

The Daily Office - Prayer at Fixed Hours

For a structured approach to prayer, a pattern to follow, or a framework from which to launch into your own prayers, you could try following the ancient rhythms of daily prayer, assured that others are praying simultaneously. Traditionally there were 3 major offices and 4 minor ones. But a simplified approach is to pray Morning Prayer between 6 and 9 am, Midday Prayer between 11.00am and 2.00pm and Evening Prayer between 5 and 8 pm.

You can pray with the Church at these times by using prayer books or simply praying the Lord's Prayer, and then interceding for specific people and the world. Here are 3 prayers from the "Divine Hours" you could pray:

Morning: Lord God Almighty and everlasting Father, you have brought me in safety to this new day: Preserve me with your mighty power that I may not fall into sin nor be overcome by adversity; and in all I do direct me to the fulfilling of your purpose; through Jesus Christ, my Lord.

Midday: Lord Jesus Christ, you have prepared a place for us in your Father's eternal home. Watch over our welfare on this perilous journey, shade us from the burning heat of day, and keep our lives free of evil until the end.

Evening: 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.

You can pray Luther's morning and evening prayer.

Morning:

Thank you, heavenly Father, through your Son Jesus Christ, for protecting me all night from harm and danger. Protect me today from all sin and evil, so that everything I do will please you. I put myself, and all I have into your hands. Send your holy angel to be with me, so that the devil will have no power over me. Amen.

Evening:

Thank you, heavenly Father, through your Son Jesus Christ, for being good to me and protecting me today. Forgive me all the wrong things I have done. Protect me tonight. I put myself and all I have into your hands. Send your holy angel to be with me, so that the devil will have no power over me. Amen.

Or a traditional prayer for peace.

Peace:

Lord God, from whom all holy desires, all good purposes, and all right works proceed: Give to your servants that peace which the world cannot give. Defend us from the fear of our enemies and set our hearts to obey your commandments, so that we may live on earth in rest and quietness. We ask this through Jesus Christ our Saviour, who lives and reigns with the Father and the Holy Spirit, one God, now and forever. Amen.