

## The Magnificat (The Song of Mary)

My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Saviour; •  
he has looked with favour on his lowly servant.

From this day all generations will call me  
blessed; •  
the Almighty has done great things for me and  
holy is his name.

He has mercy on those who fear  
him, •  
from generation to generation.

He has shown strength with his  
arm •  
and has scattered the proud in  
their conceit,

Casting down the mighty from  
their thrones •  
and lifting up the lowly.

He has filled the hungry with  
good things •  
and sent the rich away empty.

He has come to the aid of his  
servant Israel, •  
to remember his promise of  
mercy,

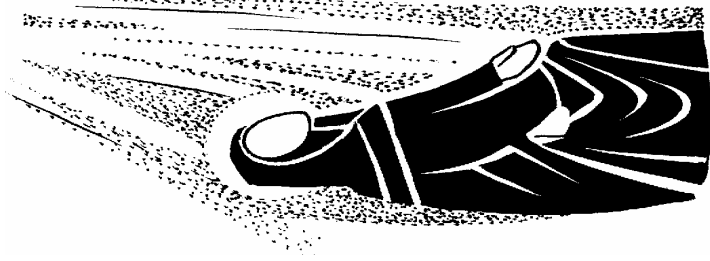
The promise made to our ances-  
tors, •  
to Abraham and his children for ever.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**



The Parish Church of Chorley  
**St Laurence**

# Daily Prayer



## What is Daily Prayer?

Sometimes when we try and pray it is very difficult to get the conversation with God going, we sit they and say 'Er Hello God Er are you there Er Hello its me again ...' Christians have had this problem since prayer began. The Jews before us also had this problem so they devised a way of getting the conversation going. If we think of our own conversations they always start with a standard form, 'Hello, how are you ... Nice weather etc.' If we didn't use these forms we would find it hard to have a conversation. The daily office is a way of saying 'Hello, how are you' to God. The readings and Psalms and canticles (songs from the bible) give us a starting point to being to pray.

All you need for to use this book is a bible, a list of daily readings from the office and the collect from the weekly sheet. The other main aspect of daily prayer is that we are praying as a community, not just the people of St Laurence's but millions of people all over the world who are using a similar form. Also all the people who have used this form of prayer, including Jesus, Mary and his Apostle throughout the history of Christianity. That is why during some of the prayers we use the plural 'and also with you' even if we are alone, we are recognizing that we are praying together with the whole Church.

In saying these prayers we become a small branch of the vine that goes throughout the world and back to the vine itself Jesus or Lord

We have come before Jesus, •  
the mediator of the new covenant.

We are receiving a kingdom that cannot be  
shaken: •  
so let us give thanks and offer to God acceptable  
worship,

Full of reverence and awe; •  
for our God is a consuming fire.

**Glory to the Father and to the Son  
and to the Holy Spirit;**  
as it was in the beginning is now  
and shall be for ever. Amen.

**We have come before the throne of  
God to share in the inheritance of the  
saints in light.**

**Reading Appointed for the day**

**Magnificat (see back cover)**

**Free Prayer**

**Collect for the week**

**THE LORD'S PRAYER**

**Ending**

Let us bless the Lord.  
**Thanks be to God.**



I am the vine you are the  
branches those who abide in me  
and I in them bear much fruit  
Jn 15 v5

## How to use this book

I have attempted to make this book clergy proof in other words as simple as possible. Here are some simple tips in how to get the most out of the daily office.

### The Place and Time:

Thy and pick a time which is convenient to you each day and fits into your daily routine. E.g. before breakfast, after tea or after the kids have eventually gone to sleep. Pick an place which is quiet and uncluttered, make the place special by decorating it with pictures of special people, churches or cuttings from the newspapers. All these will remind you what you want to pray about. There is no right way of doing this be creative, this is your time with God. I even have used incense cones, different colour candles for the seasons and a cup of coffee (to drink).

### Be Still:

Before you start look up the reading and Psalm ready and take a few seconds to be still, lighting a candle helps here.

### What is a Psalm and Canticle?

Both of these are like hymns in church except they are the same hymns that Jesus and all the saints have said over the centuries. In saying these we are literally doing what Jesus did. Say these aloud and **slowly & quietly** pausing after every verse. This does feel silly at first but stops you rushing. Pause briefly after the reading to help it sink in.

You, O Lord, are my lamp; you turn my darkness into light.

