal life.

A PRAYER FOR ALL SAINTS DAY

Almighty God, you have knit together your elect in one communion and fellowship in the mystical body of your Son Christ our Lord: Give us grace so to follow your blessed saints in all virtuous and godly living, that we may come to those ineffable joys that you have prepared for those who truly love you; through Jesus Christ our Lord, who with you and the Holy Spirit lives and reigns, one God, in glory everlasting. Amen.

Marking Election Day

PRAYER FOR AN ELECTION

Almighty God, to whom we must account for all our powers and privileges: Guide the people of the United States in the election of officials and representatives; that, by faithful administration and wise laws, the rights of all may be protected and our nation be enabled to fulfill your purposes; through Jesus Christ our Lord. Amen. (BCP, 822)



PRAYER FOR THOSE WHO INFLUENCE PUBLIC OPINION

Almighty God, you proclaim your truth in every age by many voices: Direct, in our time, we pray, those who speak where many listen and write what many read; that they may do their part in making the heart of this people wise, its mind sound, and its will righteous; to the honor of Jesus Christ our Lord. Amen. (BCP, 827)



Celebrating Thanksgiving

Decorate your sacred space with symbols of the harvest and God's steadfast provision and abundance.

A GENERAL THANKSGIVING

Accept, O Lord, our thanks and praise for all that you have done for us. We thank you for the splendor of the whole creation, for the beauty of this world, for the wonder of life, and for the mystery of love.

We thank you for the blessing of family and friends, and for the loving care which surrounds us on every side.

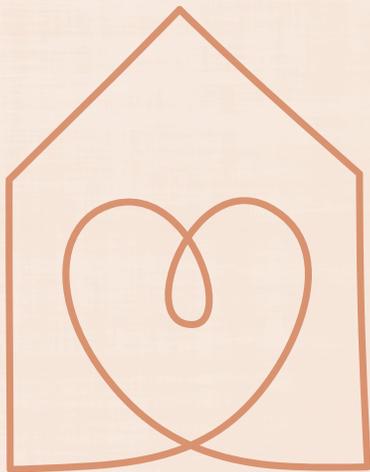
We thank you for setting us at tasks which demand our best efforts, and for leading us to accomplishments which satisfy and delight us.

We thank you also for those disappointments and failures that lead us to acknowledge our dependence on you alone.

Above all, we thank you for your Son Jesus Christ; for the truth of his Word and the example of his life; for his steadfast obedience, by which he overcame temptation; for his dying, through which he overcame death; and for his rising to life again, in which we are raised to the life of your kingdom.

Grant us the gift of your Spirit, that we may know Christ and make him known; and through him, at all times and in all places, may give thanks to you in all things. Amen. (BCP, 836)

At-home Liturgies for Ordinary Days



An Order for Daily Prayer



Worship the lord in the beauty of holiness; let the whole earth stand in awe of him.

Lord, open our lips.

And our mouth shall proclaim your praise.

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

A READING

Read one of the scripture sentences listed below, or use the one appointed in the Days of the Week Lectionary found on page 6, or select another scripture. (For ideas see page 4)

Blessed be the God and Father of our Lord Jesus Christ! By his great mercy we have been born anew to a living hope throughout the resurrection of Jesus Christ from the dead. *1 Peter 1:3*

O God, you will keep in perfect peace those whose minds are fixed on you; for in returning and rest we shall be saved; in quietness and trust shall be our strength. *Isaiah 26:3; 30:15*

It is not ourselves that we proclaim; we proclaim Christ Jesus as Lord, and ourselves as your servants, for Jesus' sake. For the same God who said, "Out of darkness let light shine," has caused his light to shine within us, to give the light of revelation — the revelation of the glory of God in the face of Jesus Christ. *2 Corinthians 4:5-6*

A period of reflection or silence may follow.

PRAYERS

Prayers may be offered for ourselves and others either silently or aloud.

CONFESSION OF SIN

Let us humbly confess our sins unto Almighty God.

