The Cave of the Heart
A collection of Prayers of Contemplation

Church of South India
Acknowledgments

The authors or sources of the prayers are given in many instances. But mention should be made of several books, from which more than the prayer has been taken:

The Cuddesdon Office Book. (OUP)
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'Daily Prayer'. E. Milner White and G.W. Briggs. (OUP)
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Those who wish for further and fuller acts of devotion should be referred to 'The Priest's Book of Private Devotion' (Mowbray) or 'The Private Prayers of Bishop Lancelot Andrews' (SCM Press. New Edition)

The Cave of the Heart

Introduction

The small book of prayers is very limited in a range. It merely aims to provide some prayers of especial use to a priest, and of a rather intimate nature, which may not easily be found elsewhere. For the most part, prayers and forms of prayer which are already printed in the Prayer Book or in 'The Supplement' will not be found reproduced here. It gives, of necessity, only very limited material for what is one of the main aspects of the private prayers of a priest, namely, intercession.

Some of the prayers suggested here are very personal prayers for certain people (eg. for a priest’s fellow-clergy) for whom, it might be thought, special set forms of prayer are not required. The suggested prayers have, however, been given, not in order to attempt to replace the prayer of natural and spontaneous utterance, but merely in order to suggest possible themes and patterns of such prayer, and to be a guide in times of spiritual dryness.
The Cave of the Heart
A collection of Prayers of Contemplation
Compiled by T I James

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OUR FATHER

Who art in heaven
Hallowed be Thy name.
Thy Kingdom come
Thy will be done
In earth as it is in heaven.
Give us this day our daily bread
And forgive us our trespasses
As we forgive them that trespass against us
And lead us not into temptation
But deliver us from evil.
For Thine is
The Kingdom, the power and the glory
For ever and ever.
Amen.

Devotion at the Beginning of the Day

O God, Thou art my God; early will I seek Thee. My soul thirsteth for Thee, my flesh also longeth after Thee; in a barren and dry land where no water is. Thus have I looked for Thee in the Sanctuary; that I may behold Thy power and glory. For Thy loving-kindness is better than life itself; my lips shall praise Thee.

As long as I live, I will magnify Thee in this manner; and lift up my hands in Thy name.

My soul shall be satisfied, even as it were with marrow and fatness; when my mouth praiseth Thee with joyful lips.

Have I not remembered Thee in my bed; and thought upon Thee when I was waking?

Because Thou hast been my helper; therefore under the shadow of Thy wings shall I rejoice.

My soul hangeth upon Thee; Thy right hand hath upholden me.

(Psalm 63:1-9)

My voice shalt Thou hear be times, O Lord; early in the morning will I direct my prayer unto Thee, and will look up.

(Psalm 5:3)
Acts of Oblation

This day will I praise Thee, O Lord;
This day will I thank Thee, O Lord;
This day will I love Thee, O Lord;
This day will I serve Thee, O Lord.

(Anon)

At Thy feet, O Christ, we lay
Thine own gift of this new day;
Doubt of what it holds in store
Makes us crave Thine aid the more;
Lest it prove a time of loss,
Mark, it Savior, with Thy Cross.
So shall this and all our days,
Christ and God, show forth Thy praise.

(William Bright)

Arise, arise my soul, and praise
Give to the Lord of nights and days.
Forth on the path of life once more!
And God the glorious adore.

Thou art the weapon, He the hand;
All purpose His mind has planned.
Thy will upon His altar lay,
And go thou forth with Him today!

(Narayan Vaman Tilak)

A hymn of St. Patrick

I bind unto myself today
The strong name of the Trinity;
By invocation of the same,
The Three in One and One in Three.

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.

Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

I bind unto myself the Name,
The strong name of the Trinity;
By invocation of the same,
The Three in One and One in Three.

Of Whom all nature hath creation;
Eternal Father, Spirit, Word:
Praise to the Lord of my salvation,
Salvation is of Christ the Lord. Amen.
A Thanksgiving

Thanks be to Thee, O Lord, for this gift of a new day which seemeth to me so like other days, yet is indeed not like but different. It is Thy newest handiwork, the fruit of Thy longest patience. Make it for me a time for service and a time for loving. Amen

(J. Hoyland)

Prayers for the Guidance of God Through-out the Day

Into Thy hand, O God, we commend ourselves this day; let Thy presence be with us to its close. Enable us to feel that in doing our work we are doing Thy will, and that in serving others we are serving Thee; through Jesus Christ our Lord.

Amen.

Set a watch upon our tongues this day, we be-seech Thee, O God:

Save us from all words about other people which may do harm:

Save us from all cruel words which are untrue:

save us from words, which though true, are not the whole truth;

save us from words which are true, but merciless:

Grant that we may at all times glorify Thee with our lips, through Jesus Christ our Lord.

Amen.

(Adapted from Canon Briggs)

Take and receive, O Lord my entire liberty, my understanding, and my whole will. Alt that I am and all that I have Thou hast given me. I give them back again to Thee, to be disposed of according to Thy good pleasure. Only give me Thy love and Thy grace. With these I shall be rich enough.

Amen.

(The 'Suscipe' of Ignatius Loyola)
God be in my head,  
and in my understanding;  
God be in mine eyes,  
and in my looking;  
God be in my mouth,  
and in my speaking;  
God be in my heart,  
and in my thinking;  
God be at mine end,  
and at my departing...

(Sarum Primer)

O Lord God, in Whom we live, and move,  
and have our being; open our eyes that we  
may behold Thy fatherly Presence ever  
about us. Draw our hearts to Thee with  
the power of Thy love. Teach us in  
nothing to be anxious; and when we have  
done what Thou hast given us to do, help us,  
O God our Saviour, to leave the issue to Thy  
wisdom. Take from us all doubt and distrust.  
Lift our thoughts up to Thee, and make us to  
know that all things are possible to us, in and  
through Thy son, our Redeemer. Amen.

(Bishop Westcott of Durham)

Prayers in Preparation for Meditation

O Holy Spirit of God, look graciously  
upon us: take from us all coldness, all  
wandering of the thoughts, and fix our  
whole being on God alone. And of Thy mercy,  
grant us for our hallowing, thoughts that  
pass into prayer, prayers that pass into love,  
and love that passes into life with Thee,  
through the ages of eternity. Amen.  
(Adapted from E. Milner-White)

O Holy spirit of cleansing,  
burn up my sin and self-regard;

O Holy Spirit of guidance, take Thou the  
things of Christ, and shew them to me;

O Holy Spirit of unity; move Thou within my  
heart, and lead me in the ways of love.

(Veni Creator Spiritus)

Come, Holy Ghost, our souls inspire,  
And lighten with celestial fire.  
Thou the anointing Spirit art,  
Who dost thy sevenfold gifts impart.
Thy blessed unction from above
Is comfort, life, and fire of love.
Enable with perpetual light,
The dullness of our blinded sight.
Anoint and cheer our soiled face
With the abundance of Thy grace.
Keep far our foes, give peace at home:
Where Thou art guide, no ill can come.

Teach us to know the Father, Son,
And Thee, of Both, to be but One,
That through the ages all along,
This may be our endless song:

Praise to thy eternal merit,
Father, Son, and Holy Spirit. Amen.

Speak Lord, for Thy servant heareth.

(1 Sam. 3:10)

He still then, and know that I am God.

(Ps. 46:10)

We wait for Thy loving-kindness, O God: in the
midst of Thy temple.

(Ps. 48:8)

(For outlines of the Methods of Meditation, see the Appendix.)

A Form of Preparation for Holy Communion

(This devotion can be used either individually, or, as indicated, by the Priest’s family or any other group of people.)

Leader: Hear the words of our Lord Jesus Christ.

I am the Bread of Life: he that cometh to Me shall not hunger, and he that believeth on Me shall never thirst.

I am the Vine, ye are the branches. Abide in Me and I in you. He that eateth My flesh and drinketh My blood abideth in Me and I in him.

If ye know these things, blessed are ye if ye do them.

An Act of Adoration

Leader: We praise and adore Thee, O God, our Heavenly Father, for all Thy blessings to us, but above all for Thine inestimable love in the redemption of the world by our Lord Jesus Christ.

We praise and adore Thee, O Holy Spirit, the Lord, the Giver of life, that Thou dost enable us with Thy presence to worship and pray aright.
We have named Thy holy Name, but have not departed from iniquity:
We have professed our love for Thee, but we have failed to love our brethren.

All: Almighty God unto Whom all hearts be open, all desires known, and from Whom no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of Thy Holy Spirit, that we may perfectly love Thee and worthily magnify Thy holy Name; through Christ our Lord. Amen.

An Act of Oblation

Leader: This have I done for Thee, saith the Lord: What hast thou done for me?

All: Then said I, I will offer to Thee the sacrifice of thanksgiving and will call upon the Name of the Lord: I will pay my vows unto the Lord in the sight of all his people.

Leader: I will offer in His dwelling an oblation with great gladness.

All: I will sing and speak praises unto the Lord.