The light and peace of Jesus Christ be with you all  
**And also with you.**

Let us give thanks to the Lord our God  
**Who is worthy of all thanksgiving and praise.**

Blessed are you, Sovereign God, our light and our salvation, to you be glory and praise for ever.  
Now, as darkness is falling, wash away our transgressions, cleanse us by your refining fire and make us temples of your Holy Spirit. By the light of Christ, dispel the darkness of our hearts and make us ready to enter your kingdom, where songs of praise for ever sound.  
Blessed be God, Father, Son and Holy Spirit.  
**Blessed be God for ever.**

Psalm appointed for the day at the end of the psalm

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

Silence then canticle

**We have come before the throne of God  
to share in the inheritance of the saints in  
light.**

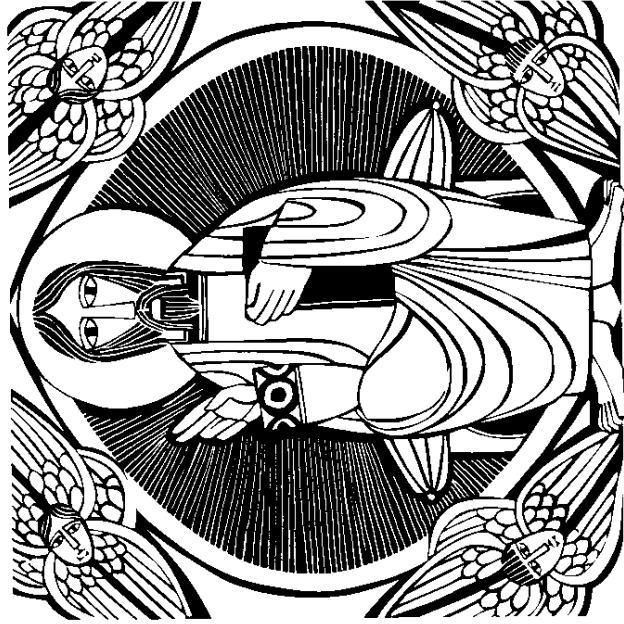
We have come before God's holy mountain,  
to the heavenly Jerusalem, the city of the living  
God.

We have come before countless angels making  
festival, •  
before the assembly of the firstborn citizens of  
heaven.

33 We have come before God, who is judge of all, •  
before the spirits of the just made perfect.

# Daily Prayer in

## From All Saints Till Advent



### **The Days of the Week:**

Each day has the same structure but the Psalm, Reading & Canticle are different. The Magnificat is said evening as it praises God all that he has done in History, in our lives and in this very day.

### **The Seasons of the Year:**

Each season Lent etc. focuses us on a different mystery of our salvation. Lent focuses on the passion and death of Christ. Therefore the prayers reflect this theme while keeping the same structure.

### **All linked together:**

The prayers, readings and psalms that are set reflect the readings that are set at the Eucharist on Sunday.

### **Bible readings:**

The bible is incredibly complex and incredibly simple. If like me you are left inspired but sometimes cold or confused by the readings, don't worry we are like sponges absorbing scripture each day in these prayers. God then shows us the bible's meaning through our daily lives, God can only do this if we absorb the scriptures in this way.

### **Don't Worry About Getting it Right**

Stand up, kneel down or sit where you feel like during the prayers. Most of all don't worry about getting it right this is only a framework for you give voice to the pray inside you. The whole thing should take about 10-15 minutes each day and will change your life, it changed mine so be warned.

# Daily Prayer in Ordinary Time



If heirs of God, then fellow-heirs with Christ; •  
since we suffer with him now, that we may be  
glorified with him.

These sufferings that we now endure •  
are not worth comparing to the glory that shall be  
revealed.

For the creation waits with eager longing •  
for the revealing of the children of God.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

**The Spirit of the Father,  
who raised Christ Jesus from the dead,  
gives life to the people of God.**

**Reading Appointed for the day**

**Magnificat (see back cover)**

**Free Prayer**

**Collect for the week**

**THE LORD'S PRAYER**

**Ending**

Let us bless the Lord.  
**Thanks be to God.**

O God Make Speed to Save Us  
**O Lord Make Haste to Help Us**

Send your Holy Spirit upon us,  
**And clothe us with power from on high. Alleluia.**

Blessed are you, Lord God of all creation,  
to you be glory and praise for ever.  
Raised to your right hand on high  
the ascended Christ shows the prints of love  
and bestows on us the gifts of grace.  
As your Spirit renews the face of the earth,  
may we bring forth the fruit of the Spirit  
and reveal your glory in all the world.  
Blessed be God, Father, Son and Holy Spirit.  
**Blessed be God for ever.**

Psalms appointed for the day at the end of the  
psalm

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

Silence then cantic

**The Spirit of the Father,  
who raised Christ Jesus from the dead,  
gives life to the people of God.**

The law of the Spirit of life in Christ Jesus •  
has set us free from the law of sin and death.

