

Daily Prayer

Holy Cross Ember Day

Wednesday, September 18, 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.

Make me to know your ways, O Lord,

and teach me your paths.

The First Reading

But now hear, O Jacob my servant,

Israel whom I have chosen!

Thus says the LORD who made you,

who formed you in the womb and will help you:

Do not fear, O Jacob my servant,

Jeshurun whom I have chosen.

For I will pour water on the thirsty land,

and streams on the dry ground;

I will pour my spirit upon your descendants,

and my blessing on your offspring.

They shall spring up like a green tamarisk,

like willows by flowing streams.

This one will say, 'I am the LORD's',

another will be called by the name of Jacob,

yet another will write on the hand, 'The LORD's',

and adopt the name of Israel.

Thus says the LORD, the King of Israel
and his Redeemer, the LORD of hosts:
I am the first and I am the last;
besides me there is no god.
Who is like me? Let them proclaim it,
let them declare and set it forth before me.
Who has announced from of old the things to come?
Let them tell us what is yet to be.
Do not fear, or be afraid;
have I not told you from of old and declared it?
You are my witnesses!
Is there any god besides me?
There is no other rock; I know not one.

Isaiah 44.1-8

The Psalm

His foundation is on the holy mountains. ♦
The Lord loves the gates of Zion
more than all the dwellings of Jacob.
Glorious things are spoken of you, ♦
Zion, city of our God.
I record Egypt and Babylon as those who know me; ♦
behold Philistia, Tyre and Ethiopia:
in Zion were they born.
And of Zion it shall be said, 'Each one was born in her, ♦
and the Most High himself has established her.'
The Lord will record as he writes up the peoples, ♦
'This one also was born there.'
And as they dance they shall sing, ♦
'All my fresh springs are in you.'

Psalm 87

The Gospel Reading

'I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one. While I was with them, I protected them in your name that you have given me. I guarded them, and not one of them was lost except the one destined to be lost, so that the scripture might be fulfilled. But now I am coming to you, and I speak these things in the world so that they may have my joy made complete in themselves. I have given them your word, and the world has hated them because they do not belong to the world, just as I do not belong to the world. I am not asking you to take them out of the world, but I ask you to protect them from the evil one. They do not belong to the world, just as I do not belong to the world. Sanctify them in the truth; your word is truth. As you have sent me into the world, so I have sent them into the world. And for their sakes I sanctify myself, so that they also may be sanctified in truth.

John 17.6-19

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 ~ Benedicite A Song of Creation

Bless the Lord all you works of the Lord: ♦
sing his praise and exalt him for ever.

Bless the Lord you heavens: ♦
sing his praise and exalt him for ever.

Bless the Lord you angels of the Lord: ♦
sing his praise and exalt him for ever.

Bless the Lord all people on earth: ♦
sing his praise and exalt him for ever.

O people of God bless the Lord: ♦
sing his praise and exalt him for ever.

Bless the Lord you priests of the Lord: ♦
sing his praise and exalt him for ever.

Bless the Lord you servants of the Lord: ♦
sing his praise and exalt him for ever.

Bless the Lord all you of upright spirit: ♦
bless the Lord you that are holy and humble in heart.

The Song of the Three 35-37, 60-65

*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.*

Bless the Lord all you works of the Lord: ♦
sing his praise and exalt him for ever.

*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

We pray for the flourishing of God's gifts to his Church, saying:
Lord of the Church,
in your mercy hear us.

God our Father, you give us gifts that we may work together
in the service of your Son:
bless the leaders of your Church,
that they may be firm in faith,
and humble before you.
Lord of the Church,
in your mercy hear us.

Bless those who teach,
that they may increase our understanding,
and be open to your word for them.
Lord of the Church,
in your mercy hear us.

Bless those who minister healing,
that they may bring wholeness to others,
yet know your healing in themselves.
Lord of the Church,
in your mercy hear us.

Bless those through whom you speak,
that they may proclaim your word in power,
yet open their ears to your gentle whisper.
Lord of the Church,
in your mercy hear us.

Bless those who work in your world today,
that in the complexity of their daily lives
they may live for you, fulfil your purposes,
and seek your kingdom first.

Lord of the Church,
in your mercy hear us.

Bless those who are uncertain of their gifts
and those who are powerless in this world's eyes,
that they may be made strong in your gift of the Holy Spirit.
Lord of the Church,
hear our prayer,
and make us one in heart and mind
to serve you with joy for ever. Amen.

Our prayers conclude

Almighty and everlasting God,
by whose Spirit the whole body of the Church
is governed and sanctified:
hear our prayer which we offer for all your faithful people,
that in their vocation and ministry
they may serve you in holiness and truth
to the glory of your name;
through our Lord and Saviour Jesus Christ,
who is alive and reigns with you,
in the unity of 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 God grant to the world justice, peace and truth.

Amen.

Ember Days

Ember Days are three days which occur four times a year: the Wednesday, Friday, and Saturday after St. Lucy's Day (Dec. 13), Ash Wednesday, the Day of Pentecost, and Holy Cross Day (Sept. 14). The name comes from the Latin title *Quattuor tempora*, meaning "four times." These days are often associated with praying for those who are preparing for ordination and in addition to these four dates are appropriate days to observe in the week prior to the date that deacons, priests or a bishop will be ordained. Equally, it is appropriate to pray for lay members of communities that their ministry within the community is supported. For a time, these days fell out of observance but there is a return to marking these days with prayer.

Credits:

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Church of the Redeemer

162 Bloor Street West Toronto, ON M5S 1M4

416.922.4948

office@theredeemer.ca

www.TheRedeemer.ca

Facebook: [theredeemerTO](https://www.facebook.com/theredeemerTO)

Instagram: [theredeemerTO](https://www.instagram.com/theredeemerTO)

2024