We offer and present unto Thee, O Lord, ourselves, our souls and bodies, humbly beseeching Thee to accept and use us for Thy glory. Amen.
Conclusion

Leader: As the watchman looketh for the morning, even so do we look for Thee, O Lord. Come with the dawning of the day and make Thyself known to us in the breaking of bread.

Amen.

He present, be present, O Lord, even as Thou wast present in the upper room, and make Thyself known to us in this holy sacrament: Who livest and reignest with the Father and the Holy Spirit, one God, world without end. Amen.

All: Come, Lord Jesus, in the fullness of Thy grace:

And dwell in the hearts of us Thy servants:

That adorning Thee by faith,

We may with joy receive Thee.

And in love and thankfulness abide in Thee,

Who art our Guide, our Bread of pilgrims, our Lord and our God. Amen.

Prayers for General use before Holy Communion

O Lord Jesus Christ,

By Thy most mighty and tender power,

Impart to me Thy lowliness;

Impart to me Thy purity;

Impart to me Thy strength of prayer;

Impart to me Thy love of the Father;

Impart to me Thy perfect priesthood, and Thy love of souls,

O my Lord and my God.

(E. Milner-White)

Anima Christi

Soul of Christ, sanctify me;

Body of Christ, save me;

Blood of Christ, invigorate me;

Water from the side of Christ, wash me;

Passion of Christ, strengthen me;

O good Jesu, hear me;

Within Thy wounds hide me;

Suffer me not to be separated from Thee;

From the malicious enemy defend me;

In the hour of my death, call me,

And bid me come to Thee;

That with all Thy saints I may praise Thee,

For ever and ever. Amen.
Lord, Come to us that Thou mayest cleanse us:
Come to us that Thou mayest heal us:
Come to us that Thou mayest strengthen us:
Come to us that Thou mayest use us.

And grant, that having received Thee.
We may not forget Thee or forsake Thee,
Through sin or carelessness:
But may continue Thine for ever. Amen.

O Lord,
Open our eyes that we may know Thee:
Thaw our coldness that we may receive Thee:
Dispel our fears that we may follow Thee:
Loosen our tongues that we may proclaim
Thee:
Inflame our love that we may adore Thee.
Amen.

Vestry Prayers before and after Holy Communion

1. Before Communion

Most gracious God, incline Thy merciful care
to our prayers, and enlighten our hearts by the
grace of Thy Holy Spirit, that we may worthily
celebrate Thy holy mysteries, and love Thee
with an everlasting love; through Jesus Christ

our Lord, who liveth and reigneth with the
Father and the Holy Spirit, ever one God, world
without end. Amen.

Cleanse our consciences, we beseech Thee O
Lord, by Thy visitation; that Thy Son our Lord
Jesus Christ, when He cometh, may find in us
a dwelling-place prepared for Himself: who
liveth and reigneth with Thee, in the unity of
the Holy Spirit, ever one God, world without
end. Amen.

Be pleased O Lord, to assist us by Thy grace
that we may behave as we ought in Thy
divine presence, and grant that we may so
commendate the perfect sacrifice of Thy dear
Son, that we may obtain grace here, and eternal
glory here after: through the same Jesus Christ
our Lord. Amen.

O God, Who hast called us to lead the prayers
and praises of others, do Thou be with us that
all we do may be to Thy honour and glory;
through Jesus Christ our Lord, Amen.

2. After Communion

O Lord, who in a wonderful sacrament has left
us a memorial of Thy cross and passion; grant
us so to reverence the sacred mysteries of Thy
Body and Blood, that we may ever know within ourselves the fruit of Thy redemption: who livest and reignest with the Father in the unity of the Holy Spirit, one God, world without end. Amen.

(St. Thomas Aquinas)

O Lord, we beseech Thee, keep in Thy care us Thy servants who have this day been hallowed by Thy sacred mysteries; that, as by Thy mercy and receive the healing gifts of eternal salvation, we may retain them by Thy protecting power: who livest and reignest with the Father and the Holy Spirit, ever one God, world without end. Amen.

(Bishop Westcott of Durham: adapted)

The mystery of Thy redeeming purpose, O Christ our God, hath been accomplished so far as in us lies:

We have made the memorial of Thy death.  
We have seen the symbol of Thy resurrection,  
We have been filled with Thine unending life,  
of which may we all be found worthy.

Through the grace of God the Father, and of Thy holy, good, and life giving Spirit, let us depart in peace. Amen.

(From the Liturgy of St. Basil: adapted)

O Lord Jesus Christ, who hast ordained this Holy Sacrament to be a pledge of Thy love, and continued remembrance of Thy passion: Grant that we who partake thereof by faith with thanksgiving may grow up into Thee in all things, until we come to Thy eternal joy: who with the Father and the Holy Spirit livest and reignest, and God world without end. Amen.

Prayers for General Use after Holy Communion

O Lord Jesus Christ,

By Thy most mighty and most tender gift,  
Awake in me grace upon grace,  
Awake in me joy, upon joy,  
Awake in me thanks upon thanks,  
and praise, beyond utterance,  
And make all these to abide and abound me,  
O my Lord and My God.

(E. Milner - white)

Grant me, O my Father,  
by this grace of Thy dear Son  
to live in Thy presence,  
like for Thy work  
live to love,  
now and always.  

(E. Milner - White)
Father who in this Blessed Sacrament hast gives us Thy Son;
Grant that our persons may be knit to His person our bodies nourished by His Body, our souls washed white by His Blood.
Grant that our whole being may be healed His wounds, hallowed by His touch, renewed with holy vows, revivified with His Spirit.
Grant that His presence May remain with his glory and its love, and all the blessings of Himself, speaking in us and through us: fashioning heaven here, and bringing us there hereafter.

(E. Milner - White)

Glory be to Thee, O Jesus, my Lord and my God, for thus feeding my soul with Thy most blessed Body and Blood. O let Thy heavenly food anfuse new life and vigour into my soul, and to the souls of all that have communicated with me; that our faith may increase; that we may all how more humble and contrite for our sins; that we may love Thee and serve Thee, and delight to Thee, and praise Thee, more fervently, more occasantly, than ever we have done heretofore. Amen.

(Bishop Thomas Ken)

O Strengthen, O Lord, the hands that holy things have taken, that they may daily bring with fruit to Thy glory. Grant, O Lord, that the lips which have sung Thy praise within the conctuary, may glorify Thee for ever; that the which have heard the voice of Thy songs, may be closed to the voice of clamour and disbite; that the eyes which have seen Thy great have, may also behold Thy blessed hope; that the tongues which have sung the Sanctus, may ever speak the truth. Grant that the feet that have trod in Thy holy courts may ever walk in the light, and that the souls and bodies, which have tasted of Thy living Body and Blood, may ever be restored in newness of life. Amen.

(Liturgy of Malabar)

O blessed Lord Jesus, Thou hast given me Thyself, I give myself to Thee.
I give Thee my body, that it may be chaste and pure:
I give Thee my soul, that it may be free from sin:
I give Thee my heart, that it may always love Thee:
I give Thee myself, in life and in death, to be Thine for ever. Amen.
O Lord, Thou hast given us so many things
Give us one thing more, a grateful heart,
Filled with Thy love,
And therefore full of love for all Thy children.

(Adapted: George Herbew)

The Word was made flesh
And dwelt among us.
We behald His glory,
Glory as of the only-begotten of the Father
Thanks be to God.
Blessed be the Lord God of Israel,
For He hath visited and redeemed for people
Thanks be to God.
O Lord, now lettest Thou Thy servant
depart in peace.
For mine eyes have seen Thy salvation
Which Thou hast prepared
Before the face of all people.
Thanks be to God.

My soul doth magnify the Lord.
My spirit hath rejoiced in God my Saviour.
Thanks be to God.
Bless the Lord, O my soul,
And forget not all His benefits.
Thanks be to God.

Vestry Prayers before and after Matins or Evensong

1. Before Service
O Almighty Father, we pray Thee to send Thy face into our hearts this day, that we may worship Thee in spirit and in truth, Purify our sinful hearts; quicken our dullness of spirit; help our many infirmities; make us more worthy to lead the praises of Thy Church, and may we be worship Thee for ever hereafter in heaven; through Jesus Christ our Lord. Amen.

O Cleanse us, O Lord, and keep us undefiled, that we may be numbered among those blessed ones, who, having washed their robes and made them white in the blood of the Lamb, stand before Thy throne, and serve Thee day and night in Thy temple: through Jesus Christ our Lord, who liveth and reigneth with the Father and the Holy Spirit, ever one God, world without end. Amen.
O God, who art worshipped above all in the
valence of our hearts, help us yet to praise Thee
with our lips in the company of the faithful,
that Thy praises may be spread through all
the earth, and in this Thy house: through Jesus
Christ our Lord. Amen.

(The following prayer is very suitable for use
when the priest has to say his Office alone.)

