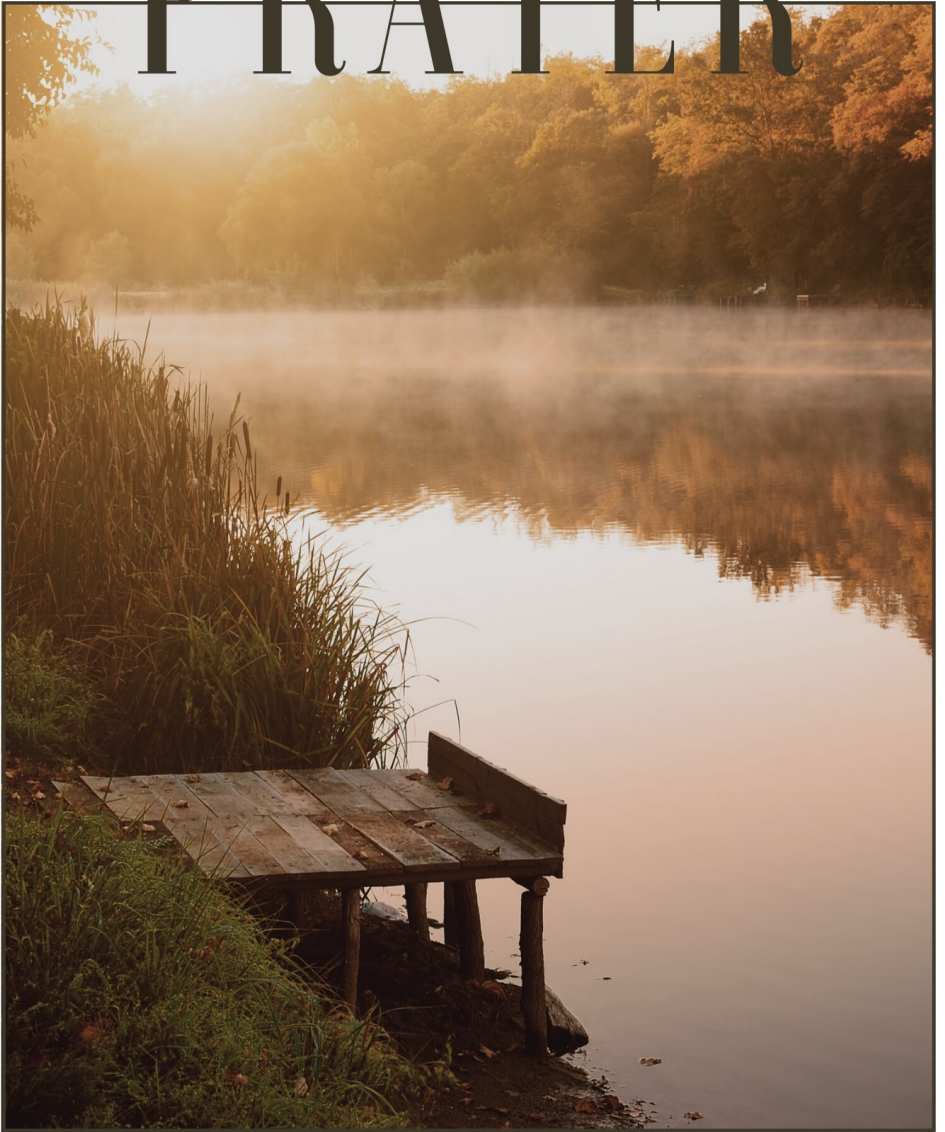


SAANICH BAPTIST CHURCH

PRAYER  
BOOK



# MORNING PRAYER





QUIET MY SOUL

# OPENING

Lord, open my lips and my mouth will  
proclaim your praise.  
In the name of the Father, the Son and the  
Holy Spirit.

## ADDRESS

Father God, creator of heaven and earth,  
God of Abraham, Issac, and Jacob,  
God of Israel,  
God and Father of our Lord and Saviour  
Jesus Christ,  
True and Living God who is Father, Son  
and Holy Spirit,  
Have mercy and hear our prayer.

