

refresh

Daily Office

‘I will **refresh** the weary and satisfy the faint.’

Jeremiah 31.25

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refresh: Daily Readings & Prayers

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Morning

renew

Preparation

Opening Sentences

[As we kneel in silence,]
let us remember God's presence with us now.

Sit or kneel in silence, and be still.

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

Psalm 51.15, CW

This is the day that the Lord has made.

Let us rejoice and be glad in it.

Psalm 118.24, CW

This day is holy to our Lord.

The joy of the Lord is our strength.

Nehemiah 8.10

Lord, we long for you.

Be our strength every morning.

Isaiah 33.2

Glory to the Father and to the Son

and to the Holy Spirit;

as it was in the beginning is now

and shall be forever. Amen.

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

Penitence

Our Lord Jesus said:

'The most important commandment is this: "Hear, O Israel: the Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." The second is this: "Love your neighbour as yourself." There is no commandment greater than these.'

Mark 12.29-31

Spend a few moments in silent reflection, bringing to mind the things for which you need to say sorry to God.

Use these or other suitable prayers of penitence

**O Lord, you have mercy upon all –
take away from me my sins,
and mercifully kindle in me the fire of your Holy Spirit.
Take away from me the heart of stone,
and give me a heart of flesh,
a heart to love and adore you,
a heart to delight in you,
to follow you and to enjoy you,
for Christ's sake. Amen.**

Ambrose of Milan

Assurance of Pardon

**By his blood
Jesus our great high priest has washed us clean
and opened up for us a new and living way;
therefore let us draw near to God
with confidence,
sincere hearts,
and the full assurance of faith. Amen.**

Hebrews 10.19-22

The Word of God

Psalm(s)

End each psalm with

Glory to the Father...

Scripture Reading(s)

The Benedictus

Blessed be the Lord the God of Israel,
who has come to his people and set them free.
He has raised up for us a mighty Saviour,
born of the house of his servant David.

Through his holy prophets God promised of old
to save us from our enemies,

from the hands of all that hate us,
to show mercy to our ancestors,
and to remember his holy covenant.

This was the oath God swore to our father Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight all the days of our life.

And you, child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of all their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

Luke 1.68-79, CW

Glory to the Father...

Prayers

- † *Come Holy Spirit: be poured out on me, fill me, and make me new.*
- † *Pray for faithfulness, wisdom, stillness and eyes of faith to see as God sees. Ask for confidence and grace in sharing the gospel in word and deed.*
- † *Give thanks and intercede for the people, groups and situations in your prayer calendar / journal.*
- † *See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! (1 John 3.1)*
- † *'My Presence will go with you, and I will give you rest.' (Exodus 33.14)*

Stillness

Sit comfortably in silence, and be still.

The Collect

The Lord's Prayer

**Our Father in heaven:
let your name be honoured,
let your kingdom come,
let your will be done –
as in heaven, so too on earth.
Give us all we need
for the day ahead.
Help us leave our sin behind:
forgiven and forgiving.
Lead us away from temptation,
but rescue us from evil.
For yours is the kingdom,
yours is the power,
yours is the glory –
now and forever. Amen.**

Matthew 6.9-13, BG

Conclusion

Say either

Praise be to God:
as we are blessed in Christ,
so may we be a blessing. **Amen.**

Ephesians 1.3

Genesis 12.2

or

Lord, we long for you;
be our strength every morning.
Renew our strength;
for in you alone we put our trust. Amen.

Isaiah 33.2

Isaiah 40.31

Midday

refocus

Preparation

Sit quietly and comfortably, and focus your thoughts on God.

Let love and faithfulness never leave you;

bind them round your neck,

write them on the tablet of your heart.

Then you will win favour and a good name

in the sight of God and man.

Trust in the Lord with all your heart

and lean not on your own understanding;

in all your ways submit to him,

and he will make your paths straight.

Proverbs 3.3-6

Glory to the Father and to the Son

and to the Holy Spirit;

as it was in the beginning is now

and shall be forever. Amen.

The Word of God

Psalm(s)

End each psalm with

Glory to the Father...