In union, O Lord, with that divine intention
wherewith Thou didst while on earth offer
prayer and praise to Thy Father in heaven,
I offer to Thee this my morning (evening)
sacrifice of prayer, praise and thanksgiving
on behalf of Thy servants in this place; in the
Name of the Father, and of the Son, and of the

2. After Service

Grant, O Lord, that what we have said and
sung with our lips, we may believe in our heart
and what we believe in our hearts, we may
show forth in our lives; through Jesus Christ,
our Lord, who liveth and reigneth with the
Father and the Holy Spirit, ever one God, world
without end. Amen.

Forgive, O Lord, our many shortcomings, our
coldness of heart, and wandering of though

in Thy service; and keep us evermore in Thy
fear and love; thorough Jesus Christ our Lord.
Amen.

Prayers for Use before Study or Sermon
Preparation

We beseech Thee, O God, the God of truth,
That what we know not of things we ought to
know.
Thou wilt teach us.
That what we are mistaken in, as men must be,
Thou wilt correct.
That at whatsoever truths we stumble,
Thou wilt yet establish us.
And from all things that are false,
And from all knowledge that would be hurtful
Thou wilt evermore deliver us,
Through Jesus Christ our Lord. Amen.

(Bishop Westcott of Durham)

For the Knowledge of God

O God, Thou art Life, Wisdom and Truth, be
eternal, the only true God; I confess with
thanksgiving that Thou hast made me in Thy
gage, that I may direct all my thoughts to Thee
and love Thee. And since I cannot in the be
ever fully attain this blessedness, let it
be least grow in me day by day, until it all be
fulfilled at last in the life to come. Here be to
knowledge of Thee increased, and there let it
be perfected, that my joy being now great in
hope, may there be made perfect in fruition;
Through Jesus Christ our Lord. Amen.

(St. Anselm)

O God, our heavenly Father, give us grace,
to pray Thee, to hear meekly Thy world; to
receive it with pure affection; to bring forth
the saints of the Spirit; and to amend our lives
according to Thy holy word; through our Lord
and Saviour, Jesus Christ. Amen.

O Blessed Lord, who hast caused all holy
Scriptures to be written for our learning: grant
that be may in such wise hear them, read,
mark, learn, and inwardly digest them, that by
patience and comfort of Thy holy word, we may
embrace and ever hold fast the blessed hope of
everlasting which Thou hast given us in our
Saviour Jesus Christ. Amen.

O Thou Father of lights form whom cometh very
good and perfect gift, to Thee I make my prayer
for a blessing upon all my studies. Sanctify and
purify my heart, I beseech Thee, that I may
not study for reputation or vainglory, but to
be an instrument in Thy hand to the glory of
Thy name and to the good of the souls men. I
beseech Thee to direct me, that I may know
what books to choose and what to refuse and
constantly apply myself to that course to study
which may best fit me for Thy holy service.
Strengthen my memory; enlighten my under
standing; preserve me from the infection of
false doctrine; and grant that I may give myself
entirely to be guided by Thy Spirit in daily and
earnest prayer; through Jesus Christ our Lord.
Amen.

Prayers and Meditations before
Preaching

And Moses said unto the Lord, 'O my Lord, I am
not eloquent.... but I am slow of speech and of a
slow tongue'. And the Lord said unto him, 'Who
hath made man's mouth and I will be with Thy
mouth, and teach Thy what Thou shalt say.'

(Exodus 4: 10-12)

Thus saith the Lord... For as the raise cometh
down, and the snow from heaven, and
returneth not thither, but watereth the earth
and maketh it bring forth and bud, that it may
give seed to the sower and bread to the eaten.
So shall my word be that goeth forth out of
mouth: it shall not return unto me empty, but it
shall accomplish that which I please, and shall prosper in the thing whereunto I sent it.

(Isaiah 55:10,11)

Whosoever shall call on the name of the Lord shall be saved. How then shall they call to Him whom they have not believed? And had shall they believe in Him of whom they have not hard? And how shall they hear without a teacher? And how shall they preach except may be sent?

(Romans 10:13-15)

O Lord, take my mind and think through it: take my lips and speak through them: take my heart and set it on fire with love for Thee and for those to whom I shall speak. Amen.

(W.H. Aitken)

Lord Jesus, teach Thou me, that I may teach to people. Sanctify and strengthen all my ewers, that these may deliver Thy message reverently and readily, faithfully and fruitfully.

O make Thy Word a swift word, passing from to ear to the heart, and from the heart to the ear and conduct: that as Thy rain returns not empty, so neither may Thy Word: but may accomplish that for which it is given.

O Lord, hear! O Lord, forgive!

O Lord, hearken and do so, for Thy Blessed Son’s sake. Amen.

(George Herbert)

May the words of my mouth and the meditations of all our hearts be always acceptable in my sight, O Lord, our Strength and our Redeemer. Amen.

I must decrease, but Thou must increase. When I have nothing, then God is all.

O God, who hast spoken to all ages of men through Thy Holy Word: pour out upon me Thy Holy Spirit, that the words I preach may be, that my platitudes, but Thy life-giving Word. like me, and speak through me to the hearts and minds and wills of Thy people. As a pray in Thy Holy Church, to whom Thou hast committed the ministry of Thy Word and Sacrament help me to be a good steward thereof. Thy me, O God: empty me of self: put in my heart and mind what Thou wouldest have me say, and give me grace to say it: in the name and forsake of my Lord and Saviour, Jesus Christ. Amen.
Prayers for Use before Visiting

O God, without whom our labour is but look yet with whom the weak go forth as the might be present, we pray Thee, to bless all our visit done in Thy Name; and grant to us, Thy labourers, a pure intention, patient faith, sufficient success here on earth, and the joy that cometh from knowing that we serve Thee and Thy kingdom: through Jesus Christ our Lord. Amen.

Grant to us, O Lord, a deep sense of responsibility in dealing with the souls of others, and give to us the rich gifts of the Spirit: the spirit of wisdom and understanding, the spirit counsel and might, the spirit of love and patience; that souls may be made new and strong, and Thy holy Name may be glorified through Jesus Christ our Lord. Amen.

O Lord Jesus Christ, the Good Shepherd, who didst lay down Thy life for Thy sheep, and did quicken them with the food of Thy Body and Blood; fill us with the spirit of Thy love that may freely spend and be spent in Thy service and assist us in bringing Thy sheep, scatter throughout the world, into Thy one flock; we livest and reignest with the Father in the unity of the Holy Spirit, one God world without end. Amen.

Votions at the End of the Day

An evening Act of Praise

O gladsome Light of the holy glory of the eternal Father, heavenly, holy, blest,

O Jesus Christ, being come to the going down of the sun, seeing the evening light, we hymn the Father, and the son, and the Holy Spirit of God.

worthy art Thou at all times to be hymned with Holy voices, Son of God, Who givest life: therefore the world doth glorify Thee. Amen.

(First Century of earlier. This is one of the oldest known Christian hymns.)

Thanksgiving

O Eternal God and Father, under whose mighty and gracious protection all our days are count: we thank Thee for the mercies of the day and is now past; for the continuance of so many and
great blessings; for any good words we may the heard or read; for all holy thoughts and that desires which Thy Holy Spirit may this we have put into our minds. O Lord, grant and these may not be unfruitful in us, but may work in us that for which Thou didst send them, O Jesus Christ's sake. Amen.

(Bishop Westcott of Durham)

O Lord Jesus Christ, who are with God Father, we thank Thee because, wherever have been this day, Thou hast been loving watching us. We give Thee thanks for a made stronger through conflict; more joys through thinking of others; nobler through companionship with Thyself. Grant us perf rest; and as we rest with Thee, so may we not with Thee, strong to bear our part in the coming of Thy glorious Kingdom. Amen.

Prayers

O Lord, support us all the day long of the troubles life, until the shades lengthen and the evening comes, and the busy world is hushed the fever of life is over and our work is done Then, Lord, in Thy mercy, grant us safe lodging a holy rest, and peace at the last: through Jesus Christ our Lord. Amen.

(Cardinal Neumann)

Be present, O merciful God, and protect me through the silent hours of this night, that who are fatigued by the changes and chances this fleeting world, may repose upon Thy eternal changelessness. Amen.

(A Commendation

Into Thy hands, O Father and Lord, we commend this night our souls and bodies, our parents and homes, friends and servants, neighbour and kindred, and all families in this parish: our brethren and benefactors departed, all for rightly believing, and all who need Thy pity and protection: light us with Thy holy grace, and suffer us never to be separated from Thee, our Lord in Trinity, God everlasting. Amen.

(St. Edmund Rich, Adapted)

An Act of Dedication

'Eventide'

The day is over with its lights and shadows, The vespertide shines tranquil in the west; When turn thee, O my soul, from things created Unto thy Rest.

From vanities, and falls, and faint endeavours, Through which, O Lord, thou know'st I love in Thee still)
The homage of a tired mind I bring Thee, 
And steadfast will.

With all within me that I shrink from telling, not 
yet beneath Thy pitying gaze can stand; Stretch 
o'er me, Lord, for healing and for blessing, Thy 
pierced hand.