## FIRST PRAYERS

Glory to the Father, and to the Son, and to  
the Holy Spirit:  
as it was in the beginning, is now, and will  
be forever.  
Amen. (*Hallelujah.*)

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 will  
be forever.  
Amen. (*Hallelujah.*)

## JESUS PRAYER

Lord Jesus Christ, Son of God, have mercy on  
me [a sinner].

## CONFESSION OF SIN

Most merciful God,  
we confess that we have sinned against you  
in thought, word, and deed,

by what we have done,  
and by what we have left undone.  
We have not loved you with our whole hearts;  
we have not loved our neighbours as  
ourselves.

We are truly sorry and we humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on us and forgive us;  
that we may delight in your will,  
and walk in your ways,  
to the glory of your Name.  
Amen.

## PERSONAL CONFESSION

### PSALM 95:1-7

O come, let us sing to the Lord;  
let us make a joyful noise to the rock of our  
salvation!  
Let us come into his presence with thanksgiving;  
let us make a joyful noise to him with songs of  
praise!  
For the Lord is a great God,  
and a great King above all gods.  
In his hand are the depths of the earth;  
the heights of the mountains are his also.  
The sea is his, for he made it,  
and the dry land, which his hands have formed.

O come, let us worship and bow down,  
let us kneel before the Lord, our Maker!  
For he is our God,  
and we are the people of his pasture,  
and the sheep of his hand.

O that today you would listen to his voice!

## PSALMS

Pray through the Psalm of the day.

## APOSTLE'S CREED PSALM 91:1-2

I believe in God, the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ, his only Son, our  
Lord.  
He was conceived by the power of the Holy  
Spirit  
and born of the Virgin Mary.  
He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended to the dead.  
On the third day he rose again.  
He ascended into heaven,  
and is seated at the right hand of the  
Father.  
He will come again to judge the living and  
the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting.  
Amen.

## JESUS PRAYER

Lord Jesus Christ, Son of God, have mercy  
on me.

## PSALM 23

The Lord is my shepherd, I shall not want.  
He makes me lie down in green pastures;  
he leads me beside still waters;  
he restores my soul.  
he leads me in right paths  
for his name's sake.

Even though I walk through the darkest  
valley,  
I fear no evil;  
for you are with me;  
your rod and your staff--  
they comfort me.

You prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil;  
my cup overflows.  
Surely goodness and mercy shall follow  
me  
all the days of my life,  
and I shall dwell in the house of the Lord  
my whole life long.

You who live in the shelter of the Most High,  
who abide in the shadow of the Almighty,  
will say to the Lord, "My refuge and my  
fortress;  
my God, in whom I trust."

## PSALM 103:1-5

Bless the Lord, O my soul,  
and all that is within me,  
bless his holy name.  
Bless the Lord, O my soul,  
and do not forget all his benefits--  
who forgives all your iniquity,  
who heals all your diseases,  
who redeems your life from the Pit,  
who crowns you with steadfast love and  
mercy,  
who satisfies you with good as long as you  
live  
so that your youth is renewed like the  
eagle's.

## PRAYER FOR MY FAMILY

## LORD'S PRAYER

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 (*trespasses*),  
as we forgive them that sin (*trespass*)  
against us;  
And lead us not into temptation,  
But deliver us from evil:  
For Yours is the kingdom,  
the power, and the glory,  
For ever and ever.  
Amen.

## LORD'S PRAYER EXPANDED

# OPEN PRAYER

Great move of God/SBC vision  
Pray through where I see God working  
555 / Prayer List  
Give attention to the hours before lunch

## COLLECT OF THE WEEK

Pray the Collect of the Week from the Book of Common Prayer.

## SIT WITH JESUS

## PRAYER OF ST. PATRICK

Christ within me;  
Christ above me;  
Christ below me;  
Christ before me;  
Christ behind me;  
Christ on my right;  
Christ on my left;  
Christ all about me  
To guide, and direct me. Amen

## COMMUNION (SATURDAY)

## PRAYER OF CRUCIFIED CHRIST

Lord Jesus, you stretched out your arms of love upon the hard wood of the cross that everyone might come within the reach of your saving embrace: So clothe us in your spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honour of your name. Amen.

## PRAYER FOR PEACE

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near; Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh; and hasten the coming of your kingdom; through Jesus Christ our Lord. Amen.