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

Almighty God, heavenly Father, in your great mercy you promise forgiveness of sins to all who turn to you in repentance and faith: receive my prayer of confession, and grant me the grace to receive your reconciliation, through Jesus Christ. **Amen.**

THE APOSTLE'S CREED

**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 power of 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 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 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.**

CLOSING PRAYERS

Lord Jesus, I cannot now worship you at the altar of the church in the Sacrament of your Body and Blood, yet in spirit I would join myself with all those who in your Holy Church offer you the sacrifice of praise and thanksgiving. Visit me, I pray, with your mercy, pardon, and blessing, and fill me with faith and love and repentance, and so strengthen and sustain me by your grace that I may with pure heart and mind follow you, the only God, now and ever. **Amen.**

Lord, you now have set your servant free to go in peace as you have promised; For these eyes of mine have seen the Savior, whom you have prepared for all the world to see: A Light to enlighten the nations, and the glory of your people Israel.

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.**



A Simplified Order for Compline (also called Night Prayers)

OPENING

God Almighty grant us a peaceful night and a perfect end.

The angels of God guard us through the night, and lead us to heavenly peace.

Light and peace, in Jesus Christ our Savior.

Thanks be to God.

CONFESSION

Loving God, we are sorry for the hurtful things we have thought, said, or done, and for not doing the things we should have done. We ask for your forgiveness. Set us on your way and make us whole. Amen.

SONG

A song suitable for evening prayer may be sung or said.

SCRIPTURE

Read the scripture sentence below, or use the one appointed in the Days of the Week Lectionary found on page 6. If praying with children, consider using a picture or illustrated Bible.

PSALM 134

Behold now, bless the Lord, all you servants of the Lord,
you that stand by night in the house of the Lord.

Lift up your hands in the holy place and bless the Lord;

**The Lord who made heaven and earth. Bless
you out of Zion.**

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



REFLECTING ON THE DAY

What struggles did you see or face today? Have you asked Jesus to calm your storms?

What joy did you receive today? For what can you give thanks?

RESPONSE

Into your hands, O Lord, I commend my spirit;
For you have redeemed me, O Lord, O God of truth.

Keep us, O Lord, as the apple of your eye;
Hide us under the shadow of your wings.

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 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.**

THE CONCLUSION

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.

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

Glory to the holy and undivided Trinity, Three in One and One in Three, as it was in the beginning, is now, and will be for ever. **Amen.**

The full service of compline can be found on page 127 of the Book of Common Prayer.



An Order for Table Worship

ABOUT DINNER WORSHIP

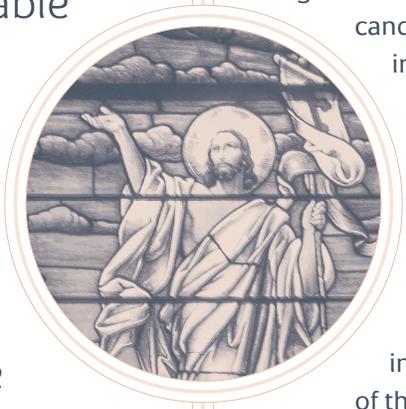
Why worship at the dinner table?

Worshiping at the dinner table can deepen our understanding of worship in the church as an intimate act: the table fellowship of family and friends. The Eucharist is a meal that unites us with others as we are united with Christ. Worshiping around our tables at home also reminds us that we are the body of Christ wherever we are.

In our liturgy, we experience the “real presence” of Christ, by our gathering around the table, friend and stranger alike, to receive the sacrament of Christ is Body and Blood.

Worship at the dinner table connects faith with daily life and helps worship at church resonate with the joy and intimacy of gathering with family or friends.

As Christians, we understand our central act of worship, the Eucharist, to be situated around an altar which is also a table of fellowship. As we gather as the Body of Christ on Sunday, we remember and enact sharing bread and wine like Jesus and his disciples did when they gathered in the upper room before his arrest and crucifixion.