Hide me, as the long night draws ever near 
with every hour of this life's lessening spare 
For Thou hast tasted death, immoral Saviour 
for every 

Lighten all darkness of the flash and spirit, 
Keep me from fears and perils of the night. 
Who of this world and of the Golden City 
Art the True Light.

Thou who dost give Thy very self, Lord Jesus 
For food to those that seek the things above. 
What less than self-surrender dare I offer 
Thine awful Lord 

With angels, and archangels, and blest spirits. 
Who to the Triune God their hymns address I 
praise Thee and adore, in solemn gladness. Thy 
Holiness 

*(Bishop Lefroy's Hymn - Author unknown)*

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**Prayers for Saturday Night**

O Lord God, who art ever adored by angels, and 
yet dost choose men to be the ministers and 
stewards of Thy Word and Sacraments: we pray 
Thee look with Thy favour upon all of us Thy 
servants who shall speak in Thy name upon Thy 
holy day. Grant, Lord, the waiting upon Thee in 
prayer, we may be strong and humble: turn us 
from sensitive consciousness of ourselves, that 
we may think only what Thou wouldst have us 
say and deliver us, we pray Thee, in the name of 
Jesus Christ, our Lord and Saviour. Amen.

*Bishop Westcott of Durham: Adapted*

O God, give Thy people grace to use aright Thy 
holy day: that it may be a day of mercy to the 
heavy-laden: a day of resurrection to newness 
and fullness of life: a day to worship Thee and 
the fellowship of the faithful: through Jesus 
Christ our Lord. Amen.

**Prayer for Sunday Night**

O Lord, who by triumphing over the powers of 
darkness didst prepare our place in the new 
Jerusalem; grant us, who have this day given 
thanks for Thy Resurrection, to praise Thee in 
that city where of Thou art the Light, who with 
the Father and the Holy Spirit ever livest and 
reignest one God world without end. Amen.
General Prayers for a Priest's Life and Work

Jesus Christ is your ineritance,
O ye ministers of the Lord:
Jesus Christ is your sole domain:
His name is your wealth:
His name is your inheritance:
His name is your income:
His name is your stipend,
A stipend not of money but of grace,
Your heritage is not dried up by heat,
Nor devastated by storms.

(St. Ambrose)

O Thou who art the light of the minds that know Thee,
the life of the souls that love Thee,
and the strength of the wills that serve Thee
Help us so to know Thee that we may truly love Thee,
so to love Thee that we may fully serve Thee
whom to serve is perfect freedom:
through Jesus Christ our Lord. Amen.

(Based on St. Augustin)

O gracious and holy Father,
Give us wisdom to perceive Thee,
intelligence to understand Thee,
Diligence to seek Thee,
Patience to wait for Thee,
Eyes to behold Thee,
A heart to meditate upon Thee,
And a life to proclaim Thee:
Through the power of Jesus Christ our Lord.
Amen.

(St. Benedict)

Lord, make us instruments of Thy peace,
Where there is hatred, let us sow love:
Where there is injury, pardon:
Where there is discord, peace:
Where there is doubt, faith:
Where there is despair, hope:
Where there is darkness, light:
Where there is sadness, joy:

May we ourselves seek not so much 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:
It is in dying that we are born to life eternal,  
In Thy blessed Son, Jesus Christ our Lord.  
Amen.  

(St. Francis of Assisi)

O God Almighty, eternal, righteous and  
merciful, give to us poor sinners to do for Thy  
make all that we know of Thy will, and to will  
always what pleaseth Thee: so that purified,  
enlightened and kindled by the fire of Thy Holy  
Spirit, we may follow in the footsteps of Thy  
well-beloved Son, our Lord and saviour Jesus  
Christ. Amen.  

(St. Francis of Assisi)

Thanks be to Thee, my Lord Jesus Christ,  
For all the benefits Thou hast won for me,  
For all the pains and insults Thou hast borne  
for me.  

O most merciful Redeemer, Friend and  
Brother,  
May I know Thee more clearly,  
Love Thee more dearly,  
And follow Thee more nearly,  
Day by day. Amen.  

(St. Richard of Chichester)

God, of Thy goodness give me Thyself; for Thou  
art enough to me, and I cannot ask less. If I ask  
anything that is less, I shall altogether be in  
want. Only in Thee I shall has all. Amen.  

(Mother Julian of Norwia)

O Lord, serve me from myself that I may  
grafted in Thee:  
May I perish to myself that I may be safe Thee:  
May I die to myself that I may live in Thee  
May I wither to myself that I may blossom  
Thee:  
May I be emptied of myself that I may abound  
in Thee:  
May I be nothing to myself that I may be are in  
Thee. Amen.  

(Erasmu)

Teach us, good Lord, to serve Thee as Thou  
deservest: to give and not to grudge the cost  
to tight and not to heed the wounds: to toil  
and not to seek for rest: to labour and not  
to ask for any reward, save that of knowing  
that we do Thy will: through Jesus Christ our  
Lord. Amen.  

(St. Ignatius Loyola)
Lord, Thou hast given so much to me:
Give one thing more, a greatful heart,

*(George Herbert)*

Be Lord,
Within me to strengthen me,
Without me preserve me,
Over me to shelter me,
Benath me to support me,
Before me to divert me,
Behind me to bring me back,
Round about me to fortify me. Amen.

*(Bishop Andrewes)*

Jesu, by Thy wounded feet,
Direct our path aright:
Jesu, by Thy naied hands,
Move ours to deeds of love:
Jesu, by Thy pierced side,
Cleanse our desires:
Jesu, by Thy crown of throns,
Annihilate our pride:
Jesu, by Thy silence,
Shame our complaints:
Jesu, by Thy parched lips,
Curb our cruel speech:

Jesu, by Thy closing eyes,
Look on our sin no more:
Jesu, by Thy broken heart,
Knit ours to Thee. Amen.

*(E. Milner White, based on a couplet of Richard Crashaw)*

O most merciful Jesus,
Who when Thou tookest upon Thee to deliver
man didst not abhor the Virgin’s womb:
Vouchsafe evermore to dwell in the hearts of
us Thy servants:
inspie us with Thy purity:
strengthen us with Thy might:
make us perfect in Thy ways:
guide us into Thy truth:
unite us to Thyself and to Thy whole Church:

Liat we may conquer every adverse power
as may be wholly devoted to Thy service and
conformed to Thy will: to the glory of God the
Father. Amen.

*(Fr. Condren and Fr. Olive)*

Give me, the priest, these graces to posses:
Of an ambassador the just address:
A father’s tenderness, a shepherd’s care:
A leader’s courage which the Cross can bear
A ruler’s arm, a watchman’s wakeful eye:
A pilot’s skill, the helm inorms to ply:
A fisher’s patience and a labourer’s toil:
A guide’s dexterity to disemboil:
A prophet’s inspiration from above:
A teacher’s knowledge and a saviour’s love.

Give me, the priest, to be a light upon a hill,
Whose rays his whole circumference can fill:

In God’s own Word and sacred learning versed
Deep in the study of the heart immersed,

Who in such souls can the disease descry,
And wisely fit restoratives apply.

*(Bishop Kent)*

O God, the God of all goodness and grace who
art worthy of a greater love than we can either
give or understand: fill our hearts with such
love towards Thee, that nothing may seemed
too hard to do or to suffer in obedience to Thee.
Grant that we may become daily more like unto
Thee: and finally obtain the crown of life which
Thou hast promised to those that love Thee:
through Jesus Christ our Lord. Amen.

*(Bishop Westcott of Durham)*

My Lord, I offer myself to Thee as a sacrifice
thanksgiving. Thou hast died for me, and turn
make myself over to Thee. I am not shown: for
Thou hast made me: Thou hast med me: and

Thou dost give me Thy and power. Separate
me from every that would separate me from
Thee. Cleanse from every taint of sin. And give,
O Lord, pardon, Thy presence and Thy peace.
Amen.

O Lord Christ, Eternal Word of the Father, pray
Thee for a vision of the world as it is: beyond
the beauty of the world we may see the beauty:
beyond the laughter of the world may see Thy
joy: in the goodness of man we to see Thy grace:
above the sin of man we to see Thy salvation:
and that beneath all upon suffering we may
know Thy love, and to be true ministers of Thy
compassion and power among those whom
Thou callest to serve. Amen.

O God, grant me
The serenity to accept
The things I cannot change:
Courage to change the things I can:
And the wisdom to know the difference:
Through Jesus Christ Our Lord. Amen.

O Jesu, Eternal Mercy, forgive me:
O Jesu, Eternal Holiness, renew me:
O Jesu, Eternal Wisdom, guide me:
O Jesu, Eternal Goodness, fill me:
O Jesu, Eternal Beauty, clothe me.
For Grace to Lead a Consistent Life

Almighty God, who hast made me a guide to suffer me not to go astray myself. Grant that I may never follow the inclinations of cor nature, nor govern myself according to the maxims of an evil world: but may have both character and the spirit of a minister of Jesus Christ. O Holy Spirit, sanctify my heart, no base or impure thoughts, no mean or tous affections may ever lodge there: rule of tongue, that no corrupt communication to proceed out of my mouth: guard my eyes purify my hands: guide my feet: conducted whole life, that by all the particulars of an example I may lead the people committed to care in the ways of eternal life: and that irregularity in my conduct may ever make instructions ineffectual or cause the ways religion to be evil spoken of.

