

Midday Prayer

Officiant O God, make speed to save us.
People O Lord, make haste to help us.
Officiant Glory to the Father, and to the Son, and to the Holy Spirit;
People as it was in the beginning, is now, and ever shall be,
world without end. Amen.

Except in Lent, add Alleluia.

A suitable hymn may be sung.

One or more of the following Psalms is sung or said. Other suitable selections include Psalms 19, 67, one or more sections of Psalm 119, or a selection from Psalms 120 through 133.

Psalm 119 *Lucerna pedibus meis*

105 Your word is a lantern to my feet *
and a light upon my path.

106 I have sworn and am determined *
to keep your righteous judgments.

107 I am deeply troubled; *
preserve my life, O Lord, according to your word.

108 Accept, O Lord, the willing tribute of my lips, *
and teach me your judgments.

109 My life is always in my hand, *
yet I do not forget your law.

110 The wicked have set a trap for me, *
but I have not strayed from your commandments.

111 Your decrees are my inheritance for ever; *
truly, they are the joy of my heart.

112 I have applied my heart to fulfill your statutes *
for ever and to the end.

Psalm 121 *Levavi oculos*

1 I lift up my eyes to the hills; *
from where is my help to come?

- 2 My help comes from the Lord, *
the maker of heaven and earth.
- 3 He will not let your foot be moved *
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;
- 5 The Lord himself watches over you; *
the Lord is your shade at your right hand,
- 6 So that the sun shall not strike you by day, *
nor the moon by night.
- 7 The Lord shall preserve you from all evil; *
it is he who shall keep you safe.
- 8 The Lord shall watch over your going out and
your coming in, *
from this time forth for evermore.

Psalm 124 *Nisi quia Dominus*

- 1 If the Lord had not been on our side, *
let Israel now say;
- 2 If the Lord had not been on our side, *
when enemies rose up against us;
- 3 Then would they have swallowed us up alive *
in their fierce anger toward us;
- 4 Then would the waters have overwhelmed us *
and the torrent gone over us;
- 5 Then would the raging waters *
have gone right over us.
- 6 Blessed be the Lord! *
he has not given us over to be a prey for their teeth.
- 7 We have escaped like a bird from the snare of the fowler; *
the snare is broken, and we have escaped.
- 8 Our help is in the Name of the Lord, *

the maker of heaven and earth.

Psalm 126 *In convertendo*

- 1 When the Lord restored the fortunes of Zion, *
then were we like those who dream.
- 2 Then was our mouth filled with laughter, *
and our tongue with shouts of joy.
- 3 Then they said among the nations, *
“The Lord has done great things for them.”
- 4 The Lord has done great things for us, *
and we are glad indeed.
- 5 Restore our fortunes, O Lord, *
like the watercourses of the Negev.
- 6 Those who sowed with tears *
will reap with songs of joy.
- 7 Those who go out weeping, carrying the seed, *
will come again with joy, shouldering their sheaves.

At the end of the Psalms is sung or said

Glory to the Father, and to the Son, and to the Holy Spirit;
as it was in the beginning, is now, and ever shall be,
world without end. Amen.

One of the following, or some other suitable passage of Scripture, is read

Jesus said, “Now is the judgment of this world; now will the ruler of this world be cast out. And I, when I am lifted up from the earth, will draw all people to myself.” *John 12:31-32*

If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation. *2 Corinthians 5:17-18*

From the rising of the sun to its setting my Name will be great among the nations, and in every place incense will be offered to my Name, and a pure offering. For my Name will be great among the nations, says the Lord of Hosts. *Malachi 1:11*

At the end of the reading is said

The Word of the Lord.

People Thanks be to God.

A meditation, silent or spoken, may follow.

The Officiant then begins the Prayers

Officiant I will bless the Lord at all times.
People His praise shall continually be in my mouth.

Lord, have mercy [upon us].
Christ, have mercy [upon us].
Lord, have mercy [upon us].

Officiant and People

Our Father, who art in heaven, hallowed be thy Name.
Thy kingdom come, thy will be done, on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses, as we forgive those who trespass
against us.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom, and the power, and the glory,
forever and ever. Amen.

or this

Our Father in heaven, hallowed be your Name.
Your kingdom come, your will be done, on earth as it is in heaven.
Give us today our daily bread.
And forgive us our sins as we forgive those who sin against us.
Save us from the time of trial, and deliver us from evil.
For the kingdom, the power, and the glory are yours,
now and forever. Amen.

Officiant O Lord, hear our prayer;
People And let our cry come to you.
Officiant Let us pray.

The Officiant then says one or more of the following Collects. Other appropriate Collects may also be used.

Blessed Savior, at this hour you hung upon the cross, stretching out your loving arms: Grant that all the peoples of the earth may look to you and be saved; for your tender mercies' sake. *Amen.*

Almighty Savior, who at mid-day called your servant Saint Paul to be an apostle to the Gentiles: We pray you to illumine the world with the radiance of your glory, that all nations may come and worship you; for you live and reign with the Father and the Holy Spirit, one God, for ever and ever.

Amen.

Father of all mercies, you revealed your boundless compassion to your apostle Saint Peter in a three-fold vision: Forgive our unbelief, we pray, and so strengthen our hearts and enkindle our zeal, that we may fervently desire the salvation of all people, and diligently labor in the extension of your kingdom; through him who gave himself for the life of the world, your Son our Savior Jesus Christ.

Amen.

Pour your grace into our hearts, O Lord, that we who have known the incarnation of your Son Jesus Christ, announced by an angel to the Virgin Mary, may by his cross and passion be brought to the glory of his resurrection; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

Silence may be kept, and other intercessions and thanksgivings may be offered.

<i>Officiant</i>	Let us bless the Lord.
<i>People</i>	Thanks be to God.

From Easter Day through the Day of Pentecost “Alleluia, alleluia” may be added to the preceding versicle and response.

The Officiant may conclude with this, or one of the other Graces from Morning and Evening Prayer.

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

Additional Directions

If desired, either version of the Lord’s Prayer may conclude with the phrase, “deliver us from evil,” omitting the doxology.