

Daily Prayer

A template for Morning and Evening Prayer from the Book of Alternative Services. Feel free to use just one or both.

Note: While the opening responses are setup for more than one person, you can pray alone by simply saying both parts.

Morning Prayer

Lord, open our lips,

And our mouth shall proclaim your praise.

O God, make speed to save us.

O Lord, make haste to help us.

Glory 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.

Alleluia!

Invitatory:

(Easter) Alleluia! The Lord is risen indeed: O come, let us worship.

(Ordinary Time after May 31): The Lord is in his holy temple: O come, let us worship

Canticle:

Christ our Passover (Easter)

(1 Corinthians 5.7–8; Romans 6.9–11; 1 Corinthians 15.20–22)

Alleluia!

Christ our Passover has been sacrificed for us; *

therefore let us keep the feast,

Not with the old leaven, the leaven of malice and evil, *

but with the unleavened bread of sincerity and truth. Alleluia!

Christ being raised from the dead will never die again; * death no longer has dominion over him.

The death that he died, he died to sin, once for all; * but the life he lives, he lives to God.

So also consider yourselves dead to sin, *

and alive to God in Jesus Christ our Lord. Alleluia!

Christ has been raised from the dead, *

the first fruits of those who have fallen asleep.

For since by a man came death, *

by a man has come also the resurrection of the dead.

For as in Adam all die, *

so also in Christ shall all be made alive. Alleluia!

Veniti (Ordinary Time)

Psalm 95.1–7

Come, let us sing to the Lord; *

let us shout for joy to the rock of our salvation.

Let us come before his presence with thanksgiving * and raise a loud shout to him with psalms.

For the Lord is a great God, *

and a great king above all gods.

In his hand are the caverns of the earth, * and the heights of the hills are his also.
The sea is his for he made it, *
and his hands have moulded the dry land.
Come, let us bow down, and bend the knee, * 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. *
Oh, that today you would hearken to his voice!

Psalm and Readings – *see the lectionary list for daily psalm and readings and how to use them.*

Affirmation of Faith

Hear, O Israel,
the Lord our God, the Lord is one. Love the Lord your God
with all your heart,
with all your soul,
with all your mind,
and with all your strength.
This is the first and the great commandment. The second is like it:
Love your neighbour as yourself.
There is no commandment greater than these.

Intercessions and Thanksgivings: Your prayers for the church, world, those in need and yourself.

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,
the power, and the glory,
for ever and ever. Amen.

Closing:

Let us bless the Lord.

Thanks be to God.

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

Evening Prayer

O Lord, I call to you; come to me quickly;

Hear my voice when I cry to you.

Let my prayer be set forth in your sight as incense,

The lifting up of my hands as the evening sacrifice.

Glory 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.

Alleluia!

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.

Psalm and Readings – *see the lectionary list for daily psalm and readings and how to use them.*

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as we forgive those who trespass against us.

And lead us not into temptation,

but deliver us from evil.

For thine is the kingdom,

the power, and the glory,

for ever and ever. Amen.

Let us bless the Lord.

Thanks be to God.

The Lord almighty grant us a quiet night and peace at the last.

Amen.

Daily Psalms and Readings

Psalm: There are two sets of psalms (some days more than one psalm is list for either morning or evening) for each day. The first psalm is for morning prayer and the second, after the * is for evening prayer. Feel free to use however best suits you. When specific verses are listed it is based on the Book of Alternative Services (BAS), so it may vary slightly from the version of the bible you are using if reading in the bible. You can also download the BAS by [clicking here](#).

Readings: There are three readings for each day. If using at Morning and Evening Prayer, typically the first two are read in the Morning and third in the evening. If you are only doing Morning or Evening choose two and stick with that set, i.e., Old Testament and Gospel. There are no readings listed for Sunday. Some Holy Days and their readings are indicated.

May 7 Psalms 50 *59; Exodus 34:1-17; 1 Thessalonians 2:13-20; Matthew 5:21-26
May 8 Psalms 40 * 51; Exodus 34:18-35; 1 Thessalonians 3:1-13; Matthew 5:27-37
May 9 Psalms 55 * 138; Exodus 40:18-38; 1 Thessalonians 4:1-12; Matthew 5:38-48

May 11 Psalms 56, 57, [58] * 64, 65; Leviticus 16:1-19; 1 Thessalonians 4:13-18; Matthew 6:1-6, 16-18
May 12 Psalms 61, 62 * 68; Leviticus 16:20-34; 1 Thessalonians 5:1-11; Matthew 6:7-15
May 13 Psalms 72 * 119:73-96; Leviticus 19:1-18; 1 Thessalonians 5:12-28; Matthew 6:19-24
May 14 Psalms 80 * 33; 1 Samuel 16:1-13; 1 John 2:18-25; Matthew 6:25-34
May 15 Psalms 106:1-18 * 106:19-48; Leviticus 23:1-22; 2 Thessalonians 2:1-17; Matthew 7:1-12
May 16 Psalms 75, 76 * 23, 27; Leviticus 23:23-44; 2 Thessalonians 3:1-18; Matthew 7:13-21