O Lord Jesus Christ, without whom we do nothing, be Thou not only my example, also my Advocate with the Father, that I live as Thou wouldest have me live: for Thy name's sake. Amen.

(Priest's Book of Private Devotion)

For the Anniversary of an Ordination

Almighty God, Giver of all good things, by Thy Holy Spirit hast appointed divers order of ministers in the Church: mercifully let upon me Thy servant, whom Thou hast call to the office of priesthood: and so replenish with the truth of Thy doctrine, and adorn with innocency of life, that both by word of good example, I may faithfully serve Thee on this office, to the glory of Thy name and edification of Thy Church: through the mercy of our Saviour Jesus Christ, who liveth and reigneth with Thee and the Holy Spirit, our God, world without end. Amen.

A Prayer of a Priest in Old Age

And now, Lord, what will wait I for? What is our hope? Truly my hope is even in Thee.

(Ps. 90:10; Ps. 39:7)

O God, who hast in Thy love kept me vigorously and joyfully at work in days gone by, and not now send me joyful and contended into sense and inactivity: grant me to find happiness in Thee in all my solitary and quiet hours. O Thy strength, O God, I did farewell to all the past Thou knowest; I leave it at Thy feet. Grant me grace to respond to Thy Divine call; we leave all that is dear on earth, and go out alone our Thee.

Behold, I come quickly, saith the Lord. Come, Lord Jesus

(P.A.N. Sen : Adapted)
Priest's Prayer to Jesus

When I am happy as a child
For simple joys, unconsciously
When I forget who giveth joy,
Christ in Glory, look on me.

When I go tramping over hills
That look towards the sunlit sea
Under a sky of windy clouds,
Christ of Emaaus, walk with me.

When, without maid or wife, I see
The years creep on me, Solitary,
And round me a great loneliness,
Christ of the Garden, look on me.

When I am sorry for my sins
And run back haltingly to Thee,
With broken vows and empty hands,
Christ of Compassion, succour me.

When at the altar, day by day,
I handle the good mystery
With these unworthy hands of mine,
Christ of the Altar, look on me.

When at the last I come to pay
The price of my mortality,
When Sister Death shall close my eyes,
O Master Christ acknowledge me.

(C.W. Hutchinson)
Prayers For use in Retreat

O Lord Jesus Christ, who didst say to Thy principles, Come ye apart into a desert place and at awhile: Grant, we beseech Thee, to Thy servants gathered together here, so to seek Thee, whom our souls desire to love, that we may both find Thee and be found of Thee; and grant each love and such wisdom to accompany the word which shall be spoken in Thy Name, that may not fall to the ground, but may be helpful in leading us onward through our pilgrimage to that rest which remaineth, where worthless they rest not day nor night from Thy perfect service: who livest and reignest with the Father and the Holy Spirit, one God for ever and ever. Amen.

(Fr. R.M. Benson, S.S.J.E.)

Let me look up to Heaven
From Calvary,
Kneeling there with the much forgiven,
And close to Thee.

In Thy one pierced Heart
All sorrows are,
And prayer away with Thee apart
Reaches so far.

(Fr. Andrew, S.D.C.)

Prayers for Fellow-Clergy and Fellow-Workers

(Same of these are especially suitable for at Embertide)

For One’s Bishop

O Lord Jesus, Thou good Shepherd of Thy sheep, be pleased to keep in Thy protection Thy servant N......, whom Thou hast called to a chief shepherd of Thy flock in this diocese pour upon him the grace of Thy Holy Spirit, strengthen him in his ministry, to guide him every perplexity, and to enable him in all think to do Thy will: that he, with all those committed to his care, may be found perfect and entire at Thy coming, O Blessed Lord and Saviour. Amen.
For Fellow-Clergy and Colleagues in the Diocese

I pray Thee, Lord, for all who minister in Thy name, especially my fellow-clergy in this diocese (city, place......). Strengthen them in time of weakness and trial, and direct them in all the work. Give unto them the spirit of power and of love, and of a sound mind, that in all the work they may set forth Thy glory, set forward the salvation of souls, and finally reign with Thee in heaven, in life everlasting. Amen.

For Theological Colleges and Divinity Schools

O everlasting God, who art ever adored by the holy angels, yet dost choose men to be the stewards of Thy mysteries: bless, I beseech Thee the work of our training colleges and schools. (Especially......, in which I received my training): and grant that they who cannot do any good without Thee, may by Thee be won to purity and love, and illuminated with a true knowledge of Thy Word and Sacraments: and being made able ministers of the New Testament, may advance Thy glory and the salvation of Thy elect servants: through Jesus Christ our Lord. Amen.

O Lord Jesus Christ, Light of the World, Salvation of sinners, mayest Thou bestow all Thy best gifts on those heralds of Thine who go want from (this) ....... College, and mayest Thou have mercy on us all. Amen.

(Adapted from the epitaph of Bishop Middleton, Founder of Bishop’s College, Calcutta).

For Anyone in Training for the Ministry

I pray Thee, O Lord, for Thy blessing upon all who are being trained for the ministry of Thy church (especially......). Take from them all pride and self-conceit, and all thought of worldly advancement. May their wills be wholly surrendered unto Thee: fill them with Thy Spirit, that they may go forth inspired with zeal for Thy glory, in the power of Jesus Christ, Amen.

For One who may have a Vocation to the Ministry

O Thou true Light, that lightest every man that cometh into the world: do Thou in Thy mercy touch the hearts and lighten the understanding of all whom Thou art calling to the ordained ministry of Thy Church: bless especially, we beseech Thee, ........., that he may know what is Thy will for him and may have grace joyfully
and readily to perform it, to the benefit of Thy holy Church and his own salvation. Amen.

For use in an Ashram, Community, Brotherhood, Theological College or Divinity School

O Eternal Lord, Father of mercies and Glory of hope, who hast in Thy love joined us together in one Brotherhood that we may labour to bring the Gospel of the Kingdom to the many people of our land: we humbly beseech Thee to enable us by Thy Holy Spirit to offer Thee the sacrifice of ourselves, our souls and bodies, and to receive each from the fullness of the common life Thee that which we severally need for our proper work: the gifts of patience and faith, confidence and hope, of sympathy and love and so enlighten, O Lord, the eyes of our heart that we may discern Thy presence both in failure and success, and evermore rejoice in Thy peace through Thy only Son, our saviour Jesus Christ. Amen.

(Oremus)

For Fellow-Workers in the Parish

O God, I commend into Thy hands all those with whom Thou hast called me to work (especially...........). Strengthen them at all times and be Thou to them all things needful. Grant to us all the spirit of charity and consideration that we may help each other in our work, and together may further Thy purposes in the place wherein Thou hast set us: through Jesus Christ our Lord. Amen.

For a Priest's Family

O Lord Jesus Christ, who for our sakes didst in an earthly home, grant Thy grace, I beseech Thee, to those who are near and dear to whom together with me Thou hast called to serve Thee, by a continual offering of ourselves: keep us, I pray Thee, ever close to Thee, from sin and safe from danger: that together we may be found faithful witnesses to Thee, and that all we do and are may glorify Thy Holy name, who with the Father and the Holy Spirit livest and reignest ever one God, world without end. Amen.

Prayers for the Parish

O Father, bestow Thy grace, I beseech Thee, all those in this parish whom Thou hast into my care. I pray especially for those whom I have met (shall meet) this day.

I pray for the strong in faith, that they may be used fully in Thy service:

for the weak in faith, that they may be strengthened:
for the indifferent and the worldly, that their hearts may be moved:
for the sick, the lonely and the aged, that they may find healing and true comfort, according to Thy gracious will:
for the troubled in mind, that they may find peace in Thee.

Keep them, I beseech Thee, in Thy loving hands; and make me, by Thy grace, a worthier minister of Thy truth and Thy compassion: for Thy name's sake. Amen.

For an Individual

Our Father, who art in heaven,
I pray to Thee for...

That by Thy grace he may
in his heart and life
Hallow Thy name
Work for Thy Kingdom
Submit to Thy holy will.

Have mercy on...

And grant him his daily bread
Forgive his sins
Lead him not into temptation
And deliver him from the evil one.

Through Jesus Christ our Lord
Who hast taught us that
Thine is the Kingdom, the Power and the Glory
Now and always. Amen.

A Prayer of the Abbe Godin

For all the brothers and sisters and children
For all those sons and daughters of Yours that You have entrusted to me, O Lord.

With their lovely and noble souls:
And for the knowledge of You that I owe to them:

I thank You, O Lord, and I praise You.

For all the souls redeemed by Your Blood,
O Christ, who have come into my life,

To whom I failed to give the message You gave me for them:

I ask Your pardon, O Jesus.