All who are led by the Spirit of God are children of  
God; •  
for we have received the Spirit that enables us to  
cry, 'Abba, Father'.

The Spirit himself bears witness that we are chil-  
dren of God •  
and if God's children, then heirs of God;

O God Make Speed to Save Us  
**O Lord Make Haste to Help Us**

Psalms appointed for the day at the end of the  
psalm

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

Silence then cantic appointed for the day

**Sunday's Cantic**

**Let us rejoice and exult  
and give glory and homage to our God.**

Salvation and glory and power belong to our  
God, •  
whose judgements are true and just.

Praise our God, all you his servants, •  
all who fear him, both small and great.

The Lord our God, the Almighty, reigns: •  
let us rejoice and exult and give him the glory.

For the marriage of the Lamb has come •  
and his bride has made herself ready.

Blessed are those who are invited •  
to the wedding banquet of the Lamb.

**To the One who sits on the throne and to the  
Lamb •  
be blessing and honour and glory and might,  
for ever and ever. Amen.**

**Let us rejoice and exult  
and give glory and homage to our God.**

## Monday's Canticle

**The Spirit of the Father, who raised Christ Jesus from the dead, gives life to the people of God.**

The law of the Spirit of life in Christ Jesus • has set us free from the law of sin and death.

All who are led by the Spirit of God are children of God; • for we have received the Spirit that enables us to cry, 'Abba, Father'.

The Spirit himself bears witness that we are children of God • and if God's children, then heirs of God;

If heirs of God, then fellow-heirs with Christ; • since we suffer with him now, that we may be glorified with him.

These sufferings that we now endure • are not worth comparing to the glory that shall be revealed.

For the creation waits with eager longing • for the revealing of the children of God.

**Glory to the Father and to the Son and to the Holy Spirit; as it was in the beginning is now and shall be for ever. Amen.**

**The Spirit of the Father, who raised Christ Jesus from the dead, gives life to the people of God.**

# Daily Prayer in Ascensiontide

From Ascension until Pentecost





Who are being protected by the power of God through faith, •  
for a salvation ready to be revealed in the last time.

You were ransomed from the futile ways of your ancestors •  
not with perishable things like silver or gold

But with the precious blood of Christ •  
like that of a lamb without spot or stain.

Through him you have confidence in God, who raised him from the dead and gave him glory, •  
so that your faith and hope are set on God.

**Glory to the Father and to the Son and to the Holy Spirit;**  
as it was in the beginning is now and shall be for ever. Amen.

God raised Christ from the dead,  
the Lamb without spot or stain. Alle  
luia.

## **Reading Appointed for the day**

### **Magnificat (see back cover)**

### **Free Prayer**

### **Collect for the week**

### **THE LORD'S PRAYER**

### **Ending**

Let us bless the Lord.  
**Thanks be to God.**

## **Tuesday's Canticle**

**I saw the holy city coming down out of heaven from God.**

I saw a new heaven and a new earth, •  
for the first heaven and the first earth had passed away and the sea was no more.

And I saw the holy city, new Jerusalem, coming down out of heaven from God, •  
prepared as a bride adorned for her husband.

And I heard a great voice from the throne saying, •  
'Behold, the dwelling of God is among mortals.

'He will dwell with them and they shall be his peoples, •  
and God himself will be with them.

'He will wipe every tear from their eyes, •  
and death shall be no more.

'Neither shall there be mourning, nor crying, nor pain any more, •  
for the former things have passed away.'

And the One who sat upon the throne said, 'Behold, I make all things new.'

**To the One who sits on the throne and to the Lamb be blessing and honour and glory and might, For ever and ever. Amen.**

**I saw the holy city coming down out of heaven from God.**

You, O Lord, are my lamp; you turn my darkness into light.

The light and peace of Jesus Christ be with you all  
**And also with you.**

Let us give thanks to the Lord our God  
**Who is worthy of all thanksgiving and praise.**

Blessèd are you, Sovereign God, our light and our salvation; to you be glory and praise for ever! You led your people to freedom by a pillar of cloud by day and a pillar of fire by night. May we who walk in the light of your presence acclaim your Christ, rising victorious, as he banishes all darkness from our hearts and minds, and praise you, Father, Son and Holy Spirit:  
**Blessèd be God for ever!**

**Psalm appointed for the day at the end of the psalm**

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

Silence then canticle

**God raised Christ from the dead,  
the Lamb without spot or stain. Alleluia.**

Blessed be the God and Father •  
of our Lord Jesus Christ!