## PRAYER OF ST. FRANCIS

Lord, make me an instrument of your peace,  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
Where there is sadness, joy;





O Divine Master,  
grant that I may not so much seek to be  
consoled, as to console;  
to be understood, as to understand;  
to be loved, as to love.

For it is in giving that we receive.  
It is in pardoning that we are pardoned,  
and it is in dying that we are born to Eternal  
Life.

Amen.

## PRAYER OF THANKSGIVING

Almighty God, Father of all mercies,  
we your unworthy servants give you humble  
thanks  
for all your goodness and loving kindness  
to us and all whom you have made.  
We bless you for our creation, preservation,  
and all the blessings of this life;  
but above all for your immeasurable love  
in the redemption of the world by our Lord  
Jesus Christ;  
for the means of grace, and for the hope of  
glory.  
And, we pray, give us such an awareness of  
your mercies,

that with truly thankful hearts we may show  
forth your praise,  
not only with our lips, but in our lives,  
by giving up ourselves to your service,  
and by walking before you  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with you and the Holy Spirit,  
be honour and glory throughout all ages.  
Amen.

**Lord, have mercy.**  
**Christ, have mercy.**  
**Lord, have mercy.**

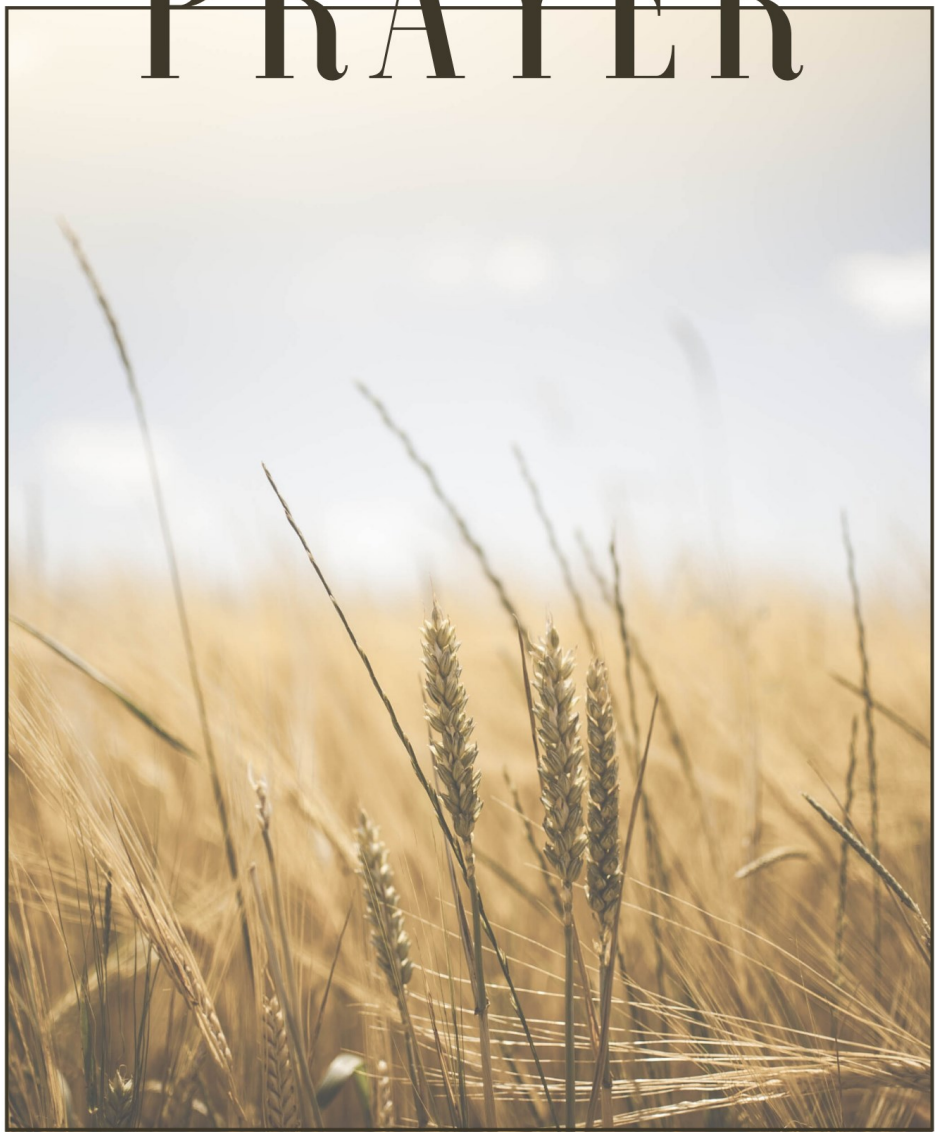
## CONFESSION OF THE MYSTERY

Christ has died.  
Christ is risen.  
Christ will come again.