For all the men and women you put in my path.
Whom I abandoned because I was indifferent or too busy,

Like a bad shepherd who does not know his sheep:
Have pity on me.
And for the good seed which You once sowed,
Which grew up slowly,
And which will go on growing to the end of the world:

Ever day I pray to you, O Lord Jesus.

A Prayer for the Life and Worship of the Parish

Lord, teach us Thy people to love Thy house
best of all dwellings: Thy Scriptures best of all looks: Thy Sacraments best of all gifts: the Communion of Saints best of all company; and that we may as one family and in one place give thanks and adore Thy glory, help us to keep always Thy day, the first of days, holy unto Thee, who art our Maker, our Resurrection, and our Life, God blessed for ever. Amen.

God, thank You for this ‘Life Sentence’ which includes full-stops, commas, question marks, exclamations, colons, semi-colons and even ellipses and parentheses... After all at the end of the day it is in ‘Quote and Unquote’...as You say how it should be. AMEN!

Viji Varghese Eapen

Litany of the Holy Spirit

(Suitable for use at Embrtide, and for Self Examination)

Lord, have mercy upon us,
Christ, have mercy upon us.
Lord, have mercy upon us.

O God the Father, of heaven;
Have mercy upon us.

O God the Son, Redeemer of the world;
Have mercy upon us.

O God the Holy Spirit, the Comforter:
Have mercy upon us.

O holy, blessed, and glorious Trinity, Three Persons and on God;
Have mercy upon us.

O Holy Spirit, who at the beginning didst move upon the face of the waters:
Have mercy upon us.
O Holy Spirit, power of the inspiration holy me of old spake as they were moved;

*Have mercy upon us.*

O Holy Spirit, power of the highest, who didst overshadow Mary;

*Have mercy upon us.*

O Holy Spirit, through whom the holy Child Jesus waxed strong in spirit, and was full of wisdom;

*Have mercy upon us.*

O Holy Spirit, who didst descend like a dove and lighten upon Christ our Lord, at his baptism;

*Have mercy upon us.*

O Holy Spirit, of whom Jesus was led up into wilderness to be tempted of the devil;

*Have mercy upon us.*

O Holy Spirit, eternal Spirit, through whom Christ our Priest and Victim offered himself about spot of God;

*Have mercy upon us.*

O Holy Spirit, who on the day of Pentecost descend upon the Apostles in the likeness tiery tongues;

*Have mercy upon us.*

O Holy Spirit, by whom we have been brought out of darkness and error into the clear light and true knowledge of God, and of his Son Jesus Christ;

*Have mercy upon us.*

O Holy Spirit, by whom we were new-born at Baptism;

*Have mercy upon us.*

O Holy Spirit, who didst strengthen us with Thy sevenfold gift at Confirmation;

*Have mercy upon us.*

O Holy Spirit, who makest intercession for us with groanings that cannot be uttered;

*Have mercy upon us.*

O Holy Spirit, by whom the love of God is shed abroad in our hearts;

*Have mercy upon us.*

By thy eternal procession from the Father and the Son;

*Deliver us, O Holy Spirit.*

By thy glorious work in the mystery of the Incarnation;

*Deliver us, O Holy Spirit.*

By thy lighting as a dove upon Jesus at baptism;

*Deliver us, O Holy Spirit.*

By thy descent in likeness of fire on the day of Pentecost;

*Deliver us, O Holy Spirit.*
By thy life-giving power and might;
   Deliver us, O Holy Spirit.

By thine all-powerful intercession;
   Deliver us, O Holy Spirit.

By thy continual abiding in the Church;
   Deliver us, O Holy Spirit.

From all sin;
   Deliver us, O Holy Spirit.

From presumption and despair;
   Deliver us, O Holy Spirit.

From impenitence and hardness of heart;
   Deliver us, O Holy Spirit.

From envy, hatred, and malice, and all us
   Deliver us, O Holy Spirit.

From all impurity, whether of mind or body
   Deliver us, O Holy Spirit.

and from all that has ever defiled thy temple
   Deliver us, O Holy Spirit.

Within us;

From the spirit of thoughtlessness and levity;
   Deliver us, O Holy Spirit.

From the spirit of covetousness and self-
   Deliver us, O Holy Spirit.

seeking;

From the lust of honour and the pride of life;
   Deliver us, O Holy Spirit.

From deafness to thy call and warnings;
   Deliver us, O Holy Spirit.

From neglect of thy graces and inspirations;
   Deliver us, O Holy Spirit.

From that sin against thee which has no
   Deliver us, O Holy Spirit.

forgiveness.

In our preparation for the work of the ministry;
   Help us, O Holy Spirit.

In the solemn hour of Ordination;
   Help us, O Holy Spirit.

In our dealings with souls committed to our
   Help us, O Holy Spirit.

charge;

In success and in failure;
   Help us, O Holy Spirit.

In the solemn account that we must one day
   Help us, O Holy Spirit.

live;

Save us and help us, we humbly beseech thee,
   Help us, O Holy Spirit.

O Lord.

We sinners do beseech thee to hear us, O Holy Spirit, that it may please thee to guide thy holy
Church universal into all truth, and to fill with thy love;

_Help us, O Holy Spirit._

That we may give diligence to keep the unit of the spirit in the bond of peace;

_Hear us, O Holy Spirit._

That, as we live in the Spirit, we may walk in the Spirit;

_Hear us, O Holy Spirit._

That we may renounce the devil, the word and the flesh;

_Hear us, O Holy Spirit._

That we may mortify the deeds of the body;

_Hear us, O Holy Spirit._

That we may grow in grace and in the knowledge of our Lord and Saviour Jesus Christ;

_Hear us, O Holy Spirit._

That with sincerity of purpose we may and in all things at God’s greater glory;

_Hear us, O Holy Spirit._

That in all our thoughts, words, and work we may be conformed more and more to the life and passion of the Lord Jesus;

_Hear us, O Holy Spirit._

That we may be gentle, apt to teach, patient

in meekness instructing those that oppose themselves;

_Hear us, O Holy Spirit._

That we may rightly and duly administer the holy Sacraments;

_Hear us, O Holy Spirit._

That we may ever reverently handle and devoutly receive the blessed Sacrament of the Body and Blood of Christ;

_Hear us, O Holy Spirit._

That we may be enabled to shew forth the light in the world, and be holy examples to the flock of Christ;

_Hear us, O Holy Spirit._

That we may be filled with thy sevenfold gift; the spirit of wisdom and understanding, the spirit of counsel and ghostly strength, the spirit of knowledge and the spirit of thy most holy feat;

_Hear us, O Holy Spirit._

That in our ministry we may not care to please, our fear to displease, any but him who has called us to his service;

_Hear us, O Holy Spirit._

That we count not our lives dear unto us, so what we may finish our course with joy, and
the ministry received of the Lord Jesus;

_Hear us, O Holy Spirit._

That we may ever be mindful of that solemn account, which, for ourselves and others, we must one day give at the judgement-seat of Christ;

_Hear us, O Holy Spirit._

That we may have grace to preserve unto the God;

_Hear us, O Holy Spirit._

Holy Spirit;

_We beseech thee to hear us._

Lord, and Giver of life;

_We beseech thee to hear us._

Thou who didst descent at Pentecost;

_Have mercy upon us._

_Lord, have mercy upon us._

_Christ, have mercy upon us._

_Lord, have mercy upon us._

**Our Father**

God, who didst teach the hearts of Thy faithful people by the sending to them the light of Thy Holy Spirit: grant us by the same Spirit to have a right judgement in all things, and evermore to rejoice in His holy comfort: through the merits of Christ Jesus our Saviour, we liveth and reigneth with Thee, in the unity of the same Spirit, one God, world without end. Amen.

Almighty God, unto whom all hearts be open and all desires known, and from whom no secret are hid: cleanse the thoughts of our hearts in the inspiration of Thy Holy Spirit, that we may perfectly love Thee, and worthily magnify Thy holy name: through Christ our Lord. Amen.

Almighty and everlasting God, by whom Spirit the whole body of the Church is government and sanctified: receive our supplications and prayers which we offer before Thee for a estates of men in Thy holy Church, that ever member of the same, in his vocation and ministry, may truly and godly serve Thee: through our Lord and Saviour Jesus Christ. Amen.

Now unto Him that is able to do exceeding abundantly above all that we ask or think according to the power that worketh in us, unto Him be the glory in the Church and in Christ Jesus unto all generations for ever and ever. Amen.
Arrow Prayers

Lord Jesus, remember me.
(He saith, Verily today thou shalt be with me.)

Lord, save us, we perish.
(He saith, Peace be still.)

Lord, I believe; help Thou mine unbelief.
(He saith, Be not afraid, only believe.)

O Lamb of God, I come.
(He saith, Come unto me, and I will give you rest.)

Come, Lord Jesus.
(He saith, I will not leave you comfortless. I will come unto you.)

Lord Jesus, grant me Thy peace.
(He saith, My peace I give unto you.)

Lord, give me Thy blessing.
(He saith, Abide in me and I in you. Apart from me ye can do nothing.)

O Lord, let Thy glory be my end:
Thy world my rule:
and then, Thy will be done.

