

*BE STILL  
AND KNOW  
THAT  
I AM GOD*



Mid-Day Prayer  
in Ordinary Time

The Church of the Redeemer

162 Bloor St. West, Toronto, ON M5S 1M4

office@theredeemer.ca • Tel: (416) 922 4948 • www.theredeemer.ca

*The Leader will ask someone to be the voice for "All" during the service.  
Everyone else will be muted, but all are encouraged to speak the words as well.*

*The service begins with a time of silence.*

## **The Greeting**

One: The Lord says: "Be still, and know that I am God"

**All: Our souls wait for the Lord.**

One: The Lord God is with us.

**All: God is our refuge and our strength.**

## **The Responsories**

One: From age to age my mouth will proclaim your faithfulness.

**All: Your love, O Lord, for ever will I sing.**

One: I am persuaded that your love is established for ever;  
you have set your faithfulness firmly in the heavens.

**All: Your love, O Lord, for ever will I sing.**

One: The heavens bear witness to your wonders, O Lord,  
and to your faithfulness in the assembly of the holy ones.

**All: Your love, O Lord, for ever will I sing.**

One: Who is like you, Lord God of hosts?  
O mighty Lord, your faithfulness is all around you.

**All: Your love, O Lord, for ever will I sing.**

One: Righteousness and justice are the foundations of your throne;  
love and truth go before your face.

**All: Your love, O Lord, for ever will I sing.**

One: Glory to God,

**All: Source of all being,  
eternal Word  
and Holy Spirit:  
as it was in the beginning,  
is now and will be for ever.  
Amen.**

# The Canticles

Monday: The New Jerusalem

*Isaiah 60.1–3, 11ab, 14cd, 18–19*

**All: Arise, shine, for your light has come; \*  
the glory of the Lord has risen upon you.**

**Though night still covers the earth \*  
and darkness covers the nations,**

**Over you will the Lord arise, \*  
over you will his glory appear.**

**Nations will stream to your light \*  
and kings to your dawning brightness.**

**Your gates will always be open; \*  
day or night, they will never be shut.**

**They will call you, The City of the Lord, \*  
The Zion of the Holy One of Israel.**

**Violence will no more be heard in your land, \*  
ruin or destruction within your borders;**

**you will name your walls, Salvation, \*  
you will call your gates, Praise.**

**No longer will the sun be your light by day, \*  
no longer the moon give you light by night;**

**the Lord will be your eternal light; \*  
your God will be your glory.**

Tuesday: A Song of Wisdom

*Wisdom 10.15–19, 20b–21*

**All: Wisdom freed from a nation of oppressors \*  
a holy people and blameless race.**

**She entered the soul of a servant of the Lord, \*  
withstood dread kings with wonders and signs.**

**To the saints she gave the reward of their labours, \*  
and led them by a marvellous way;**

**she was their shelter by day \*  
and their starlight through the night.**

**She brought them across the Red Sea, \*  
led them through mighty waters,**

**but their enemies she swallowed in the waves \*  
and spat them out from the depths of the abyss.**

**All: Lord, the righteous sang hymns to your name, \*  
and praised with one voice your protecting hand,  
for Wisdom opened the mouths of the dumb, \*  
and gave speech to the tongues of babes.**

**Wednesday: A Song from Ezekiel**

*Ezekiel 36.24–28*

**All: I will take you from the nations,  
and gather you from every country,  
and bring you home to your own land.**

**I will pour clean water upon you,  
purify you from all defilement,  
and cleanse you from all your idols.**

**A new heart I will give you,  
and put a new spirit within you;  
I will take from your body the heart of stone  
and give you a heart of flesh.**

**I will put my spirit within you,  
make you walk in my ways  
and observe my decrees.**

**You shall dwell in the land  
I gave to your forebears;  
you shall be my people  
and I will be your God.**

**Thursday: The Bread of Heaven**

*Wisdom 16.20–21, 26*

**All: You gave your people angels' food \*  
and sent them bread from heaven,  
ready to eat, though they did no work, \*  
rich in delights, and suiting every taste.**

**The food which you gave \*  
showed your sweetness toward your children.  
It served the desire of those who ate, \*  
was changed to the flavour each one wished;  
That the children you love might learn, O God, \*  
that not by various crops are they fed,  
but it is your word which sustains \*  
all those who trust in you.**