## PRAYER FOR GRACE

Lord God, almighty and everlasting Father, you  
have brought me in safety to this new day:  
Preserve me with your mighty power, that I  
may not fall into sin, nor be overcome by  
adversity; and in all I do, direct me to the  
fulfilling of your purpose; through Jesus Christ  
my Lord. Amen.

# MID-DAY PRAYER





QUIET MY SOUL

# OPENING

*Lord, open my lips and my mouth  
will proclaim your praise. In the  
name of the Father, the Son and  
the Holy Spirit.*

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

## PSALM 121

### A SONG OF ASCENTS

I lift up my eyes to the hills--  
from where will my help come?  
My help comes from the Lord,  
who made heaven and earth.

He will not let your foot be moved;  
he who keeps you will not slumber.  
He who keeps Israel  
will neither slumber nor sleep.

The Lord is your keeper;  
the Lord is your shade at your right hand.  
The sun shall not strike you by day,  
nor the moon by night.

The Lord will keep you from all evil:  
he will keep your life.  
The Lord will keep  
your going out and your coming in  
from this time on and forevermore.

## GLORY TO GOD

Glory to God in the highest,  
and peace to his people on earth.

Lord God, heavenly King,  
almighty God and Father,  
we worship you, we give you thanks,  
we praise you for your glory.

Lord Jesus Christ, only Son of the Father,  
Lord God Lamb of God,

you take away the sin of the world;  
have mercy on us,  
you are seated at the right hand of the Father;  
receive our prayer.

For you alone are the Holy One,  
you alone are the Lord,  
you alone are the most High,  
Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. Amen.

## LORD'S PRAYER

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 (*trespasses*),  
as we forgive them that sin (*trespass*) against  
us;  
And lead us not into temptation,  
But deliver us from evil:  
For Yours is the Kingdom,  
the power, and the glory,  
For ever and ever.  
Amen.