By his great mercy we have been born anew to  
a living hope •  
through the resurrection of Jesus Christ from  
the dead,

Into an inheritance that is imperishable, unde-  
filed and unfading, •  
kept in heaven for you,

### **Wednesday's Canticle**

**Rejoice and be glad for you are the light of the world, and great is your reward in heaven.**

Blessed are the poor in spirit, •  
for theirs is the kingdom of heaven.

Blessed are those who mourn, •  
for they shall be comforted.

Blessed are the meek, •  
for they shall inherit the earth.

Blessed are those who hunger  
and thirst after righteousness, •  
for they shall be satisfied.

Blessed are the merciful, •  
for they shall obtain mercy.

Blessed are the pure in heart, •  
for they shall see God.

Blessed are the peacemakers, •  
for they shall be called children of God.

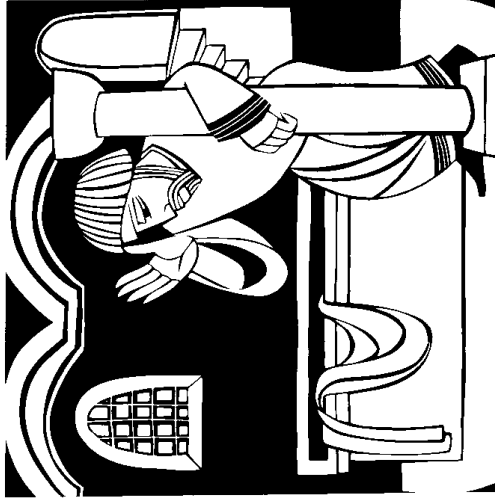
Blessed are those who suffer persecution  
for righteousness' sake, •  
for theirs is the kingdom of heaven.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

**Rejoice and be glad  
for you are the light of the world,  
and great is your reward in heaven.**

# Daily Prayer in Eastertide

From Easter Day until Ascension day



## Thursday's Cantic

All nations shall come and worship you, O Christ, and share in the feast of your kingdom.

Great and wonderful are your deeds, •  
Lord God the Almighty.

Just and true are your ways, •  
O ruler of the nations.

Who shall not revere and praise your name, O Lord? •  
for you alone are holy.

All nations shall come and worship in your presence: •  
for your just dealings have been revealed.

To the One who sits on the throne and to the Lamb:  
be blessing and honour and glory and might, for ever and ever. Amen.

All nations shall come and worship you, O Christ, and share in the feast of your kingdom.

## Friday's Cantic

All nations shall come and worship you, O Christ, and share in the feast of your kingdom.

Great and wonderful are your deeds, •  
Lord God the Almighty.

Just and true are your ways, •  
O ruler of the nations.

Christ himself bore our sins in his body on the tree, • that we might die to sin and live to righteousness.

By his wounds, you have been healed, for you were straying like sheep, • but have now returned to the shepherd and guardian of your souls.

**Glorify to the Father and to the Son and to the Holy Spirit; as it was in the beginning is now and shall be for ever. Amen.**

Christ committed no sin, no guile was found on his lips.

## **Reading Appointed for the day**

### **Magnificat (see back cover)**

### **Free Prayer**

### **Collect for the week**

### **THE LORD'S PRAYER**

### **Ending**

Let us bless the Lord.  
**Thanks be to God.**

Who shall not revere and praise your name, O Lord? • for you alone are holy.

All nations shall come and worship in your presence; • for your just dealings have been revealed.

**To the One who sits on the throne and to the Lamb: be blessing and honour and glory and might, for ever and ever. Amen.**

**All nations shall come and worship you, O Christ, and share in the feast of your kingdom.**

### **Saturday's Cantic**

**God's love was revealed among us so that we might live through Jesus.**

Beloved, let us love one another, for love is of God; • everyone who loves is born of God and knows God.

Whoever does not love does not know God, for God is love.

In this the love of God was revealed among us, • that God sent his only Son into the world, so that we might live through him.

In this is love, not that we loved God but that he loved us, and sent his Son to be the expiation for our sins.

Beloved, since God loved us so much, • we ought also to love one another.