**Friday: The Souls of the Righteous**

*Wisdom 3.1–8*

**All: The souls of the righteous are in the hand of God; \*  
no torment shall ever touch them.  
In the eyes of the unwise they seemed to be dead, \*  
their departure was taken for defeat,  
their going from us to be disaster; \*  
but they are in peace.**

**Though they appeared to be punished \*  
their hope is rich in immortality.  
Small their affliction, great their blessing; \*  
God proved and found them worthy of himself.  
Like gold in a furnace he tried them, \*  
and accepted them as an oblation.**

**In the moment of God's coming  
they shall kindle into flame \*  
and run like sparks through the stubble.  
They shall govern nations and peoples, \*  
and the Lord shall be their ruler for ever.**

**Saturday: The Beatitudes**

*Matthew 5.3–12*

**All: Blessed are the poor in spirit, \*  
for theirs is the kingdom of heaven.  
Blessed are those who mourn, \*  
for they shall be comforted.  
Blessed are the gentle, \*  
for they shall inherit the earth.  
Blessed are those who hunger and thirst for what is right, \*  
for they shall be satisfied.  
Blessed are the merciful, \*  
for mercy shall be shown to them.  
Blessed are the pure in heart, \*  
for they shall see God.  
Blessed are the peacemakers, \*  
for they shall be called children of God.  
Blessed are those who are persecuted in the cause of right, \*  
for theirs is the kingdom of heaven.  
Blessed are you when others revile you and persecute you \*  
and utter all kinds of evil against you falsely for my sake.  
Rejoice and be glad, \* for your reward is great in heaven.**

## The Psalm

*The psalm for the day is found in the reading list on the last page.  
It is prayed by whole verse, beginning with the leader.*

## The Reading

*After the reading, we pause for one minute of silence  
to reflect on the scripture and ponder its meaning.*

## Statement of Faith

### Monday

One: We believe in God

**All: who is older than eternity  
and younger than our next breath;  
who is beyond describing  
yet knows us all by name;  
who inspires faith  
yet cannot be contained by religion.**

One: We believe in Jesus Christ,

**All: flesh of our flesh, bone of our bone;  
he came in the body  
to give worth to every human life.  
He touched the untouchable  
loved the unlovable  
and endured slander, persecution and death.**

One: We believe that God's Kingdom comes on earth  
through Christ's suffering love.

**All: He rose from the grave as living proof  
that what is laid down in faith  
will be raised in glory.  
He ascended to heaven  
to be present in all times to all people.**

One: We believe in the Holy Spirit,

**All: who leads us into truth and freedom,  
who gives good gifts to all God's children,  
who works through prayer and politics,  
through justice, care of creation  
and the healing of the nations.**

One: We celebrate the potential God has given:

**All: the life in our bodies,  
the yearning in our souls,  
the promise of good things in store  
for those who love and serve their maker. Amen.**

## Tuesday

One: We believe

**All: that God is present in the darkness before dawn;  
in the waiting and uncertainty  
where fear and courage join hands, conflict and caring link arms,  
and the sun rises over barbed wire.**

**We believe in a with-us God  
who sits down in our midst to share our humanity.  
We affirm a faith that takes us beyond a safe place:  
into action, into vulnerability and onto the streets.**

**We commit ourselves to work for change  
and put ourselves on the line;  
to bear responsibility, take risks, live powerfully and face humiliation;  
to stand with those on the edge;  
to choose life and be used by the Spirit  
for God's new community of hope. Amen.**

## Wednesday

One: I believe in God,

**All: 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.**

**All:** 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.

## Thursday

**One:** We believe

**All:** in the God of Abraham and Isaac and Jacob,  
who journeys with us through life,  
and leads us to new beginnings.

We believe in the God of Moses,  
who frees us from oppression and guides us  
through desert, wilderness, and sin to the Promised Land.

We believe in the God of the prophets,  
who asks for justice in our land,  
and cares for the poor.

We believe in Jesus Christ,  
who brought the Gospel to us,  
who celebrated God's unconditional love for everyone.

We believe in the Holy Spirit,  
who forms and molds us into God's image,  
who sends us out to serve God and people,  
who leads us to everlasting life. Amen.