## OPEN PRAYER

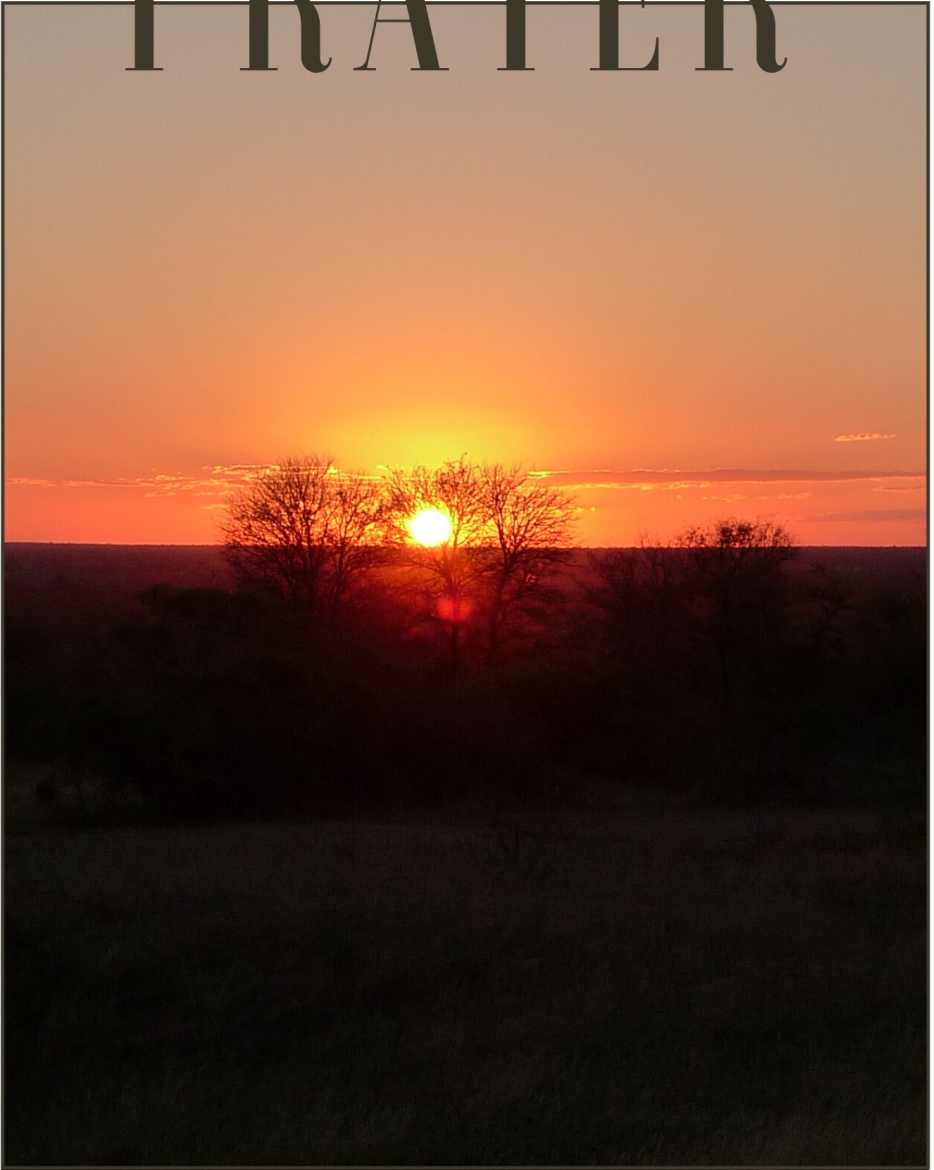
Reflect over the previous hours:  
Where have I noticed God's presence?  
Pray for the coming hours to dinner.

## BENEDICTION

God has anointed me with the Holy Spirit and  
power, and I am going around doing good and  
healing all who were under the power of the  
devil, because God is with me.



# LATE AFTERNOON PRAYER





QUIET MY SOUL

# OPENING

Lord, open my lips and my mouth will  
proclaim your praise. In the name of the  
Father, the son and the Holy Spirit

## PSALM 74:15-16

You cut openings for springs and torrents;  
you dried up ever-flowing streams.  
Yours is the day, yours also the night;  
you established the luminaries and the sun.

---

Almighty God, we give you thanks for  
surrounding us, as daylight fades, with the  
brightness of the vesper light; and we implore  
you of your great mercy that, as you enfold us  
with the radiance of this light, so you would  
shine into our hearts the brightness of your  
Holy Spirit; through Jesus Christ our Lord.  
*Amen.*

---

Glory to the Father, and to the Son, and to the  
Holy Spirit:  
as it was in the beginning, is now, and will be  
forever. Amen.

## GENERAL THANKSGIVING

Almighty God, father of all mercies,  
we your unworthy servants give you humble  
thanks  
for all your goodness and loving-kindness  
to us and to all whom you have made.  
We bless you for our creation, preservation,  
and all the blessings of this life;

but above all for your immeasurable love  
in the redemption of the world by our Lord  
Jesus Christ;

for the means of grace, and for the hope of  
glory.

And, we pray, give us such an awareness of  
your mercies,  
that with truly thankful hearts we may show  
forth your praise,

not only with our lips, but in our lives,  
by giving up our selves to your service,  
and by walking before you  
in holiness and righteousness all our days;  
through Jesus Christ our Lord,  
to whom, with you and the Holy Spirit,  
be honor and glory throughout all ages. Amen.

## OPEN PRAYER

Let the weight of the day fall from my shoulders  
Prayer for what remains of the day.

---

Glory to the father, and to the Son, and to the  
Holy Spirit: as it was in the beginning, is now,  
and will be forever. Amen.

## COLLECT FOR THE PRESENCE OF CHRIST

Lord Jesus, stay with us, for evening is at hand  
and the day is past; be our companion in the  
way, kindle our hearts, and awaken hope, that  
we may know you as you are revealed in  
Scripture and the breaking of bread. grant this  
for the sake of your love. *Amen.*

# NIGHT PRAYER



QUIET MY SOUL

# OPENING

Lord, open my lips and my mouth will  
proclaim your praise.  
In the name of the father, the Son and the  
Holy Spirit.