Scripture Reading(s)

Prayers

† *Go on being filled with the Spirit – pray for renewed focus and energy, peace and wisdom especially you feel rushed.*

† *This is what you are to do: trust · build · love · pray · listen.*

† *We love because he first loved us. (1 John 4.19)*

Stillness

Sit comfortably in silence, and be still.

The Collect

The Lord's Prayer

Our Father in heaven,

reveal who you are.

Set the world right;

do what's best –

as above, so below.

Keep us alive with all we need.

Keep us forgiven with you and forgiving others.

Keep us safe from ourselves and the devil.

You're in charge!

You can do anything you want!

You're ablaze in beauty!

This is the truth.

based on Matthew 6.9-13, MSG

Conclusion

Say either

Unless the Lord builds the house,

the builders labour in vain.

Psalm 127.1

Let us fix our eyes on Jesus

Hebrews 12.2

the only way to the Father.

John 14.6

or

Give us an undivided heart, O Lord,

and put a new spirit within us;

remove our heart of stone,

and give us a heart of flesh.

Ezekiel 11.19

And end with

May God the Father and Christ Jesus our Saviour

give us his grace and peace. **Amen.**

Titus 1.4

Evening

reflect

Preparation

Sit quietly and comfortably, and focus your thoughts on God.

O God, make speed to save us.

O Lord, make haste to help us.

Psalm 70.1, CW

Give thanks to the Lord, for he is good;

his love endures for ever.

Psalm 106.1

Enter his gates with thanksgiving and his courts with praise;

give thanks to him and praise his name.

Psalm 100.4

Glory to the Father and to the Son

and to the Holy Spirit;

as it was in the beginning is now

and shall be forever. Amen.

That this evening may be holy, good and peaceful,
let us pray with one heart and mind.

Sit in silence for a few moments.

As our evening prayer rises before you, O God,

so may your mercy come down upon us

to cleanse our hearts and set us free to sing your praise

now and for ever. **Amen.**

The Word of God

Psalm(s)

End each psalm with

Glory to the Father...

Scripture Reading(s)

The Magnificat

My soul proclaims the greatness of the Lord,
 my spirit rejoices in God my Saviour;
 he has looked with favour on his lowly servant.
 From this day all generations will call me blessed;
 the Almighty has done great things for me and holy is his name.
 He has mercy on those who fear him,
 from generation to generation.
 He has shown strength with his arm
 and has scattered the proud in their conceit,
 casting down the mighty from their thrones
 and lifting up the lowly.
 He has filled the hungry with good things
 and sent the rich away empty.
 He has come to the aid of his servant Israel,
 to remember his promise of mercy,
 the promise made to our ancestors,
 to Abraham and his children for ever.

Luke 1.46-55, CW

Glory to the Father...

Prayers

- † *Look back over the day and give thanks for God's presence with you, and all those you encountered. Ask God to help you see how he has spoken to you.*
- † *Where you have fallen short or failed, if any particular sin comes to mind, name it, picture it, and lay the burden of guilt and shame at the foot of the cross: Jesus died so you can be set free, cleansed, and forgiven.*
- † *Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name. (Psalm 86.11)*
- † *Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. (Galatians 6.9)*

Stillness

Sit comfortably in silence, and be still.

The Collect

The Lord's Prayer

**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.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. Amen.**

Matthew 6.9-13, CW

Conclusion

Say either

**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, CW

or

Almighty God,
our prayers rise before you like incense;
help us as we wait for you:
help us be strong and take heart and wait. **Amen.**

Psalm 141.2, Revelation 8.4

Psalm 27.14

Night

release

Preparation

Sit quietly and comfortably, and focus your thoughts on God.

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

Sit in silence for a few moments, reflecting on the past day.

**Most merciful God, we confess to you,
before the whole company of heaven and one another,
that we have sinned in thought, word and deed
and in what we have failed to do.**

**Forgive us our sins,
heal us by your Spirit
and raise us to new life in Christ. Amen.**

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

Psalm 124.8, CW

Cast your cares on the Lord
and he will sustain you.