## Friday

**One:** We believe in God above us,

**All:** **Maker and Sustainer of all life,**  
of sun and moon, of water and earth, of male and female.

We believe in God beside us,  
Jesus Christ, the Word made flesh,  
born of a woman, servant of the poor,  
tortured and nailed to a tree.

A man of compassion, he died forsaken;  
he descended into the earth to the place of death.

**All: On the third day he rose from the tomb;  
he ascended into heaven to be everywhere present;  
and his kingdom will come on earth.**

**We believe in God within us,  
the Holy Spirit of Pentecostal fire,  
life-giving breath of the church,  
spirit of healing and forgiveness,  
source of resurrection and eternal life. Amen.**

## **Saturday**

**One: We believe in God**

**All: in whom is power and compassion.**

**We believe in the Creator who gave birth to the universe,  
set solar systems dancing in space,  
shaped molecules and mountains,  
and conceived beauty beyond our imagining.  
God's power topples tyrants,  
and brings down walls of separation;  
God's love embodies the tenderness of a mother and father,  
encouraging and caring for each of us.**

**We believe in Jesus, born in obscurity in an occupied land;  
a human being, vulnerable to hunger thirst, persecution and grief.  
He understood the power of love  
and confronted the powers of evil,  
spoke the truth with courage and clarity,  
forgave his enemies and changed lives.  
In his living, dying and rising again  
he showed love strong enough to save the world.**

**We believe in the Holy Spirit  
who sustains, comforts and empowers us,  
opens the scriptures, opens our minds,  
and illuminates earth's darkness. Amen.**

# Confession

## Monday

One: O Holy One,  
we call to you and name you as eternal,  
ever-present, and boundless in love.  
Yet there are times, O God,  
when we fail to recognize you in the moment,  
because we are so preoccupied with our daily lives.  
Sometimes shame clenches tightly around our hearts,  
and we hide our true feelings.  
Sometimes fear makes us small,  
and we miss the chance to speak from our strength.  
Sometimes doubt invades our hopefulness,  
and we degrade our own wisdom.

**All: Holy God, in the daily round from sunrise to sunset,  
remind us again of your holy presence hovering near us and in us.  
Free us from shame and self-doubt.  
Help us to see you in the moment-by-moment possibilities  
to live honestly, to act courageously,  
and to speak from our convictions.  
In your name we pray. Amen.**

## Tuesday

One: Dear God, we thank you for all that is good,  
for our creation and our humanity,  
for the stewardship you have given us of this planet earth,  
for the gifts of life and of one another,  
for your love which is unbounded and eternal.

**All: Merciful God,  
we have not loved you with our whole heart,  
nor our neighbours as ourselves.  
For the sake of your Son Jesus Christ,  
forgive what we have been,  
accept us as we are,  
and guide what we shall be.**

One: O God of mercy, you forgive our past sin,  
you strengthen us in your gift of eternal life, you shape us for glory.  
O God of mercy, we thank you. Amen.

## Wednesday

One: Come, let us return to the Lord and say:

**All: Creator God, in our sin we have avoided your call.  
Our love for you is like a morning cloud,  
like the dew that goes away early.  
Have mercy on us; deliver us from judgment;  
bind up our wounds and revive us;  
in Jesus Christ our Lord. Amen.**

One: The Lord enrich you with grace,  
and nourish you with many blessings;  
the Lord defend you in trouble  
and keep you from all evil;  
the Lord accept your prayers,  
and absolve you from your offences,  
for the sake of Jesus Christ, our Saviour. Amen.

## Thursday

One: We have wounded your love.

**All: O God, heal us.**

One: We stumble in the darkness.

**All: Light of the world, transfigure us.**

One: We forget that we are your home.

**All: Spirit of God, dwell in us.**

One: Eternal Spirit.

**All: living God,  
in whom we live and move and have our being,  
all that we are, have been, and shall be  
is known to you.  
In the very secret of our hearts  
you know all that rises to trouble us.  
Living flame, burn into us.  
Cleansing wind, blow through us.  
Fountain of water, well up within us;  
that we may love and praise  
in deed and in truth. Amen.**

## Friday

One: God is steadfast in love and infinite in mercy;  
he welcomes sinners and invites them to his table.  
Let us confess our sins, confident in God's forgiveness.