May 18 Psalms 80 * 77; Leviticus 25:35-55; Colossians 1:9-14; Matthew 13:1-16
May 19 Psalms 78:1-39 * 78:40-72; Leviticus 26:1-20; 1 Timothy 2:1-6; Matthew 13:18-23
May 20 Psalms 119:97-120 * 68:1-20; Leviticus 26:27-42; Ephesians 1:1-10; Matthew 22:41-46;
May 21 (Ascension) Psalms 8, 47 * 24, 96; Dan 7:9-14; Acts 1:1-11; Matthew 28:16-20 (if only doing two readings, Acts and the Gospel should be read)
May 22 Psalms 85, 86 * 91, 92; 1 Samuel 2:1-10; Ephesians 2:1-10; Matthew 7:22-27
May 23 Psalms 87, 90 * 136; Numbers 11:16-17, 24-29; Ephesians 2:11-22; Matthew 7:28-8:4

May 25 Psalms 89:1-18 * 89:19-52; Jos 1:1-9; Ephesians 3:1-13; Matthew 8:5-17
May 26 Psalms 97, 99 * 94; 1 Samuel 16:1-13a; Ephesians 3:14-21; Matthew 8:18-27
May 27 Psalms 101, 109 * 119:121-144; Is 4:2-6; Ephesians 4:1-16; Matthew 8:28-34
May 28 Psalms 105:1-22 * 105:23-45; Zechariah 4:1-14; Ephesians 4:17-32; Matthew 9:1-8
May 29 Psalms 102 * 107:1-32; Jeremiah 31:27-34; Ephesians 5:1-20; Matthew 9:9-17
May 30 Psalms 107:33-43 * 33; Ezekiel 36:22-27; Ephesians 6:10-24; Matthew 9:18-26

June 1 (Visitation of Blessed Mary to Elizabeth) Psalms 72 * 146, 147; 1 Samuel 1:1-20; Hebrews 3:1-6; John 3:25-30
June 2 Psalms 45 * 47, 48; Ecclesiastes 2:16-26; Galatians 1:18—2:10; Matthew 13:53-58
June 3 Psalms 119:49-72 * 49; Ecclesiastes 3:1-15; Galatians 2:11-21; Matthew 14:1-12
June 4 Psalms 50 * 8, 84; Ecclesiastes 3:16—4:3; Galatians 3:1-14; Matthew 14:13-21
June 5 Psalms 40, 54 * 51; Ecclesiastes 5:1-7; Galatians 3:15-22; Matthew 14:22-36
June 6 Psalms 55 * 104; Ecclesiastes 5:8-20; Galatians 3:23—4:11; John 1:29-34 (Eve of Trinity Sunday)

June 8 Psalms 56, 57 * 64, 65; Ecclesiastes 7:1-14; Galatians 4:12-20; Matthew 15:21-28

June 9 Psalms 61, 62 * 68; Ecclesiastes 8:14—9:10; Galatians 4:21-31; Matthew 15:29-39
June 10 Psalms 72 * 119:73-96; Ecclesiastes 9:11-18; Galatians 5:1-15; Matthew 16:1-12
June 11 St Barnabas: Psalms 15, 67 * 19, 146; Sir 31:3-11; Acts 4:32-37; Matthew 10:7-16
June 12 Psalms 69 * 73; Ecclesiastes 11:9—12:14; Galatians 5:25—6:10; Matthew 16:21-28
June 13 Psalms 75, 76 * 110, 111; Numbers 3:1-13; Galatians 6:11-18; Matthew 17:1-13

June 15 Psalms 80 * 77; Numbers 9:15-23, 10:29-36; Romans 1:1-15; Matthew 17:14-21
June 16 Psalms 78:1-39 * 78:40-79; Numbers 11:1-23; Romans 1:16-25; Matthew 17: 22-27
June 17 Psalms 119:97-120 * 81, 82; Numbers 11:24-33, (34-35); Romans 1:28—2:11; Matthew 18:1-9
June 18 Psalms 34 * 85, 86; Numbers 12:1-16; Romans 2:12-24; Matthew 18:10-20
June 19 Psalms 88 * 91, 92; Numbers 13:1-3, 21-30; Romans 2:25—3:8; Matthew 18:21-35
June 20 Psalms 87, 90 * 136; Numbers 13:31—14:25; Romans 3:9-20; Matthew 19:1-12

June 22 Psalms 89:1-18 * 89:19-52; Numbers 16:1-19; Romans 3:21-31; Matthew 19:13-22
June 23 Psalms 97, 99 * 103; Numbers 16:20-35; Romans 4:1-12; Luke 1:5-23 (Eve of St. John the Baptist)
June 24 (St. John the Baptist) Psalms 82, 98 * 80; Mal 3:1-5; John 3:22-30;
June 25 Psalms 105:1-22 * 105: 23-45; Numbers 17:1-11; Romans 5:1-11; Matthew 20:17-28
June 26 Psalms 102 * 107:1-32; Numbers 20:1-13; Romans 5:12-21; Matthew 20:29-34
June 27 Psalms 107:33-43 * 33; Numbers 20:14-29; Romans 6:1-11; Matthew 21:1-11

June 29 (St. Peter and St. Paul) Psalms 66 * 97, 138; Ezekiel 2:1-7; Acts 11:1-18; John 21:15-19
June 30 Psalms 121, 122, 123 * 124, 125, 126; Numbers 22:21-38; Romans 7:1-12; Matthew 21:23-32