## CONFESSION OF SIN

Almighty God, our heavenly Father:  
We have sinned against you,  
through our own fault,  
in thought, and word, and deed,  
and in what we have left undone.  
For the sake of your Son our Lord Jesus  
Christ,  
forgive us all our offenses;  
and grant that we may serve you  
in the newness of life,  
to the glory of your Name. Amen.

May the Almighty God grant us forgiveness  
of all our sins, and the grace and comfort of  
the Holy Spirit. Amen.

## PERSONAL CONFESSION

Allow God to cleanse my soul.

Lord, Have mercy  
Christ, Have mercy  
Lord, Have mercy

## JESUS PRAYER

Lord Jesus Christ, Son of God, have mercy on  
me [a sinner].

ROTATE THROUGH THESE PSALMS:

## PSALM 4

Answer me when I call, O God of my right!  
You gave me room when I was in distress.  
Be gracious to me, and hear my prayer.

How long, you people, shall my honor suffer shame?  
How long will you love vain words, and seek after lies? *Selah*  
But know that the Lord has set apart the faithful for himself;  
the Lord hears when I call to him.

When you are disturbed, do not sin;  
ponder it on your beds, and be silent. *Selah*  
Offer right sacrifices,  
and put your trust in the Lord.

There are many who say, 'O that we might see some good!  
Let the light of your face shine on us, O Lord!'  
You have put gladness in my heart  
more than when their grain and wine abound.

I will both lie down and sleep in peace;  
for you alone, O Lord, make me lie down in safety.

## PSALM 31

In you, O Lord, I seek refuge;  
do not let me ever be put to shame;  
in your righteousness deliver me.

Incline your ear to me;  
rescue me speedily.

Be a rock of refuge for me,  
a strong fortress to save me.

You are indeed my rock and my fortress;  
for your name's sake lead me and guide me,  
take me out of the net that is hidden for me,  
for you are my refuge.

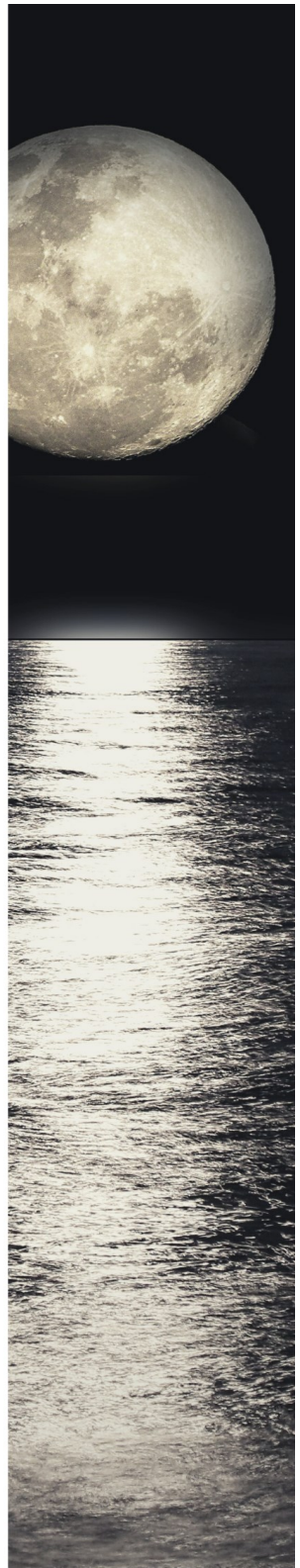
Into your hand I commit my spirit;  
you have redeemed me, O Lord, faithful God.

You hate those who pay regard to worthless idols,  
but I trust in the Lord.

I will exult and rejoice in your steadfast love,  
because you have seen my affliction;  
you have taken heed of my adversities,  
and have not delivered me into the hand of the enemy;  
you have set my feet in a broad place.

Be gracious to me, O Lord, for I am in distress;  
my eye wastes away from grief,  
my soul and body also.

For my life is spent with sorrow,  
and my years with sighing;  
my strength fails because of my misery,  
and my bones waste away.