GATHERING AND PREPARING THE TABLE: Be intentional about meal preparation and table setting as part of table worship. In our Eucharistic celebrations at church, altar guild members see their role of caring for the linens, candle sticks, and other material objects used in the service as a ministry. With these acts of corporate worship in mind, we encourage individuals to prepare their tables thoughtfully and reverently. We also encourage families to involve all children in the preparation of the meal, setting the table, reading, and leading the various parts of the worship as they are able. Sharing the cleaning up tasks is also an extension of the worship experience!

CANDLES: At your baptism, you were given a candle that was lit from the paschal candle, representing the light of Christ that now dwells within you. In the Jewish tradition, at least two candles are lit at the Sabbath tables, and there are always two altar candles at our worship. We suggest that you light at least two even if you are alone as a reminder that God is with you and the light of Christ is in you.

BEFORE YOU START: There is not a designated officiant, but instead, leadership is shared. Choose someone to light the candles. Choose a scripture passage, and decide who will read/lead each section of the liturgy. There are six spoken parts including the scripture reader and the discussion leader if a new speaker starts after each bolded heading.

ABOUT THE DISCUSSION LEADER: Anyone who is able to read can be the one to lead the discussion using the directions we have included in the order of service, and even a non-reading child may be appointed to assist the discussion leader by inviting people to answer the questions. The discussion leader chooses which of the questions to use or skip. We recommend asking no more than three questions.

An Order For Table Worship

GATHERING

Gather for the meal. When all are present, one person lights the candles while another says the “Phos Hilaron” below.

O gracious 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.

TABLE BLESSING

Bless the food and fellowship of the Spirit

O God who proclaimed, “Out of darkness let light shine,” you have caused the light of Christ Jesus to shine within us.

Bless this food and our fellowship,
strengthen us in body and spirit,
embolden us share your love and light with the world. **Amen.**

A READING FROM SCRIPTURE

One person reads a passage. See pages 4 and 6 for notes about choosing what to read.

DISCUSSION

The discussion leader starts the discussion by asking a question from the list below, and inviting someone to answer first by saying, “(Name), I invite you to respond first.” The person called on can answer or pass to someone else. Let the conversation flow, taking care to invite those who tend to be quiet. Then choose another question. Offer as many questions as is desirable (two or three are usually sufficient).

- ❖ *What word or image grabs your attention from this passage?*
- ❖ *What do you think this scripture is really about?*
- ❖ *How do things go wrong in this passage and what or who makes things go right?*
- ❖ *What is God teaching you through the passage and the comments of others?*
- ❖ *What is God inviting you to do, be, or change through this passage?*
- ❖ *What small step will you take this week in response to this discussion?*

Liturgies for Ordinary Days + Order for Table Worship

PRAYERS

As the meal and discussion wind down, the prayer leader invites prayers with the following words:

Dear God, we thank you for the blessing of food and fellowship and all our many blessings including... *(You are invited to name the things you are thankful for.)*

We pray that you would be with those who are ill or grieving including ... *(Share the names of those you wish to pray for in particular at this time.)*

We also pray that you would help us with... *(You are invited to ask God for specific help silently or aloud.)*

Together let us pray as Jesus taught us:

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

**Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.**

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

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

COLLECT

Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, and awaken hope, that we may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love. **Amen.**

Someone changes the light by extinguishing the candles with a candle snuffer if available.



An Order for Prayers of Lament & Gratitude in a Time of Pandemic



OPENING

O God of peace, you teach us that in returning and rest we will be saved, in quietness and confidence will be our strength: By the might of your Spirit lift us, we pray, to your presence, where we may be still and know that you are God; through Jesus Christ our Lord. **Amen.**
(adapted from BCP, 832)

O God of mercy, you teach us through your holy Word that you do not willingly afflict or grieve your children: Look with mercy upon our sorrows. Remember us, O Lord, in compassion, nourish our souls with patience, comfort us with a sense of your goodness, lift up your countenance upon us, and give us peace; through Jesus Christ our Lord. **Amen.** *(adapted from BCP, 831)*

After each intercession, individual concerns are named either silently or aloud.