O Lord, forgive what I have been:
sanctify what I am:
and other what I shall be.

O Lord, let me not live to be useless, for Christ's sake.

Selected from Prarthananjali

I am no longer my own, but thine. Put me to what thou wilt, rank with whom thou wilt. Put me to doing, put me to suffering, let me be employed for thee or laid aside for thee, exalted for thee or brought low for thee, let me be full, let me be empty. Let me have all things, let me have nothing. I freely and heartily yield all things to thy pleasure and disposal.

(Bishop AnandaRao Samuel)

Graceful Acceptance

God grant me
The serenity to accept the things I cannot change
The courage to change the things I can
And the wisdom to know the difference. Amen

(Reinhold Niebuhr)
God of Love, God of Justice
God of Love, God of Justice
Wonder of wonders, we adore you!
Your love fuels justice,
Your foolishness makes for wisdom.
Bearing their burden, and showing your wounds
You bring freedom to the oppressed;
Sharing their pain,
You bring healing to the afflicted.
You turn wolves into lambs!
Your love wins, inspires and empowers;
Your justice stands forever and ever;
Your peace comes over all everywhere. Amen

(Dhyanchand Carr)

For Justice

Lord, teach us to understand that your Son died to save us, not from suffering, but from ourselves; not from injustice, far less from justice; but from being unjust. He died that we might live—but live as he lives, by dying as he died who died to himself. Amen

(George Macdonald)

Serving Others

Make us worthy Lord,
To serve our fellow humans throughout the world who live and die in poverty and hunger.
Give them through our hands this day their daily bread. And by our understanding love, give peace and joy. Amen

(Mother Teresa)

Seeking the Divine

Lord,
Let me seek you in my desire,
Let me desire you in my seeking,
Let me find you by loving you,
Let me love you when I find you. Amen

(St. Anselm)

Teach Me...

Dearest Lord,
Teach me to be generous;
Teach me to serve you as you deserve,
To give and not to count the cost;
To fight and not to heed the wounds;
To toil and not to seek reward;
Save that of knowing that I do your will. Amen

(St. Ignatius of Loyola)
Lead Me On

Precious Lord,
Take my hand,
Lead me on, let me stand.
I am tired, I am weak, I am worn,
Through the storm, through the night,
Lead me on to the light,
Take my hand, precious Lord,
And lead me home. Amen

(African - American Spiritual)

When I Die

Lord,
I want to die easy when I die
I want to die easy when I lay in your arms,
Shout salvation as I fly
I want to die easy when I die. Amen

(African-American Spiritual)

Now or Never

Lord,
I want to die easy when I die
I want to die easy when I lay in your arms,
Shout salvation as I fly
I want to die easy when I die. Amen

(African-American Spiritual)

The Divine Healer

Lord,
In your great generosity
Heal my sickness, wash away my defilement
Enlighten my blindness, enrich my poverty,
And clothe my nakedness.
O! the King of kings and Lord of lords,
With humble reverence,
With purity of faith, I pray for
Repentance and love and determined purpose,
That will help to bring me to salvation. Amen

(St. Thomas Aquinas)
Deliver Us

From all blindness of heart, from pride,
Vain glory and hypocrisy,
From envy, hatred and malice,
And all charitableness,
Good Lord, deliver us. Amen
(The Book of Common Prayer)

New Way

O Lord,
Teach me to be strong,
To disarm those who threaten,
To turn away anger
With a gentle word,
To refuse to let past conflicts
Control the future,
To find your new way
Where force no longer rules,
But generosity. Amen
(Dear Life)

The Joy of Sharing

You have given us all different skills, gifts and talents. Some of us have more money and comforts. Some of us more time and company. Whatever it is that we have, dear Lord, help us to use it in a caring way for the service of others, and so in serving them we can share our love for you, in Christ’s name. Amen
(Bishop Samuel Amritham)

Help us good Lord,
To take on in your name the risks involved in the struggle for peace, justice and in protecting your creation. Amen
(Bishop Samuel Amritham)

The Wonders of Your Creation

O God, my Father,
I am overwhelmed by the world around me-
New knowledge, new wonders;
Humans reaching out to the moon, to distant planets;
Possible holidaying in space;
Microchips producing un-thought-of results;
Robots with artificial intelligence;
Sitting in one's room one can reach all kinds of knowledge,
Or people all over the world, on the Internet.
I know this can be both good and bad.

Lord, give us the wisdom to know the good from the bad;
To choose what is good for us, and for the world;
To use it always for good, never to misuse or abuse it.
So help us, O father. Amen

(Bishop Samuel Amritham)
Joy of Food

Dear Father,
Today I grumbled over my food because it was very simple.
I feel ashamed of myself, and am sorry that I made a fuss.
I know the food has to be simple on some days.
Help me to remember the thousands of young people and children who go without even that kind of food; who would give anything for the food that I despised.

Help me to learn the grace to always appreciate what is set before me, and to thank you for the food, the appetite I have, and my good digestion; there are so many sick who cannot eat; so many who cannot digest what they eat. So teach me, Lord. Amen

(Adapted by Bishop Samuel Amritham)

Thanksgiving for Morning

Dear Lord,
Thank you for this morning; the singing of the birds;
The ringing of bells that remind me of you.
I promised to you that I will never again disobey,
Or sulk, or get angry with my friends.
Help me to be your child throughout this day,
To be always gentle to my little brothers and sister. Amen

(Bishop Samuel Amritham)
Prayers of Church Fathers and Mothers

Look upon us, O Lord,
and let all the darkness of our souls
vanish before the beams of thy brightness.
Fill us with holy love,
and open to us the treasures of thy wisdom.
All our desire is known unto thee,
therefore perfect what thou hast begun,
and what thy Spirit has awakened us to ask in prayer.
We seek thy face,
turn thy face unto us and show us thy glory.
Then shall our longing be satisfied,
and our peace shall be perfect.

(Augustine, 354 - 430)

We beseech thee, Master, to be our helper and protector.

Save the afflicted among us; have mercy on the lowly;
raise up the fallen; appear to the needy; heal the ungodly;
restore the wanderers of thy people;
feed the hungry; ransom our prisoners;
raise up the sick; comfort the faint-hearted.

(Clement of Rome, 1st Century)

O Lord, who hast mercy upon all, take away from me my sins,
and mercifully kindle in me the fire of thy Holy Spirit.
Take away from me the heart of stone,
and give me a heart of flesh,
a heart to love and adore thee,
a heart to delight in thee,
to follow and to enjoy thee,
for Christ’s sake.

(Ambrose of Milan, c 339-97)

Deep peace of the running wave to you,
Deep peace of the flowing air to you,
Deep peace of the quiet earth to you,
Deep peace of the shining stars to you,
Deep peace of the Son of Peace to you, forever.

(Source unknown - early Scottish)
O good shepherd, seek me out, and bring me home to thy fold again.
Deal favourably with me according to thy good pleasure,
till I may dwell in thy house all the days of my life,
and praise thee for ever and ever with them that are there.

(Jerome, c 342 - 420)

Alone with none but thee, my God,
I journey on my way.
What need I fear, when thou art near O king of night and day?
More safe am I within thy hand
Than if a host did round me stand.

(Columba, c.521 - 597)

Lord, thou hast given us thy Word for a light to shine upon our path;
grant us so to meditate on that Word, and to follow its teaching,
that we may find in it the light that shines more and more until the perfect day;
through Jesus Christ our Lord.

(Jerome, c 342 - 420)

Our God, God of all men
God of heaven and earth, seas and rivers,
God of sun and moon, of all the stars,
God of high mountain and lowly valley,
God over heaven, and in heaven, and under heaven.

He has a dwelling in heaven and earth and sea
and in all things that are in them.

He inspires all things, he quickens all things.
He is over all things, he supports all things.
He makes the light of the sun to shine,
He surrounds the moon and the stars,
He has made wells in the arid earth,
Placed dry islands in the sea.
He has a Son co-eternal with himself...
And the Holy Spirit breathes in them;
Not separate are the Father and the Son and the Holy Spirit.

(Patrick c389-461)
Lord, because you have made me, I owe you the whole of my love; because you have redeemed me, I owe you the whole of myself; because you have promised so much, I owe you my whole being. Moreover, I owe you as much more love than myself as you are greater than I, for whom you gave yourself and to whom you promised yourself. I pray you, Lord, make me taste by love what I taste by knowledge; let me know by love what I know by understanding. I owe you more than my whole self, but I have no more, and by myself I cannot render the whole of it to you. Draw me to you, Lord, in the fullness of your love. I am wholly yours by creation; make me all yours, too, in love.

(Anselm 1033-1109)

Jesus, my feet are dirty. Come even as a slave to me, pour water into your bowl, come and wash my feet. In asking such a thing I know I am overbold, but I dread what was threatened when you said to me, “If I do not wash your feet I have no fellowship with you.” Wash my feet then, because I long for your companionship.