Psalm 55.22

**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.**

Alleluia.

The Word of God

Psalm(s)

Say one or all of the following psalms.

Psalm 4

- 1 Answer me when I call to you, my righteous God.
Give me relief from my distress;
have mercy on me and hear my prayer.
- 2 How long will you people turn my glory into shame?
How long will you love delusions and seek false gods?
- 3 Know that the Lord has set apart his faithful servant for himself;
the Lord hears when I call to him.
- 4 Tremble and do not sin;
when you are on your beds, search your hearts and be silent.
- 5 Offer the sacrifices of the righteous
and trust in the Lord.
- 6 Many, Lord, are asking, 'Who will bring us prosperity?'
Let the light of your face shine on us.
- 7 Fill my heart with joy
when their grain and new wine abound.
- 8 In peace I will lie down and sleep,
for you alone, Lord, make me dwell in safety.

Glory to the Father...**Psalm 91**

- 1 Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
- 2 I will say of the Lord, 'He is my refuge and my fortress,
my God, in whom I trust.'
- 3 Surely he will save you from the fowler's snare
and from the deadly pestilence.
- 4 He will cover you with his feathers,
and under his wings you will find refuge;
his faithfulness will be your shield and rampart.
- 5 You will not fear the terror of night,
nor the arrow that flies by day,

- 6 nor the pestilence that stalks in the darkness,
nor the plague that destroys at midday.
- 7 A thousand may fall at your side, ten thousand at your right hand,
but it will not come near you.
- 8 You will only observe with your eyes
and see the punishment of the wicked.
- 9 If you say, 'The Lord is my refuge,'
and you make the Most High your dwelling,
- 10 no harm will overtake you,
no disaster will come near your tent.
- 11 For he will command his angels concerning you
to guard you in all your ways;
- 12 they will lift you up in their hands,
so that you will not strike your foot against a stone.
- 13 You will tread on the lion and the cobra;
you will trample the great lion and the serpent.
- 14 'Because he loves me,' says the Lord, 'I will rescue him;
I will protect him, for he acknowledges my name.
- 15 He will call on me, and I will answer him;
I will be with him in trouble, I will deliver him and honour him.
- 16 With long life I will satisfy him
and show him my salvation.'

Glory to the Father...

Psalm 134

- 1 Praise the Lord, all you servants of the Lord
who minister by night in the house of the Lord.
- 2 Lift up your hands in the sanctuary
and praise the Lord.
- 3 May the Lord bless you from Zion,
he who is the Maker of heaven and earth.

Glory to the Father...

Scripture Reading

Sunday	You, O Lord, are in the midst of us, and we are called by your name; leave us not, O Lord our God. <small>Jeremiah 14.9, CW</small>
Monday	We have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. <small>2 Corinthians 4.7</small>
Tuesday	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.’ <small>Matthew 11.28-30</small>
Wednesday	Humble yourselves under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. <small>1 Peter 5.6-7</small>
Thursday	Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith. <small>1 Peter 5.8-9a</small>
Friday	For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ. He died for us so that, whether we are awake or asleep, we may live together with him. <small>1 Thessalonians 5.9-10</small>
Saturday	There remains a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest. <small>Hebrews 4.9-11a</small>

Prayers

-
- † *Hand over to God all the cares of the day, and give thanks for his love.*
 - † *You will keep in perfect peace those whose minds are steadfast, because they trust in you. (Isaiah 26.3)*
 - † *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (Romans 15.13)*

The Collect

Say either

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

or

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.**

The Lord's Prayer

Different versions can be found on pages 6 (BG), 8 (MSG), and 11 (CW).

Conclusion

In peace we will lie down and sleep;

for you alone, Lord, make us dwell in safety.

Psalm 4.8

Abide with us, Lord Jesus,

for the night is at hand and the day is now past.

Luke 24.29

As the night watch looks for the morning,

so do we look for you, O Christ.

Psalm 130.6

The Lord bless us

and keep us;

the Lord make his face shine on us

and be gracious to us;

the Lord turn his face towards us

and give us peace. **Amen.**

Numbers 6.24-26