LAMENT

Gracious God, we give to you the sorrows of our hearts, and name before you all that we have lost and long for:

Following each petition, either silently or aloud, "Our concerns are lifted to God."

We acknowledge

the lost rhythms of our daily life and work...

the cancellation of celebrations, graduations,
and rites of passage...

the loss of touch, and the opportunity to embody
our love for one another as we once did...

the necessary changes to our work and service to
others, and the plans that will go unfulfilled...

the grief of others and sadness we share with those we love...

Liturgies for Ordinary Days † Prayers of Lament and Gratitude

INTERCESSION

Gracious God, we find ourselves in unsteady and confusing times, and in the midst of a hurting world. Hear our prayers for the life of the world:

Following each petition, either silently or aloud, "Our concerns are lifted to God."

We pray

for an end to hatred and the transformation of
all systems and institutions toward justice,
mercy, peace and human flourishing...

for the welfare of all people and for our leaders who
are entrusted with the sacred responsibility
of working for the common good...

for those who care for the sick and dying, for
those who endeavor to develop vaccines and
treatments, and for all who labor, especially those
whose labor puts them at greater risk...

for those who are sick, and for those who are fearful and lonely...

for those who have died, and for the families of those
who have died...

GRATITUDE

Gracious God, even in the midst in uncertainty and disruption, you continue to bless us.

Following each petition, either silently or aloud, "Our concerns are lifted to God."

We give thanks for your presence in our lives, and for your many gifts and blessings:

for work that calls forth our best efforts
and enlivens our imaginations...

for relationships with family and friends that sustain us...

for our growing awareness of our own souls and
our irreducible connection to others...

for the rediscovery of simple joys and forgotten passions...

for your presence in our lives...



Making Our Home for Faith

SUPPLICATION

Gracious God, you call us to live a transformed and transforming life. Grant us every gift that we need so that we might fulfil our call:

Following each petition, either silently or aloud, "Our concerns are lifted to God."

We pray

for clarity of purpose in our daily life and work...

for patience with ourselves and others, and perseverance in our struggles...

for courage and compassion...

for a spirit of collaboration and cooperation in our relationships...

for renewed joy and a spirit of creativity and wonder...

CLOSING

Almighty God, by your Holy Spirit you have made us one with your saints in heaven and on earth: Grant that in our earthly pilgrimage we may always be supported by this fellowship of love and prayer, and know ourselves to be surrounded by their witness to your power and mercy. We ask this for the sake of Jesus Christ, in whom all our intercessions are acceptable through the Spirit, and who lives and reigns for ever and ever. **Amen.** *(BCP, 95)*

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*



Spiritual Practices for Daily Living



Spiritual Practices for Daily Living

SCRIBING

For thousands of years, scripture was copied by hand. Handwriting scripture offers us an opportunity to slow down in order to gently receive the wisdom scripture offers. In addition, sequential hand movements, like those used in handwriting, activate large regions of the brain responsible for thinking, language, healing, and working memory, and handwriting can function as a meditation. Simply copy the text of a scripture passage by hand. As you copy the text, pay attention to each word and phrase. You may wish to underline or write notes as you go. How is God speaking to you through this text?

REFLECTING INDIVIDUALLY

Read a passage of scripture. Choose a word or phrase to take to contemplative prayer. Find a comfortable place to sit, set a time, invite God into your prayer, and repeat the word or phrase with each breath.

REFLECTING WITH A PARTNER

This practice works great with couples, parents and children, and friends over the phone.

- ❖ Retell the story you just heard, but in your own words.
- ❖ Use “I wonder” statements to talk about the story.
- ❖ What does this story teach you about who you are?
- ❖ What does this story teach you about the world?
- ❖ What does this story teach you about God?