O God Make Speed to Save Us  
O Lord Make Haste to Help Us

Hear our voice, O Lord, according to your faithful love,  
**according to your judgement give us life.**

Blessed are you, Lord God of our salvation, to you be glory and praise for ever.  
In the darkness of our sin you have shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.  
Open our eyes to acknowledge your presence, that freed from the misery of sin and shame we may grow into your likeness from glory to glory.  
Blessed be God, Father, Son and Holy Spirit.  
**Blessed be God for ever.**

Psalm appointed for the day at the end of the psalm

**Glory to the Father and to the Son and to the Holy Spirit; as it was in the beginning is now and shall be for ever. Amen.**

Silence then canticle

**Christ committed no sin, no guile was found on his lips.**

Christ suffered for you, leaving you an example, that you should follow in his steps.

He committed no sin, no guile was found on his lips, when he was reviled, he did not revile in turn.

When he suffered, he did not threaten, but he trusted himself to God who judges justly.

For if we love one another, God abides in us, and God's love will be perfected in us.

**Glory to the Father and to the Son and to the Holy Spirit; as it was in the beginning is now and shall be for ever. Amen.**

God's love was revealed among us so that we might live through Jesus.

**Reading Appointed for the day**

**Magnificat (see back cover)**

**Free Prayer**

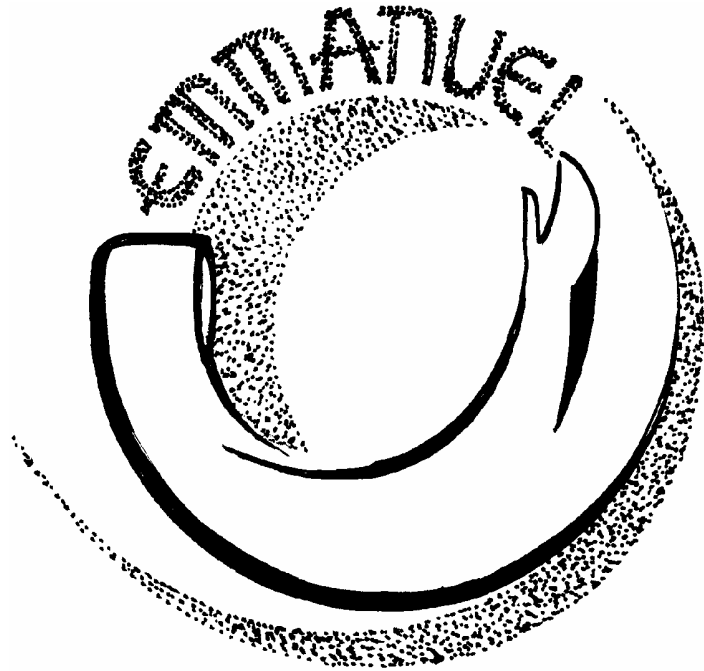
**Collect for the week**

**THE LORD'S PRAYER**

**Ending**

Let us bless the Lord.  
**Thanks be to God.**

# Daily Prayer in Advent



# Daily Prayer in Lent

From Ash Wednesday till Easter Day



You are worthy, O Lamb, for you were slain, •  
and by your blood you ransomed for God  
saints from every tribe and language and nation.

You have made them to be a kingdom and priests  
serving our God, •  
and they will reign with you on earth.

**To the One who sits on the throne and to the  
Lamb •  
be blessing and honour and glory and might,**

**for ever and ever. Amen.**  
You created all things, O God,  
and are worthy of our praise for ever.

**Reading Appointed for the day**

**Magnificat (see back cover)**

**Free Prayer**

**Collect for the week**

**THE LORD'S PRAYER**

**Ending**

Let us bless the Lord.  
**Thanks be to God.**

O God Make Speed to Save Us  
**O Lord Make Haste to Help Us**

Reveal among us the light of your presence  
**That we might behold your power and glory**

Blessèd are you, Sovereign God, creator of light and  
darkness! As evening falls, you renew your promise to  
reveal among us the light of your presence. May your  
word be a lantern to our feet and a light upon our path,  
that we may behold your glory coming among us.  
Strengthen us in our stumbling weakness and free our  
tongues to sing your praise, Father, Son and Holy Spirit:  
**Blessèd be God for ever**

Psalm appointed for the day at the end of the  
psalm

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

Silence then canticle

**Surely I am coming soon.  
Amen. Come, Lord Jesus!**

'Behold, I am coming soon', says the Lord,  
'and bringing my reward with me, •  
to give to everyone according to their deeds.

