

# *Noonday Prayers*

*Noonday Prayers come out of the worship of monasteries in the Middle Ages – beginning around 1100 CE. The monks and nuns stopped to pray anywhere between six and nine times a day. Noon was always one of those times.*

*Noon or midday continues to be a time that many people are able to take a break, so noonday prayers fit into many people's schedules.*

*This service comes from the Book of Common Prayer of The Episcopal Church.*

*The service can be prayed alone or with a group of people. If you are praying with a group, you might want to divide the parts of the service between the participants.*

*The service is set up with parts for a leader and parts for the people. If you are praying it alone, you pray both parts.*

*Leader* O God, make speed to save us.

*People* O Lord, make haste to help us.

*Leader and People*

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.

*Pick one of the psalms. You can read the psalm together or  
different people can read each verse*

### **Psalm 119**

Your word is a lantern to my feet and a light upon my path.  
I have sworn and am determined to keep your righteous  
judgments.

I am deeply troubled; preserve my life, O LORD, according  
to your word.

Accept, O LORD, the willing tribute of my lips, and teach  
me your judgments.

My life is always in my hand, yet I do not forget your law.  
The wicked have set a trap for me, but I have not strayed  
from your commandments.

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

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

### **Psalm 121**

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

My help comes from the LORD, the maker of heaven and  
earth.

He will not let your foot be moved and he who watches  
over you will not fall asleep.

Behold, he who keeps watch over Israel shall neither  
slumber nor sleep;

The LORD himself watches over you; the LORD is your

shade at your right hand,  
So that the sun shall not strike you by day, nor the moon by  
night.

The LORD shall preserve you from all evil; it is he who  
shall keep you safe.

The LORD shall watch over your going out and your  
coming in, from this time forth for evermore.

### **Psalm 126**

When the LORD restored the fortunes of Zion, then were we  
like those who dream.

Then was our mouth filled with laughter, and our tongue  
with shouts of joy.

Then they said among the nations, “The LORD has done  
great things for them.”

The LORD has done great things for us, and we are glad  
indeed.

Restore our fortunes, O LORD, like the watercourses of the  
Negev.

Those who sowed with tears will reap with songs of joy.

Those who go out weeping, carrying the seed, will come  
again with joy, shouldering their sheaves.

*After the psalm, the leader and people say together*

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.

*Read one of the following pages of scripture*

The love of God has been poured into our hearts through  
the Holy Spirit that has been given to us. *Romans 5:5*

*People* Thanks be to God.

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*

*People* Thanks be to God.

From the rising of the sun to its setting my Name shall be great among the nations, and in every place incense shall be offered to my Name, and a pure offering; for my Name shall be great among the nations, says the Lord of Hosts.

*Malachi 1:11*

*People* Thanks be to God.

*You can have a period of silence here if you like*

*Leader* Lord, have mercy.

*People* Christ, have mercy.

*Leader* Lord, have mercy.

*Leader and People*

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil.

*Leader* Lord, hear our prayer;

*People* And let our cry come to you.

*Leader* Let us pray.

*Pick one or more of the following prayers*

Heavenly Father, send your Holy Spirit into our hearts, to direct and rule us according to your will, to comfort us in all our afflictions, to defend us from all error, and to lead us into all truth; through Jesus Christ our Lord. *Amen.*

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.*

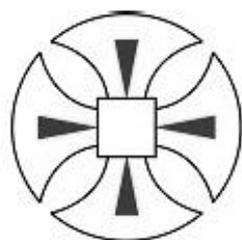
Almighty Savior, who at noonday called your servant Saint Paul to be an apostle to the Gentiles: We pray you to illumine the world with the radiance of your glory, that all nations may come and worship you; for you live and reign for ever and ever. *Amen.*

Lord Jesus Christ, you said to your apostles, "Peace I give to you; my own peace I leave with you:" Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly City, where with the Father and the Holy Spirit you live and reign, now and forever. *Amen.*

*Add whatever prayers or concerns you have – either out loud or silently*

*Leader* Let us bless the Lord.

*People* Thanks be to God.



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