

Evening Prayer is even simpler:

- Begin on page 117 with “O God, make speed...” and response, and “Glory to...”
- Pray “O Gracious Light” on page 118
- Pray the Psalm(s) appointed for Evening Prayer; each Sunday the bulletin notes where the schedule of Psalms and readings may be found in the Prayer Book. The second notation for each day is the evening Psalm(s).
- After praying the Psalm(s), read *one* of the other readings appointed for the day. The reading may be one of the two you did not read at Morning Prayer, although don’t hesitate to ‘re-visit’ the morning reading. Read slowly, thoughtfully.
- After the reading, pray either “The Song of Mary” on page 119 or “The Song of Simeon” on page 120
- Say the Apostles Creed on page 121
- Pray the Lord’s Prayer on page 121
- Pray one of the set of Suffrages on pages 121-122
- Pray the Collect of the Day, which is on the Reading Insert you take home from Church on Sunday.
- Pray *one* of the Collects on pages 123 to the top half of 124
- Pray *one* of the three Collects from the bottom half of page 124 to the top of page 125
- Offer your own prayers of petition, intercession, praise, etc.
- Pray “The General Thanksgiving” on page 125
- “Let us bless...” and response on page 126
- Say *one* of the concluding sentences on page 126

In the Prayer Book you will also find *An Order of Service for Noonday*, page 103, and for prayer before sleep: *An Order for Compline* (pronounced com-pleen) on page 127. These services are easy to use; simply pay attention to the directions, in italics.

If you need more help in using the Prayer Book for your daily prayer, speak with one of the clergy

The “Episcopal” Way of Prayer:

Using The Book of Common Prayer Everyday

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Faith is a verb. Let us be clear on this point. We may carry with us many assumptions about God and God's ways, yet until we enter into the reality of God's Being, it is all just speculation. Prayer is a primary way we *verbalize* the Faith. The act of prayer makes real our faith; and prayer is the pathway for our deeper journeying into God's inexpressible Being, the only context in which faith matures.

Traditionally, Episcopalians have enjoyed a specific way of putting this perspective of Faith-as-verb-through-prayer into action. This specific way is called Liturgical Prayer.

We are a so-called "Liturgical Church". When someone uses that term they usually have in mind Sunday morning, and our practice of using fixed texts for worship. Unlike some faith communities we do not place a high premium on extemporaneous prayer when we gather for worship. This is not because we disparage praying 'off the cuff'; there are occasions for extemporaneous praying in our Liturgy. We simply hold that prayer and worship takes place in the Church universal, a reality which embraces our forebears just as much as the present. We are to be shaped not only by our own experiences, but through the corporate experience of Christ's Church. This is a very ancient way of practicing prayer, recognized and adapted by our Church at the time of the English Reformation.

When Thomas Cranmer compiled the first *Book of Common Prayer* in 1549 he had an ideal in mind. He adapted the monastic and cathedral prayer services for parish and family use: these we know as *Morning* and *Evening Prayer*. His vision was that the faithful pray to God each day and that, like Sunday, daily prayer is most effective when centered on Scripture and when consistent with Christian tradition. Thus we use prayers that are 'tried and found true' by generations of Christians.

Navigating through Morning and Evening Prayer may seem confusing. However, it is actually quite easy and rewarding. Take your Prayer Book and give it a try.

Here is a simple way to pray **Morning Prayer**:

- Begin on page 80, with "Lord, open..." and response, and "Glory to..."
- Turn to page 82 and pray the "Venite" (ven-nigh-tee), which is the first 7 verses of Psalm 95
- Pray the Psalm(s) appointed for Morning Prayer; each Sunday the bulletin notes where the schedule of Psalms and readings may be found in the Prayer Book. The first notation for each day is the morning Psalm(s).
- After praying the Psalm(s), read *one* reading. For each day there is an Old Testament, an Epistle and a Gospel reading. Read *one* reading – slowly and thoughtfully.
- After the reading, pray one of the Canticles found on pages 85 – 95; there is a schedule for the Canticles on pages 144-45 if you desire to follow it.
- After the Canticle, say the Apostles' Creed on page 96
- Pray the Lord's Prayer, page 97
- Pray one of the sets of Suffrages on pages 97 – 98
- For the Collect (Prayer) of the Day after the Suffrages, use the Collect from Sunday which is on the Reading sheet you take home. You may forego this prayer.
- Pray *one* of the Collects (prayers) on pages 99 - top of page 100
- Pray *one* of the three Collects (prayers) on pages 100-101
- Offer your own prayers of petition, intercession, praise, etc.
- Pray the Prayer of St. Chrysostom, page 102
- "Let us bless..." and response.
- Say *one* of the three concluding sentences on page 102

Sound like a lot?! Not really. Praying Morning Prayer with this scheme takes about 15-20 minutes; that's a very small amount of time to exercise your Episcopal prayer muscles.

LEARN ABOUT EVENING PRAYER ⇨