I am the scorn of all my adversaries,  
a horror to my neighbors,  
an object of dread to my acquaintances;  
those who see me in the street flee from me.  
I have passed out of mind like one who is dead;  
I have become like a broken vessel.  
For I hear the whispering of many—  
terror all around!—  
as they scheme together against me,  
as they plot to take my life.

But I trust in you, O Lord;  
I say, "You are my God."  
My times are in your hand;  
deliver me from the hand of my enemies  
and persecutors.  
Let your face shine upon your servant;  
save me in your steadfast love.  
Do not let me be put to shame, O Lord,  
for I call on you;  
let the wicked be put to shame;  
let them go dumbfounded to Sheol.  
Let the lying lips be stilled  
that speak insolently against the  
righteous  
with pride and contempt.

O how abundant is your goodness  
that you have laid up for those who fear  
you,  
and accomplished for those who take  
refuge in you,  
in the sight of everyone!  
In the shelter of your presence you hide  
them  
from human plots;  
you hold them safe under your shelter  
from contentious tongues.

Blessed be the Lord,  
for he has wondrously shown his steadfast  
love to me  
when I was beset as a city under siege.  
I had said in my alarm,  
"I am driven far from your sight."  
But you heard my supplications  
when I cried out to you for help.

Love the Lord, all you his saints.  
The Lord preserves the faithful,  
but abundantly repays the one who acts  
haughtily.  
Be strong, and let your heart take courage,  
all you who wait for the Lord.



# PSALM 91

## Assurance of God's Protection

You who live in the shelter of the Most High,  
who abide in the shadow of the Almighty,  
will say to the Lord, "My refuge and my  
fortress;  
my God, in whom I trust."  
For he will deliver you from the snare of the  
fowler  
and from the deadly pestilence;  
he will cover you with his pinions,  
and under his wings you will find refuge;  
his faithfulness is a shield and buckler.  
You will not fear the terror of the night,  
or the arrow that flies by day,  
or the pestilence that stalks in darkness,  
or the destruction that wastes at noonday.  
A thousand may fall at your side,  
ten thousand at your right hand,  
but it will not come near you  
You will only look with your eyes  
and see the punishment of the wicked.

Because you have made the Lord your refuge,  
the Most High your dwelling place,  
no evil shall befall you,  
no scourge come near your tent.

For he will command his angels concerning  
you  
to guard you in all your ways.  
On their hands they will bear you up,  
so that you will not dash your foot against a  
stone.  
You will tread on the lion and the adder,  
the young lion and the serpent you will  
trample under foot.

Those who love me, I will deliver;  
I will protect those who know my name.  
When they call to me, I will answer them;  
I will be with them in trouble,  
I will rescue them and honor them.  
With long life I will satisfy them,  
and show them my salvation.

## GLORY

Glory to the father, and to the Son, and to  
the Holy Spirit;  
as it was in the beginning, is now, and will  
be forever. Amen.

## THE LORD'S PRAYER

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 (trespasses),  
as we forgive them that sin (trespass)  
against us;  
And lead us not into temptation,  
But deliver us from evil:  
For Yours is the kingdom,  
the power, and the glory,  
For ever and ever.  
Amen.

## PRAYER OF EXAMEN

## GLORY

Glory to the father, and to the Son, and to  
the Holy Spirit;  
as it was in the beginning, is now, and will  
be forever. Amen.

---

Keep watch, dear Lord, with those who  
work, or watch, or weep this night, and  
give your angels, charge over those who  
sleep. Tend the sick, Lord Christ; give rest  
to the weary, bless the dying, soothe the  
suffering, pity the afflicted, shield the  
joyous; and all for your love's sake. *Amen.*

