

# Daily Prayers for St Chrysostom's People



An order for simple  
Morning Prayer, Vespers, Night Prayer,  
and Spiritual Communion,  
with additional Bible passages and Psalms.



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## The Angelus

*Recited daily at 12noon, and 5pm*

Ÿ. The Angel of the LORD brought tidings to Mary,  
R̄. And she conceived by the Holy Spirit.

Hail Mary, full of grace; the LORD is with thee:  
blessed art thou amongst women, and blessed is the Fruit of thy womb, Jesus.  
Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death.

Ÿ. Behold the handmaid of the LORD.  
R̄. Be it done unto me according to thy word.

Hail Mary...

Ÿ. And the Word was made flesh.  
R̄. And dwelt among us.

Hail Mary...

Ÿ. Pray for us, O Holy Mother of God.  
R̄. That we may be made worthy of the promises of Christ.

Lord, we beseech thee, pour thy grace into our hearts,  
that, as we have known the incarnation of thy Son, Jesus Christ,  
by the message of an angel, so by His Passion and Cross,  
we may be brought into the glory of His Resurrection,  
through the same Christ our Lord. Amen.

# Morning Prayer

*You may wish to light a candle and have some quiet music playing in the background.  
Spend a few moments in silence.*

The Lord is good, a strong refuge when trouble comes.  
God is close to those who trust in him.

*Nahum 1.7*

## Opening Sentences

O Lord, open our lips  
**and our mouth shall proclaim your praise.**

The night has passed, and the day lies open before us;  
let us pray with one heart and mind.

*Pause for reflection as you offer the day to God.*

As we rejoice in the gift of this new day, so may the light of your presence, O God,  
set our hearts on fire with love for you; now and for ever.

**Amen.**

## Bible Readings

*For the additional psalms, see p.14.*

### Psalm 23

1. The Lord is my shepherd; ♦  
therefore can I lack nothing.
2. He makes me lie down in green pastures ♦  
and leads me beside still waters.
3. He shall refresh my soul ♦  
and guide me in the paths of righteousness for his  
name's sake.
4. Though I walk through the valley of the shadow of death,  
I will fear no evil; ♦  
for you are with me; your rod and your staff,  
they comfort me.

5. You spread a table before me  
in the presence of those who trouble me; ♦  
you have anointed my head with oil and my cup shall be full.
6. Surely goodness and loving mercy shall follow me  
all the days of my life, ♦  
and I will dwell in the house of the Lord 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.

*You may wish to use the weekly pattern of short readings given below,  
or choose a passage of your own. For additional passages see p. 17.*

*Sunday Morning*

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.  
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 Saviour.

*Isaiah 43.1-3a*

*Monday Morning*

'Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.' Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me.'

*John 14.1-6*

*Tuesday Morning*

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

*Philippians 4.8-9*

*Wednesday Morning*

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

*Colossians 3.16-17*

*Thursday Morning*

You are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

*Ephesians 2.19-22*

*Friday Morning*

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.

*Romans 19.9-12*

### *Saturday Morning*

He said to his disciples, ‘Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.

*Luke 12.22-31*

### **Prayers**

Almighty and everlasting God,  
we thank you that you have brought us safely  
to the beginning of this day.  
Keep us from falling into sin  
or running into danger;  
order us in all our doings  
and guide us to do always  
what is righteous in your sight;  
through Jesus Christ our Lord. **Amen.**

Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from your love  
in Christ Jesus our Lord. **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,  
the power and the glory,  
for ever and ever. Amen.

## The Conclusion

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life. Amen.

Let us bless the Lord.  
Thanks be to God.

## Vespers

*You may wish to light a candle and have some quiet music playing in the background.  
Spend a few moments in silence.*

*Make the Sign of the Cross and say*

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 shall be for ever. Amen.

Pause to reflect on the past day, to give thanks, to express joy and concern.

### Bible Readings

*Prayerfully pray this Psalm, for additional psalms, see p.14.*

#### Psalm 130

<sup>1</sup> Out of the depths have I called to you,  
O Lord: Lord, hear my voice.

<sup>2</sup> O let your ears consider well:  
the voice of my supplication.

<sup>3</sup> If you, Lord, should note what we do wrong:  
who then, O Lord, could stand?