**All: 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 heart;  
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.**

One: Almighty God have mercy upon us,  
pardon and deliver us from all our sins,  
confirm and strengthen us in all goodness,  
and keep us in eternal life;  
through Jesus Christ our Lord. Amen.

## Saturday

One: Gracious God, our sins are too heavy to carry,  
too real to hide, and too deep to undo.  
Forgive what our lips tremble to name,  
what our hearts can no longer bear,  
and what has become for us a consuming fire of judgment.

**All: Set us free from a past that we cannot change;  
open to us a future in which we can be changed;  
and grant us grace to grow more and more  
in your likeness and image,  
through Jesus Christ, the light of the world. Amen.**

## The Prayers

*All will be unmuted during the prayers.*

One: As we pray, let us attend to God's presence, stilling our minds and bodies.  
O God, we are the body of Christ  
and we rejoice that your Spirit binds us together with your life.  
Give us genuine concern for one another,  
help us to be supportive and encouraging,  
so that we may be sent out to do your will, strong even in our weakness.  
We pray for the church, especially our parish families:

*Please share your prayers, spoken aloud or offered in silence.*

Holy One, give us grace

**All: to listen with humility and act with compassion.**

One: O God, all nations must answer to you,  
yet so much evil is allowed to flourish  
through the actions of the wicked and the silence of the indifferent;  
give us all the courage to speak out your truth  
and act in accordance with your justice.  
We pray for the world:

*Please share your prayers, spoken aloud or offered in silence.*

Holy One, give us grace

**All: to listen with humility and act with compassion.**

One: O God, your creation cries out for healing and wholeness.  
Inspire and encourage those  
who seek a renewed relationship with the earth.  
Change the hearts of those who are blind to the need for change  
and help us all to see creation itself as our neighbour.  
We pray for all that God has brought into being:

*Please share your prayers, spoken aloud or offered in silence.*

Holy One, give us grace

**All: to listen with humility and act with compassion.**

One: O God, so many are sick and suffering,  
angry and afraid, lonely and lost.  
We pray for your love to enfold them,  
your peace to embrace them and your healing to transform them.  
We pray for those in need:

*Please share your prayers, spoken aloud or offered in silence.*

Holy One, give us grace

**All: to listen with humility and act with compassion.**

One: O God, you welcome home  
all those whose lives in this world have ended.  
We pray for those who have died, today,  
and we remember those whose lives continue to touch us:

*Please share your prayers, spoken aloud or offered in silence.*

One: Rest eternal grant unto them, O Lord.

**All: And let light perpetual shine upon them.**

One: May they rest in peace and rise in glory.  
Bless and comfort their loved ones,  
and bring us all to share life everlasting with you.  
Holy One, give us grace

**All: to listen with humility and act with compassion.**

One: O God, as we pause in the midst  
of this day's joys and challenges  
we remember how thankful we are  
for all that we have been given.  
We pray with grateful hearts:

*Please share your prayers, spoken aloud or offered in silence.*

Holy One, give us grace

**All: to listen with humility and act with compassion.**

One: Almighty God,  
you have given us grace at this time with one accord  
to make our common supplications to you,  
and you have promised through your well-beloved Son  
that when two or three are gathered together  
you will hear their requests.  
Fulfil now our desires and petitions,  
as may be best for us,  
granting us in this world knowledge of your truth,  
and in the age to come eternal life;  
for you, Father, are good and loving,  
and we glorify you through your Son Jesus Christ our Lord,  
in the Holy Spirit,  
now and for ever.

**All: Amen.**

## The Lord's Prayer

One: Together we pray:

**All: 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.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.**

## Closing Prayer

One: Holy God, in you we live and move and have our being.  
Guide and sustain us by your Holy Spirit,  
that in all the cares and occupations of our life we may not forget you,  
but may remember that we are ever walking in your sight;  
through Jesus Christ our Lord.

**All: Amen.**

## Blessing

One: Go forth into the world in peace;  
be of good courage; hold fast to that which is good;  
render to no one evil for evil;  
strengthen the fainthearted; support the weak;  
help the afflicted; honour everyone; love and serve the Lord.  
And may the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among us and remain with us always.

**All: Amen.**

## Sending

One: We are created in the image of God.  
Reflect the love of God in every soul you meet. Alleluia!

**All: Thanks be to God. Alleluia!**