## ANTIPHON

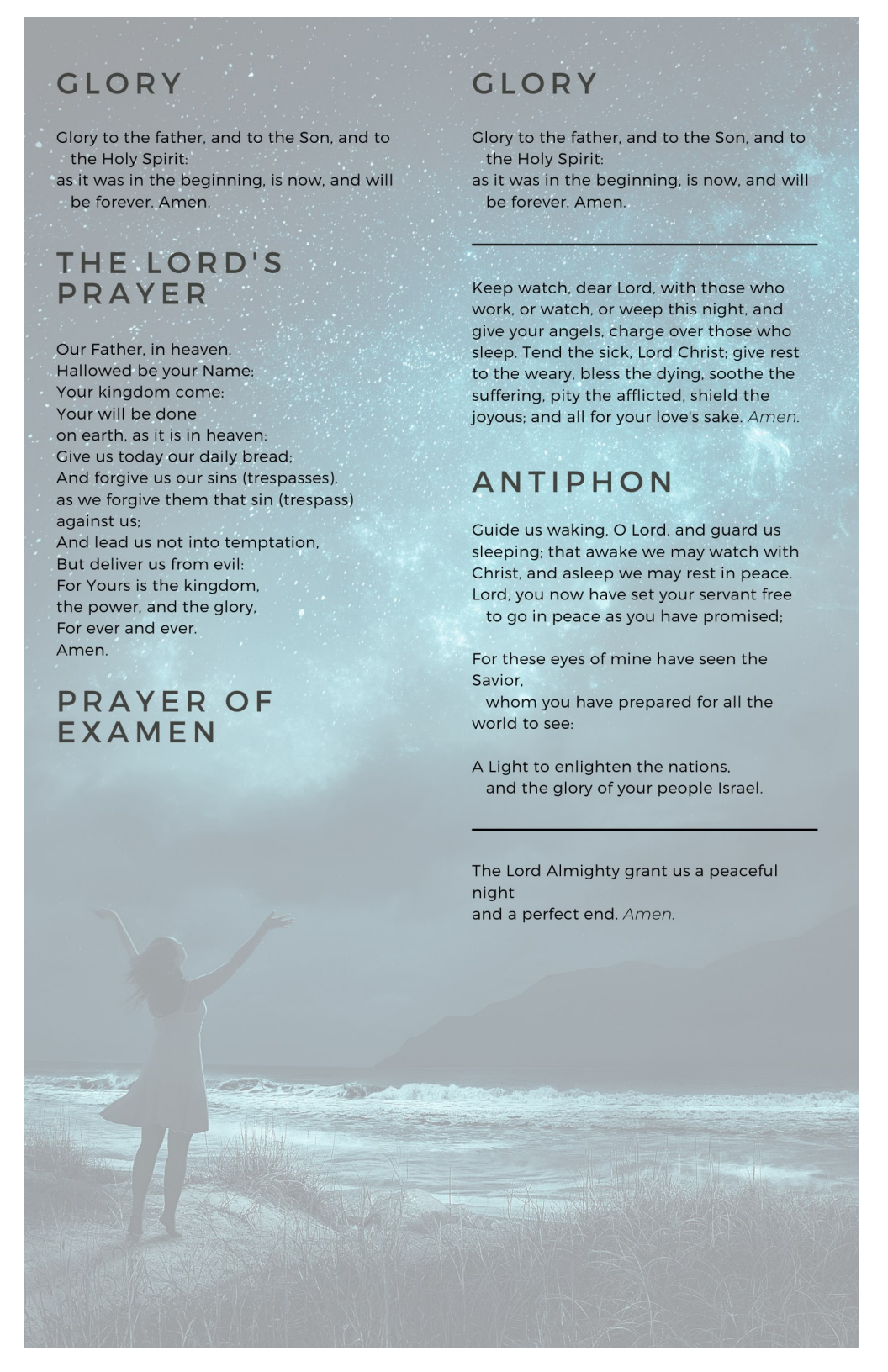
Guide us waking, O Lord, and guard us  
sleeping; that awake we may watch with  
Christ, and asleep we may rest in peace.  
Lord, you now have set your servant free  
to go in peace as you have promised;

For these eyes of mine have seen the  
Savior,  
whom you have prepared for all the  
world to see:

A Light to enlighten the nations,  
and the glory of your people Israel.

---

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



A scenic landscape photograph of a lake at dawn. The water is calm and reflects the surrounding forest and the light sky. A layer of mist hangs over the water, creating a soft, ethereal atmosphere. The trees on the left and right banks are in various stages of autumn, with some showing vibrant reds and oranges, while others are still green. In the background, rolling hills or mountains are visible under a clear, pale blue sky. The entire image is framed by a thin white border. There are two large, stylized, golden-yellow brushstroke-like shapes: one in the top-left corner and another in the bottom-right corner.

SAANICH BAPTIST CHURCH

# PRAYER BOOK