<sup>4</sup> But there is forgiveness with you:  
so that you shall be feared.

<sup>5</sup> I wait for the Lord, my soul waits for him:  
and in his word is my hope.

<sup>6</sup> My soul looks for the Lord:  
more than watchmen for the morning,  
more, I say, than watchmen for the morning.

<sup>7</sup> O Israel, trust in the Lord, for with the Lord there is mercy:  
and with him is ample redemption.

<sup>8</sup> He will redeem Israel:  
from the multitude of his sins.

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.

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.

Romans 8:37-39

**Magnificat** – *We join with Mary in celebration*

<sup>1</sup> My soul proclaims the greatness of the Lord:

my spirit rejoices in God my Saviour;

<sup>2</sup> for he has looked with favour on his lowly servant:

from this day all generations will call me blessed;

<sup>3</sup> the Almighty has done great things for me:

and holy is his name.

<sup>4</sup> He has mercy on those who fear him:

in every generation.

<sup>5</sup> He has shown the strength of his arm:

he has scattered the proud in their conceit.

<sup>6</sup> He has cast down the mighty from their thrones:

and has lifted up the lowly.

<sup>7</sup> He has filled the hungry with good things:

and the rich he has sent away empty.

<sup>8</sup> He has come to the help of his servant Israel:

for he has remembered his promise of mercy,

<sup>9</sup> the promise he made to our fathers:

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

*In silence offer your own prayers or simply be still*

Lord have mercy upon us.

Christ have mercy upon us.

Lord have mercy upon us.

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

### *Collect*

Lord, God almighty, come and dispel the darkness from our hearts,  
that in the radiance of your brightness we may know you, the only  
unfading light, glorious in all eternity.  
Amen.

## The Conclusion

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life. **Amen.**

## Alternative Psalms for Vespers

### 14

The fool says in his heart,

“There is no God.”

They are corrupt, their deeds are vile;

there is no one who does good.

<sup>2</sup>The LORD looks down from heaven

on all mankind

to see if there are any who understand,

any who seek God.

<sup>3</sup>All have turned away, all have become corrupt;

there is no one who does good,

not even one.

<sup>4</sup>Do all these evildoers know nothing?

They devour my people as though eating bread;

they never call on the LORD.

<sup>5</sup>But there they are, overwhelmed with dread,

for God is present in the company of the righteous.

<sup>6</sup>You evildoers frustrate the plans of the poor,

but the LORD is their refuge.

<sup>7</sup>Oh, that salvation for Israel would come out of Zion!

When the LORD restores his people,

let Jacob rejoice and Israel be glad!

### 63

<sup>1</sup>You, God, are my God,

earnestly I seek you;

I thirst for you,

my whole being longs for you,

in a dry and parched land

where there is no water.

<sup>2</sup>I have seen you in the sanctuary

and beheld your power and your glory.

<sup>3</sup>Because your love is better than life,

my lips will glorify you.

<sup>4</sup>I will praise you as long as I live,

and in your name I will lift up my hands.

<sup>5</sup> I will be fully satisfied as with the richest of foods;  
with singing lips my mouth will praise you.  
<sup>6</sup> On my bed I remember you;  
I think of you through the watches of the night.  
<sup>7</sup> Because you are my help,  
I sing in the shadow of your wings.  
<sup>8</sup> I cling to you;  
your right hand upholds me.  
<sup>9</sup> Those who want to kill me will be destroyed;  
they will go down to the depths of the earth.  
<sup>10</sup> They will be given over to the sword  
and become food for jackals.  
<sup>11</sup> But the king will rejoice in God;  
all who swear by God will glory in him,  
while the mouths of liars will be silenced.

## 121

<sup>1</sup> I lift up my eyes to the mountains—  
where does my help come from?  
<sup>2</sup> My help comes from the LORD,  
the Maker of heaven and earth.  
<sup>3</sup> He will not let your foot slip—  
he who watches over you will not slumber;  
<sup>4</sup> indeed, he who watches over Israel  
will neither slumber nor sleep.  
<sup>5</sup> The LORD watches over you—  
the LORD is your shade at your right hand;  
<sup>6</sup> the sun will not harm you by day,  
nor the moon by night.  
<sup>7</sup> The LORD will keep you from all harm—  
he will watch over your life;  
<sup>8</sup> the LORD will watch over your coming and going  
both now and forevermore.