(Origen, c. 185-254)

O Educator, be gracious to thy children, O Educator, Father, Guide of Israel, Son and Father, both one, Lord. Give to us, who follow thy command, to fulfill the likeness of thy image, and to see, according to our strength, the God who is both a good God and a Judge who is not harsh. Do thou thyself bestow all things on us who dwell in thy peace, who have been placed in thy city, who sail the sea of sin unruffled, that we may be made tranquil and supported by the Holy Spirit, the unutterable Wisdom, by night and day, unto the perfect day, to sing eternal thanksgiving to the one only Father and Son, Son and Father, Educator and Teacher with the Holy Spirit.

(Clement of Alexandria (c. 150-215)
We ask you, Master, be our helper and defender. Rescue those of our number in distress; raise up the fallen; assist the needy; heal the sick; turn back those of your people who stray; feed the hungry; release our captives; revive the weak; encourage those who lose heart. Let all the nations realize that you are the only God, that Jesus Christ is your Child, and that we are your people and the sheep of your pasture.

(1 Clement c. 96)

Prayer of St. John Chrysostom

(Suppliatory prayers corresponding to 24 hours of the day.)

Day

Lord, deprive me not of Thy heavenly joys. Lord, deliver me from eternal torments. Lord, if I have sinned in mind or thought, in word or deed, forgive me. Lord, deliver me from all ignorance, forgetfulness, cowardice and stony insensibility. Lord, deliver me from every temptation. Lord, enlighten my heart which evil desires have darkened. Lord, I being human have sinned, but Thou being the generous God, have mercy on me, knowing the sickness of my soul. Lord, send Thy grace to my help, that I may glorify Thy holy Name. Lord Jesus Christ,

write me Thy servant in the Book of Life, and grant me a good end. O Lord my God, even though I have done nothing good in Thy sight, yet grant me by Thy grace to make a good start. Lord, sprinkle into my heart the dew of Thy grace. Lord of heaven and earth remember me, Thy sinful servant, shameful and unclean, in Thy Kingdom. Amen.

Night

O Lord, accept me in penitence. O Lord, leave me not. O Lord, lead me not into temptation. O Lord, grant me good thoughts. O Lord, grant me tears and remembrance of death and compunction. O Lord, grant me the thought of confessing my sins. O Lord, grant me humility, chastity and obedience. O Lord, grant me patience, courage and meekness. O Lord, plant in me the root of all blessings, the fear of Thee in my heart. O Lord, grant me to love Thee with all my mind and soul, and always to do Thy will. O Lord, protect me from certain people, and demons, and passions, and from every other harmful thing. O Lord, Thou knowest that Thou actest as Thou wilt; may Thy will be also in me, a sinner, for blessed art Thou forever. Amen.
OUTLINE MEDITATIONS ON THE LIFE OF A PRIEST

(Suitable for use at Embertide)

1. The Work of a Priest

First Day: Stewards, not owners.

Read 1 Corinthians 4:1-5, and pray that you may remember that a priest’s work is done on behalf of God. The work and the Church itself belongs to Him; to know this gives us two things: a sense of responsibility and a sense of confidence.


Second Day: Prophets, speaking in God’s name

Read Ezakiel 3:4-14, and pray that you may never treat preaching lightly or lose the burden of responsibility implied by ‘Woe is me if ....... Consider a prayer before preaching: ‘Grand Lord, that nothing I do or say at this time may get in between Thy living World and the souls to these Thy people. Amen.

Third Day: Fathers and husbands and elder brothers.

Read 1 Timothy 3:1-2, and pray by name for all who share your home, that both they and you
may join in setting an example to all.

Pray for self-discipline and for the right us of ‘free’ time in your work.

*Fourth day: Partakers of the sufferings of Christ:*

Read Matthew 10:24-42, and pray for grace to accept suffering in all its forms.

Read Philippians 1:28-30, and pray for grace to transform suffering and failure i.e. to it.

Pray also for such deep sympathy with others’ that you share it.

*Fifth Day: Pastors (= shepherds) ministering to the need of each individual.*

Read Luke 19:1-10, and then make an act of adoration to Christ for His wonderful interest in caches. Read John 21:15-17, and pray that you may never be more interested in crowds or meetings or plans than in people.

*Sixth Day: Rebuking evil humbly.*

Read Galatians 6:1-5, and pray for grace to stand spiritual pride in correcting others.

Read Mark 6:17-18, and pray for boldness and grace to treat all men as the same, whatever their rank.

*Seventh Day: Caring for all with love.*

Read Isaiah 61:1-3, and pray for more love, that you may love all needy people, including whose who are not attractive to you.

Read Acts 20: 28-35, and pray for grace to see the spirit of Christ (i.e. Christ Himself) in every-one.

Examine yourself, testing yourself by the great words of 1 Corinthians 13:4-7.

2. The Priest as a Man of Prayer

Use as a prayer before meditation each day of prayer ‘Almighty God, unto whom all hearts open, all desires known, and from whom secrets are hid: cleanse the thoughts of our heart by the inspiration of Thy Holy Spirit, that we may perfectly love Thee and worthily magnify Thy holy name, through Christ our Lord. Amen.

*First Day: Jesus at Prayer.*


Consider: ‘If He needed to pray, how much more do I’.
Second Day: A study of one prayer of Jesus and the Father.

Read John 17:6-26, and as you read, note what qualities Jesus asks His Father to give to the 'men whom Thou hast given me' (v.6).

Then pray for the congregation you would amongst; ask God to give them those qualities Jesus referred to.

Third Day: Intercession for Fellow-workers.

Read Philippians 1 3-11, and then pray, using it as an act of intercession for your fellow-workers in the Church, catechists', teachers. Consider two sayings about the intercession of a priest: (1) 'there is nothing that makes me love a man so much as praying for him', and (2) 'Talking to men for God is a great thing but talking to God for men is greater still'.

Fourth Day: Further consideration of intercession.

Read Ephesians 1:15-19 (which is a prayer of intercession) and then James 5:14-18 (which is about intercession).

Think of this: 'We expect a priest to pray for just as we expect a road-mender to mend roads for us'. Prepare of revise your intercession to include those who are your special care.

Fifth Day: Prayer is meeting God.

Read Exodus 33:7-17, and especially vv. And 17b.

Consider: 'Prayer time is liable to become a reading about God instead of meeting Him'.

Think whether this is ever true of your quiet End by using Psalm 63:1-8 as a prayer.

Sixth Day: Prayer makes us holy.

Read Romans 12:1-2, and note that it is only when who are in touch with God by prayer who become holy.

Then consider that it is only, 'holy' priests who can make holy people. 'What I am has more effect than what I say'. Pray that you may never become a mere organizer or a mere of other priests. Read Romans 12: and pray to become what these verses subscribe.

Seventh Day: Self-examination in ways of prayer.

Do our own problems take up too much room and leave us no time worthily to adore God? We confess sin, but not name sins or expect forsake them? Is our thanksgiving only for to ourselves? Do we lead public prayer and not
pray? Do we conduct an interview without a prayer beforehand? Are intercessions of our own friends only?

3. The Temptations of a Priest

Prayers for Each Day.

Before meditation: ‘O Lord, open Thy mind to see myself as Thou seest me, even as others see me. Amen.’

After: ‘O Saviour of the world, who by Thy Cross and precious blood hast redeemed for save us, and help us, we humbly beseech Thy O Lord.’

First Day: Discontent with the circumstance in which God has placed us, and a lack gratitude for the privilege of working in the Name.

Read Philippians 4:11-13, and pray for deliverance from weariness in continuing struggle and from despondency in failure and disappointment. End up by thanking God. Use Psalm 30.

Second Day: Acceptance of the world’s standard.

Read Isaiah 55:6-13, and meditate on the that divides God’s ways from the world’s way.

Read 1 Corinthians 1:18-25, and pray deliverance from a love of flattery and free dislike of criticism.

Third Day: Desire to have power-e.g. other people’s lives.

Read Mark 10:35-45, and recollect time when you have given in to this special temptation.

Pray for deliverance from self-will, and free desire always to have your own way, and from contempt of the claims of others.

Fourth Day: Too much reliance on one’s human efforts.

Consider how this results in self-important and in forgetfulness of the divine resource available to us.

Read Luke 10:38-42, and consider how often is just lack of reliance of God.

Read 2 Corinthians 12:9-10, which shows that human inability is actually profitable because it and press us back on to God.

Fifth Day: Lack of self-discipline, especially on the use of the mornings, and when we are alone: lack of proper control of our thoughts.

Read 2 Timothy 2:1-5 and 2 Timothy 4:1-5, and consider that a priest is a soldier under although his captain is invisible.

Pray for deliverance from hasty utterances of
impatience and from idle words that may do hurt.

Sixth Day: Too much concern with private matters or family matters.

Read Ezekial34:1-10, and consider especially severe phrases: ‘feed themselves’, ‘with honour’, ‘become a prey’, ‘require my sheep at their hand’.

Read Luke 14:25-26 alongside. Pray for deliverance from temptation to leave duty for measure or private affairs.

Seventh Day: Read Psalm 139:1-10, and make your own prayer. Then read Psalm 19:9-end. