

# Daily Prayer

*Antony, Abbot in Egypt*

*Wednesday, January 17, 2024*

*We enter into a time of quiet. We offer to God our selves and in the silence know that God embraces us as God's very own. We offer our hopes and our concerns through our prayers and in the silence listen for God. Today we hold in our prayers the ordinary moments in life—the trials and the joys. We begin by saying*

O Lord, open our lips.

**And our mouth shall proclaim your praise.**

Your light springs up for the righteous

**and all the peoples have seen your glory.**

## The First Reading

Set me as a seal upon your heart,

as a seal upon your arm;

for love is strong as death,

passion fierce as the grave.

Its flashes are flashes of fire,

a raging flame.

Many waters cannot quench love,

neither can floods drown it.

If one offered for love

all the wealth of one's house,

it would be utterly scorned.

*Song of Solomon 8.6-7*

## The Psalm

Because you have made the Lord your refuge ♦  
and the Most High your stronghold,  
There shall no evil happen to you, ♦  
neither shall any plague come near your tent.  
For he shall give his angels charge over you, ♦  
to keep you in all your ways.  
They shall bear you in their hands, ♦  
lest you dash your foot against a stone.  
You shall tread upon the lion and adder; ♦  
the young lion and the serpent you shall trample underfoot.  
Because they have set their love upon me,  
therefore will I deliver them; ♦  
I will lift them up, because they know my name.  
They will call upon me and I will answer them; ♦  
I am with them in trouble,  
I will deliver them and bring them to honour.  
With long life will I satisfy them ♦  
and show them my salvation.

*Psalm 91.9-16*

## The Gospel Reading

As he was setting out on a journey, a man ran up and knelt before him, and asked him, 'Good Teacher, what must I do to inherit eternal life?' Jesus said to him, 'Why do you call me good? No one is good but God alone. You know the commandments: "You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honour your

father and mother.” ’ He said to him, ‘Teacher, I have kept all these since my youth.’ Jesus, looking at him, loved him and said, ‘You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me.’

*Mark 10.17-21*

*In silence, we ask what the readings have to say to us today. Is there something that draws us more deeply into the reading? What does God have to say to us? What do we have to ask God?*

*When the time is right, we conclude our time of silence with the canticle*

## **The Canticle ~ A Song of the New Jerusalem**

Above you the Holy One arises  
And above you God’s glory appears.

Arise, shine out, for your light has come, ♦  
the glory of the Lord is rising upon you.

Though night still covers the earth, ♦  
and darkness the peoples;

Above you the Holy One arises, ♦  
and above you God’s glory appears.

The nations will come to your light, ♦  
and kings to your dawning brightness.

Your gates will lie open continually, ♦  
shut neither by day nor by night.

The sound of violence shall be heard no longer in your  
land, ♦  
or ruin and devastation within your borders.

You will call your walls, Salvation, ♦  
and your gates, Praise.

No more will the sun give you daylight, ♦  
nor moonlight shine upon you;

But the Lord will be your everlasting light, ♦  
your God will be your splendour.

For you shall be called the city of God, ♦  
the dwelling of the Holy One of Israel.

*Isaiah 60.1-3,11,18,19,14b*

*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.*

To us a child is born,  
to us a son is given.

*We continue in prayer for those people and situations that we hold up before God and  
continue with the concluding collect, the Lord's prayer and the closing sentences.*

## **The Intercessions**

From the rising of the sun to its setting, let us pray to the Lord.  
That the people of God in all the world  
may worship in spirit and in truth,  
let us pray to the Lord.  
Lord hear our prayer.

That the Church may discover again that unity which is the  
Father's will,  
let us pray to the Lord.  
Lord hear our prayer.

That the nations of the earth  
may seek after the ways that make for peace,  
let us pray to the Lord.  
Lord hear our prayer.

That the whole creation, groaning in travail,  
may be set free to enjoy the glorious liberty of the children of God,  
let us pray to the Lord.

Lord hear our prayer.

That all who with Christ have entered the shadow of death  
may rest in peace and rise in glory,

let us pray to the Lord.

Lord hear our prayer.

Let us commend the world, to which Christ showed the way,  
to the mercy and protection of God.

*Our prayers conclude*

Almighty God,  
you strengthened your servant Antony  
to endure all trials of the spirit  
and cleansed his heart of fear  
to make him perfect in the discipline of love.  
Give us grace to cherish his example,  
that we may know your call  
and walk in the paths of your righteousness  
all the days of our lives;  
through Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever.

*[let us pray as our Saviour taught us,]*

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

*We conclude*

May Christ, who sends us to the nations,  
give us the power of his Spirit. **Amen.**

## **Antony**

*Abbot in Egypt, 356—Memorial*

Today we honour the memory of a holy man named Antony, who is often counted as the first true monk in the Christian tradition.

He was born around the year 250, the son of a prosperous farmer in the district of Middle Egypt. He probably never knew any but the Christian way, and grew up listening to the Gospels read out in the village church. But when he was twenty Antony suddenly heard with his heart these words of Christ: "Go, sell all you have, and give to the poor; and come, follow me." Antony went and did just that: he renounced his inheritance and retired into the desert beyond his village.

The desert remained Antony's home for the rest of his life. In his solitude he gave himself to prayer and fasting, to daily recitation of the Psalter, and most of all to waging war against the forces of spiritual darkness. Antony did not dwell in the desert in order to avoid conflict, but to deal with his inner conflicts more effectively. He wished to teach his heart, as he himself said, "to hate all peace that comes from the flesh." He succeeded in this purpose by performing extraordinary deeds of physical self-discipline. But before he died in the year 356, well over a hundred years old, Antony learned something still greater — to love God. It is for his love of God, wondrous and simple, that we remember Antony today.

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Biographical information: For All the Saints © 2007, General Synod, Anglican Church of Canada

# Church of the Redeemer

162 Bloor Street West Toronto, ON M5S 1M4

416.922.4948

[office@theredeemer.ca](mailto:office@theredeemer.ca)

[www.TheRedeemer.ca](http://www.TheRedeemer.ca)

Facebook: theRedeemerTO

Instagram: theRedeemerTO

2024