MINDFUL PHOTOGRAPHY

This practice can be done with a smartphone or camera.

Mindful photography is a practice whereby we consciously choose to see the sacred in our ordinary surroundings. Allowing ourselves to gently receive images while focusing on various elements in our world can be a profound and personal experience, opening up another way to connect with God.

Choose a time and a place. Center yourself in God’s presence, and then begin to see with eyes of heart. All creation announces the presence of God; how is God declaring God’s presence to you? What images are you receiving that speak to gratitude, joy, hope, sorrow, patience, rebirth. When an image becomes particularly significant to you, consider printing it and/or pairing it with a verse of scripture or a meaningful song lyric or poem.



Resources for Families with Children



A Word to Families

Making your home for faith as a family can be incredibly challenging, and especially so when children are attending school online and unable to participate in normal activities.

Stress, anxiety, grief, and frustration can sometimes ricochet from one family member to another. The suggestions listed below are not meant to add one more thing to your already long to-do list, or to elicit a sense of grief or failure.

Our hope is that these suggestions will help you find a rhythm in your daily life to reconnect with God and one another in a spirit of peace, forgiveness, and love.



SOME TIPS:

A LITTLE GOES A LONG WAY: A prayer at tuck-in time, grace before a meal, a candle lit in memory of a loved one, a spiritual song: any one of these activities can lend a sense of peace and regularity, creating a touchstone for you and your child.

START SMALL: Don't try to do everything, just add one small practice that invites connection and love.

IF YOU TRY SOMETHING AND IT DOESN'T WORK:

Sometimes children are resistant, or some practices may feel awkward to you. It's okay to move on and try something else.

BE PATIENT AND COMPASSIONATE WITH YOURSELF AND WITH THEM:

Shame and guilt are not likely to achieve the peace and connection you are after. Keep a sense of humor and embrace imperfection.

WONDER TOGETHER:

Kids ask hard questions about God and all of life's complexities. You don't have to have answers. It's okay to say you don't know, or that you wonder about the very same thing. Let their curiosity inspire your own, and deepen your own faith life.

LET THEM LEAD:

Kids can light candles, place pictures, pick flowers for your sacred space, and read prayers or Bible verses. Empower them to participate as fully as possible. If there are many children in your family and competition arises, develop a system for taking turns. Reassure children that it's okay to make mistakes, what matters is connecting with God as a family.

MODEL THE ENGAGEMENT YOU'D LIKE TO SEE:

Children will take their cues from you. If you are relaxed, respectful, and curious, soon, they will be as well.

PAY ATTENTION:

If you experience a sense of reconnection, if feelings are shared more easily, if your child shows interest and reminds you when it's time to pray, read, sing, or worship — that means you are on the right track. Celebrate these small moments and build on them.

Resources for Families

Making Our Home for Faith Podcast

Join Minister for Children and Families KariAnn Lessner's weekly podcast for families. In each episode, KariAnn invites us to settle into God's presence as we settle down for the evening.

Creating Sacred Space

Working together as a household to build a home altar or sacred space can be a wonderful way to prepare your children for engaging in new practices, and invites their creativity and investment. Updating the space with your child's artwork, prayer requests, or decorations helps to keep the space alive and fresh, and helps them feel a part of things. For more suggestions visit page 10.

Dinner Table Liturgy

Adapt this simple liturgy found on page 21 to meet the needs of your family. This liturgy can be done weekly, or on special occasions, and helps develop a child's capacity to think and discuss matters of faith with others.

Simplified Compline

Found on page 19, this simple liturgy is a beautiful way to close the day, and can be further simplified for young children.

Reflecting on Bible stories with children

- ❖ Read a selection of scripture from the Bible or a collection of stories suitable to your child's age, and then talk about it.
- ❖ Retell the story you just heard, but in your own words.
- ❖ Use "I wonder" statements to talk about the story.
- ❖ What does this story teach you about who you are?
- ❖ What does this story teach you about the world?
- ❖ What does this story teach you about God?