## 139:1-14

- <sup>1</sup> You have searched me, LORD,  
and you know me.
- <sup>2</sup> You know when I sit and when I rise;  
you perceive my thoughts from afar.
- <sup>3</sup> You discern my going out and my lying down;  
you are familiar with all my ways.
- <sup>4</sup> Before a word is on my tongue  
you, LORD, know it completely.
- <sup>5</sup> You hem me in behind and before,  
and you lay your hand upon me.
- <sup>6</sup> Such knowledge is too wonderful for me,  
too lofty for me to attain.
- <sup>7</sup> Where can I go from your Spirit?  
Where can I flee from your presence?
- <sup>8</sup> If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.
- <sup>9</sup> If I rise on the wings of the dawn,  
if I settle on the far side of the sea,
- <sup>10</sup> even there your hand will guide me,  
your right hand will hold me fast.
- <sup>11</sup> If I say, "Surely the darkness will hide me  
and the light become night around me,"
- <sup>12</sup> even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you.
- <sup>13</sup> For you created my inmost being;  
you knit me together in my mother's womb.
- <sup>14</sup> I praise you because I am fearfully and wonderfully made;  
your works are wonderful,  
I know that full well.

## Alternative Bible Passages for Vespers

### Matthew 5:3-12

“Jesus said “Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.

Blessed are those who mourn,  
for they will be comforted.

Blessed are the meek,  
for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness,  
for they will be filled.

Blessed are the merciful,  
for they will be shown mercy.

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

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

Blessed are those who are persecuted because of righteousness,  
for theirs is the kingdom of heaven.

Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.”

### Romans 8:35-39

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.” No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

## **I Corinthians 13**

If I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver up my body to be burned, but have not love, I gain nothing.

Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things.

Love never ends. As for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away. For we know in part and we prophesy in part, but when the perfect comes, the partial will pass away. When I was a child, I spoke like a child, I thought like a child, I reasoned like a child. When I became a man, I gave up childish ways. For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall know fully, even as I have been fully known.

So now faith, hope, and love abide, these three; but the greatest of these is love

## **Revelation 3:20**

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.

## **Revelation 21:1-7**

Then 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, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, 'See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.'

And the one who was seated on the throne said, 'See, I am making all things new.' Also he said, 'Write this, for these words are trustworthy and true.' Then he said to me, 'It is done! I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give water as a gift from the spring of the water of life. Those who conquer will inherit these things, and I will be their God and they will be my children

## Night Prayer

*You may wish to light a candle and have some quiet music playing in the background.  
Spend a few moments in silence.*

The eternal God is your refuge,  
and underneath are the everlasting arms.

*Deuteronomy 33.27*

The Lord almighty grant us a quiet night and a perfect end. **Amen.**

Our help is in the name of the Lord **who made heaven and earth.**

*Pause and reflect on the day that is past.*

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

### Bible Reading

*You may wish to say here the psalm given below, for additional psalms, see p.14.*

#### Psalm 91

1. Whoever dwells in the shelter of the Most High ♦  
and abides under the shadow of the Almighty,
2. Shall say to the Lord, 'My refuge and my stronghold, ♦  
my God, in whom I put my trust.'
3. For he shall deliver you from the snare of the fowler ♦  
and from the deadly pestilence.
4. He shall cover you with his wings  
and you shall be safe under his feathers; ♦  
his faithfulness shall be your shield and buckler.
5. You shall not be afraid of any terror by night, ♦  
nor of the arrow that flies by day;
6. Of the pestilence that stalks in darkness, ♦  
nor of the sickness that destroys at noonday.