'I am the Alpha and the Omega, the first and the last, •  
the beginning and the end.'

Blessed are those who do God's commandments, that  
they may have the right to the tree of life, •  
and may enter into the city through the gates.

with this testimony for all the churches.

‘I am the root and the offspring of David, •  
I am the bright morning star.’

Come!’ say the Spirit and the Bride; •  
‘Come!’ let each hearer reply.

Come forward, you who are thirsty, •  
let those who desire take the water of life as a gift.

**To the One who sits on the throne and to the  
Lamb • be blessing and honour and glory and  
might, for ever and ever. Amen.**

**Surely I am coming soon.  
Amen. Come, Lord Jesus!**

**Reading Appointed for the day**

**Magnificat (see back cover)**

**Free Prayer**

**Collect for the week**

**THE LORD’S PRAYER**

**Ending**

Let us bless the Lord.  
**Thanks be to God.**

Jesus Christ is the Light of the World a light no darkness can quench

The light and peace of Jesus Christ be with you all **And also with you.**

Let us give thanks to the Lord our God **Who is worthy of all thanksgiving and praise**

Blessèd are you, Sovereign God, our light and our salvation, to you be glory and praise for ever! From the raising of the sun to its setting your glory is proclaimed in all the world. You gave the Christ as a light to the nations, and through the anointing of His Spirit you established us as a royal priesthood. As you call us into his marvelous light, may our lives bear witness to your truth and our lips never cease to sing your praise, Father, Son and Holy Spirit:  
**Blessèd be God for ever!**

**Psalm appointed for the day at the end of the psalm**

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

Silence then canticle

**You created all things, O God,  
and are worthy of our praise for ever.**

You are worthy, our Lord and God, •  
to receive glory and honour and power.

For you have created all things, •  
and by your will they have their being.



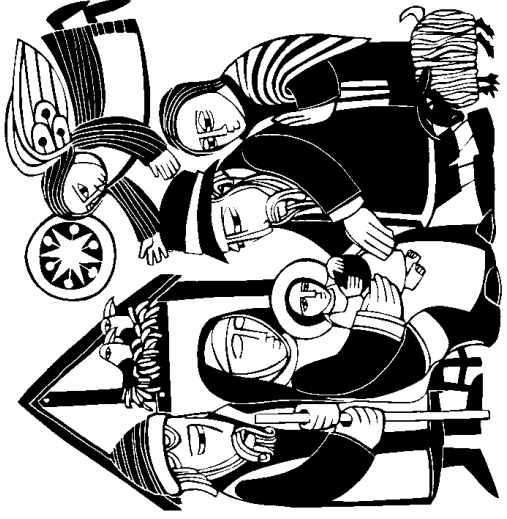
# Daily Prayer in Epiphanytide

From January 6th till February 2nd



# Daily Prayer in Christmastide

From 25th December till 5th January  
In the beginning was the Word, and the Word was with God



and the Word was God.

In him was life, and the life was the light of all.  
The light and peace of Jesus Christ be with you all **And also with you.**

Let us give thanks to the Lord our God **Who is worthy of all thanksgiving and praise**

Blessèd are you, Sovereign God, our light and our salvation, to you be glory and praise for ever! In the beginning you laid the foundation of the earth, and the heavens are the work of your hands. To dispel the darkness of our night, you sent forth your Son, the first-born of all creation. He is our Christ, the light of the world, and him we acclaim, as all creation sings to you, Father, Son and Holy Spirit:  
**Blessèd be God for ever!**

Psalm appointed for the day at the end of the psalm

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

Silence then cantic

**Christ is the image of the invisible God,  
the firstborn of all creation.**

The Father has delivered us from the dominion of darkness, and transferred us to the kingdom of his beloved Son;

In whom we have redemption,  
the forgiveness of our sins.

He is the image of the invisible God,  
the firstborn of all creation.

For in him all things were created,  
in heaven and on earth, visible and invisible.

All things were created through him and for him,  
he is before all things and in him all things hold together.

He is the head of the body, the Church,  
he is the beginning, the firstborn from the dead.

In him all the fullness of God was pleased to dwell;  
and through him God was pleased to reconcile all things.

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

**Christ is the image of the invisible God,  
the firstborn of all creation.**

**Reading Appointed for the day**

**Magnificat (see back cover)**

**Free Prayer**

**Collect for the week**

**THE LORD'S PRAYER**

**Ending**

Let us bless the Lord.  
**Thanks be to God.**