Prayers for Daily Living, Especially Suitable for Children



PRAYERS FOR TURNING AND RETURNING

Each week, select a different gift from God to bring with you into the world.

With every turning out toward the world or returning in to this home, I carry with me God's* _____.

*Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Self-Control, Wisdom, Steadfastness

A PRAYER FOR TURNING AND RETURNING

As I turn to leave this house, I raise my hands in peace and praise.

Peace to those I meet and praise to the Maker of us all.

As I return to this house, I breathe in love and longing.

Love for myself and those I love and longing
for my eternal home.

SIMPLE PRAYERS FOR AN UNSIMPLE TIME

Dear God, today is not normal, we can not go to school or church or out to play. Even though it is different, people we love are still all around us. You are still here. I love you. Amen.

Dear God, even if the world is sad or scary, I am happy! We are here together and you are here with us. Amen.

Dear God, thank you for making my home a safe place to play and work and learn. Amen.

Dear God, thank you for everyone who is working to make the world a better place. Thank you for doctors and nurses. Thank you for people who say true things. Thank you for people who teach. Thank you for people who work very hard for a very long time. Thank you for people who listen. Thank you for people who serve. Amen.

Dear God, in a world that is loud, help me to hear the quiet truth: I love you and you love me. Amen.

A PRAYER WHILE PUTTING ON YOUR MASK

Dear God, the world needs masked superheroes. When I put on my mask, I am no longer <name>, I am Super <name>. When my mask feels itchy and uncomfortable, it is no match for Super Me. When my glasses get all fogged up, that's no trouble for Super Me. When my mask gets stuck to my mouth when I talk, that's no problem for Super Me. Super Heroes help other people, and I know that's what I'm doing too. Thank you for making me Super. Amen.

A PRAYER FOR STARTING SCHOOL AT HOME

Dear God, even though I don't feel like I'm at school, and even though a few minutes ago my classroom looked like my kitchen (or bedroom or living room), I am glad I have a place to learn and teachers who love me. Please help me to concentrate on my work and to learn something new today. Amen.

Parents – you may also say this one using “work” and “office” instead of school and classroom.

A PRAYER FOR FAMILIES GOING TO SCHOOL AND WORK OUTSIDE OF THE HOUSE

Dear God, as we go to work and school today, we will remember that You are with all of us. If things feel different, we will remember that You are the same. If we are far from friends we will remember that smiles and kind words can cross rooms. And as we come back together at the end of the day, we will remember that love gives us strength and faith gives us courage. Amen.

PRAYER FOR PUTTING ON A MASK

Gracious God, guard and protect me and all whom I will meet this day. By wearing this mask I declare my love for friend, neighbor, and you. Amen.

PRAYER FOR A CHILD'S FAITH

I believe in God above. I believe in Jesus' love.
I believe his Spirit, too, comes to teach me what to do.
I believe that I can be, true and loving, Lord, like thee.

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A NIGHTTIME PRAYER

Father, we thank thee for the night, and for the pleasant morning light; For rest and food and loving care, and all that makes the day so fair. Help us to do the things we should, to be to others kind and good; In all we do, in work or play, to grow more loving every day.

— Rebecca Weston, 1890

A GOODNIGHT SONG

Lay down my dear brother (sister), lay down and take your rest
Oh won't you lay your head upon your savior's breast.

I love you, oh but Jesus loves you the best
So I bid you goodnight, goodnight, goodnight.

(Repeat, growing softer and softer)

A PRAYER FOR ALL MY FEELINGS

O God of the ocean and of my heart, you hold the waves of my feelings in the palm of your hand. You are the God of big feels and of holding me when I feel small. You know the depth of my emotions and all that bubbles up inside of me. Sometimes I remember that you and I are together, never apart, and other times I wonder where you are. Help me hold tight knowing that you are never far from me. You are as close as the air in my lungs and as sure as the tide that pulls in and out again. You are the God of the raging sea and all that tosses and turns inside of me. Amen.