7. Though a thousand fall at your side  
and ten thousand at your right hand, ♦  
yet it shall not come near you.
  8. Your eyes have only to behold ♦  
to see the reward of the wicked.
  9. Because you have made the Lord your refuge ♦  
and the Most High your stronghold,
  10. There shall no evil happen to you, ♦  
neither shall any plague come near your tent.
  11. For he shall give his angels charge over you, ♦  
to keep you in all your ways.
  12. They shall bear you in their hands, ♦  
lest you dash your foot against a stone.
  13. You shall tread upon the lion and adder; ♦  
the young lion and the serpent you shall trample underfoot.
  14. Because they have set their love upon me,  
therefore will I deliver them; ♦  
I will lift them up, because they know my name.
  15. They will call upon me and I will answer them; ♦  
I am with them in trouble,  
I will deliver them and bring them to honour.
  16. With long life will I satisfy them ♦  
and show them my salvation.
- 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.**

*You may wish to use one of the following short readings  
or choose a passage of your own. For additional passages see p. 17.*

*Sunday Evening*

You, O Lord, are in the midst of us, and we are called by your name; leave us not, O Lord our God.

*Jeremiah 14.9*

*Monday Evening*

Thus said the Lord God, the Holy One of Israel: In returning and rest you shall be saved; in quietness and in trust shall be your strength.

*Isaiah 30.15*

*Tuesday Evening*

Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

*Matthew 11.28-end*

*Wednesday Evening*

Humble yourselves under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you.

*1 Peter 5.6,7*

*Thursday Evening*

Jesus said, 'I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!'

*John 16.33*

*Friday Evening*

God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him.

*1 Thessalonians 5.9,10*

*Saturday Evening*

Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'

*John 8.12*

Merciful God,  
we entrust to your unfailing and tender care this night  
those who are ill or in pain,  
knowing that whenever danger threatens  
your everlasting arms are there to hold us safe.  
Comfort and heal them,  
and restore them to health and strength;  
through Jesus Christ our Lord. **Amen.**

Be present, O merciful God,  
and protect us through the silent hours of this night,  
so that we who are wearied  
by the changes and chances of this fleeting world,  
may rest upon your eternal changelessness;  
through Jesus Christ our Lord. **Amen.**

Visit this place, O Lord, we pray,  
and drive far from it the snares of the enemy;  
may your holy angels dwell with us in peace,  
and may your blessing be always upon us;  
through Jesus Christ our Lord. **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,  
the power and the glory,  
for ever and ever. Amen.

*See next page for The Conclusion*

## The Conclusion

In peace we will lie down and sleep;  
**for you alone, Lord, make us dwell in safety.**

The Lord bless us and watch over us;  
The Lord make his face to shine upon us and be gracious to us;  
The Lord look kindly upon us and give us peace. **Amen.**

## **An Act of Spiritual Communion**

*Settle yourself into a quiet place.*

*Play some music to settle you then make the Sign of the Cross and allow your attention to silently withdraw from external things and focus into the heart.*

*You can do this by breathing deeply and slowly into your heart, the centre of your being, or by repeating some reflective verses.*

### **Opening**

O God, come to my aid; O Lord, make haste to help me.

### **Act of Contrition**

Lord Jesus Christ, Son of the Living God; have mercy on me, a sinner.

### **Collect for the Day**

Heavenly Father,  
your Son battled with the powers of darkness,  
and grew closer to you in the desert:  
help us to use these days to grow in wisdom and prayer  
that we may witness to your saving love  
in Jesus Christ our Lord,  
who is alive and reigns with you  
in the unity of the Holy Spirit,  
one God, for ever and ever. Amen.

### **Gospel—Matthew 26: 26-29**

While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, "Take, eat; this is my body." Then he took a cup, and after giving thanks he gave it to them, saying, "Drink from it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father's kingdom."

*silence*

**Offer your own personal prayers**

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

*Now imagine Jesus, Mary or one of the saints coming to you in a gracious and kind manner, holding out to you the Blessed Sacrament.*

*As you see them approach, say:*

Lord, I am not worthy to receive you,  
but only say the word and I shall be healed.

## **An Act of Spiritual Communion**

My Jesus, I believe that You are present in the Most Holy Sacrament.  
I love You above all things, and desire to receive You into my soul.  
Since I cannot at this moment receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

*As you imagine yourself receiving the Bread of Heaven,  
be still and rest in the love of God.*

## **Prayer of Thanksgiving**

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesu, hear me.

Within your wounds hide me.

Suffer me not to be separated from you.

From the malicious Enemy defend me.

In the hour of my death call me and bid me come to you,  
that with your Saints I may praise you, for ever and ever.

Amen.

## **Conclusion**

Let us bless the Lord. Thanks be to God.