A PRAYER FOR WAITING ON GOD

O God who teaches me to wait for you, I'm learning that the waiting is often the hardest part. And so I am learning to wait. In the moments when I feel weak, afraid, and alone, help me call out for your strength, courage, and connection. In the times when my heart wants to tuck tail and run away, help me to remember that you only ask me to stand... and wait on you. So I will learn in the great waiting room full of other folks who are waiting on you, too. Help us to remind each other that you are never late — you are always on time. Amen.



Prayers for Daily Living



Prayers for Daily Living

AT THE START OF A DAY

Good morning Lord, thank you that I had a refreshing night's sleep, and that I awakened healthy and whole. Please bless my (our) endeavors today so that the work I (we) do in the world is fruitful, and the ways I (we) wish to honor you and those I (we) love are acceptable in your sight. Amen.

FOR A DAY ALONE

Dear Lord, in the midst of another day alone, help me to find a spark of inspiration for something useful and entertaining to engage me. Bring to mind the person that needs a call, the chore that needs accomplishing, the inspiration for a different meal or change of clothes so that I may celebrate the bounty you have provided to me alone. Amen.

FOR A DAY AT HOME WITH FAMILY

As we gather for a day at home, give us happy times together. Help us to find activities that bring laughter, fun and joy. Give us patience and a healthy respect for each other. Amen.

FOR SAFETY

Savior and Lord, keep those I love safe today. Watch over them and bring them home to me (us) well and happy. Amen.

WHEN PUTTING ON A MASK

O God who breathed life into dust, creating humanity,
in you I live and move and have my being.

Protect me and those around me
from diseases of the body
from maladies of the soul
and from all false pretenses.

Help me be a blessing
mindful of the ways my life depends on others
and on your mercy.



Prayers for Daily Living

FOR VENTURING OUT

As I (we) enter into the world today, help me (us) to remember that everyone I (we) encounter is doing their best to manage in this difficult time. Give all of us patience, understanding, and a caring heart. Help us to be especially kind, considerate, and forgiving to all we see. We ask this through your Son our Savior Jesus Christ. Amen.

Dear Jesus, you called your disciples to go into the world as wise as serpents and as innocent as doves. Help me to go out into the world with wisdom and charity. Calm my mind, shield my body, and bring me safely home again. Amen.

WHEN WAITING FOR TEST RESULTS

Gracious God, as my loved ones and I await the results of medical tests, I offer to you all my fears and burdens. Calm us in our worries, for our worries do not add wisdom, only stress. Enlighten us, through the power of your Spirit, to make wise decisions about treatment. Heal my/our affliction. Help us to turn toward you that we might receive your peace which surpasses all understanding. Comfort us as we seek your presence and place all of our concerns into your loving hands. Amen.

A PRAYER FOR STRENGTH

God of compassion,
be close to those who are ill, afraid, or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord. Amen.

—Justin Welby, Archbishop of Canterbury

FOR VIDEO MEETINGS

O Lord you have blessed us with the creativity and skill to communicate across great distances. May our interactions be fruitful, honest, and loving. Guard us from distractions. Save us from the temptation to be more aware of our own appearance than our effect on others. Help us to see and hear the needs of those in our circle and beyond. Amen.



PRAYER FOR USE BY A SICK PERSON

This is another day, O Lord. I know not what it will bring forth, but make me ready, Lord, for whatever it may be. If I am to stand up, help me to stand bravely. If I am to sit still, help me to sit quietly. If I am to lie low, help me to do it patiently. And if I am to do nothing, let me do it gallantly.

Make these words more than words, and give me the Spirit of Jesus. Amen. (*BCP, 461*)

WHEN FEELING ILL

Oh Lord, my body doesn't feel quite right today. I am worried. Am I getting sick? I don't have the time! Please calm my worries, guide me into the right actions to deal with this possibility immediately. Don't let me ignore, put off, or endanger myself or others with inaction. I trust that you want the best for me and all that I love, and that you will be beside me whatever I face. And Lord, please let it be just a very little thing! Amen.

FOR SPACE

Dear Lord, I need a little space. Everyone is everywhere all day. Please give me a bit of peace and quiet to settle myself and gird myself for more of those I love so much. Amen.

FOR CALM

Dear Lord, each day presents new challenges at home, at work, in the world, and in my sleep. Give me patience and strength to deal with each one as it arises. Also help me to not "borrow trouble" so that I can deal with what is real and not the anxieties of my imagination. Amen.

FOR CHEESE AND OLIVES (OR FRUIT) INSPIRED BY THE RITE OF HIPPOLYTUS

Bless this milk which has solidified, and solidify us in your love.
Let these olives (or fruit) remind us of your abundance,
for you made the earth fruitful with good flavors and
nourishment.

Help us taste the sweetness of the life you have given us
today and always. Amen.



Prayers for Daily Living

FOR TAKING OUT THE TRASH

Creator God, help us to waste less and always be mindful of our impact on this great earth. Bless the workers who collect our trash and keep them safe on their routes. Amen.

FOR LOCKING UP AT NIGHT

Protector God, keep us safe this night as we rest in preparation for tomorrow. Bless your people without shelter and those for whom shelter isn't protection enough from the evils of this world. Amen.

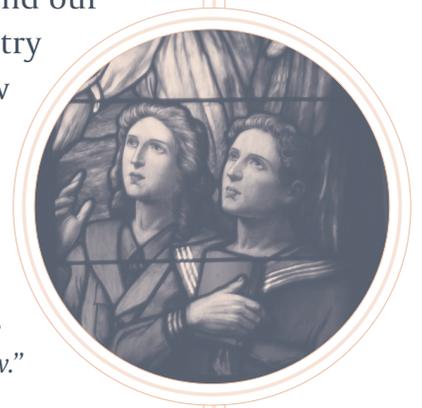
FOR WALKING THE DOG

Loving God, grant us the same simple joy for life that lives in my dog. Give us curiosity to seek the unknown and peace in the arms of those we love. Amen.

FOR OUR HIGH CALLING

Our Father, who has set a restlessness in our hearts, and made us all seekers after that which we can never fully find; forbid us to be satisfied with what we make of life. Draw us from base content, and set our eyes on far-off goals. Keep us at tasks too hard for us, that we may be driven to thee for strength. Deliver us from fretfulness and self pity; make us sure of the goal we cannot see, and of the hidden good in the world. Open our eyes to simple beauty all around us, and our hearts to the loveliness men hide from us because we do not try enough to understand them. Save us from ourselves, and show us a vision of a world made new. May thy Spirit of peace and illumination so enlighten our minds that all life shall glow with new meaning and new purpose; through Jesus Christ our Lord. Amen.

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PRAYERS FOR THE END OF THE DAY

Dear Lord, as this day closes, help me to remember to lift up the joys and let go of the burdens of this day past, so that I may enter into peaceful and restorative rest. Through your son my savior, Jesus Christ. Amen.

— or —

Father God, thank you for the gift of the day that is past. Forgive me (us) my (our) missteps, show me (us) a better path forward for tomorrow and help me (us) to be mindful that you are always with me (us). Amen.

— or —

Gracious God, as the day winds down, thank you for keeping me (us) safe and well. Help me (us) to look back on this day with satisfaction and contentment and to look forward to tomorrow with expectation and joy. All this I (we) ask through your Son Jesus Christ. Amen.

— or —

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 —

O God, your unfailing providence sustains the world we live in and the life we live: Watch over those, both night and day, who work while others sleep, and grant that we may never forget that our common life depends upon each other's toil; through Jesus Christ our Lord. Amen.

GOING TO BED

Guide us waking, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. Amen. (*BCP, 134*)



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Other resources are noted along the way, in the liturgy.



CHRIST CHURCH CATHEDRAL

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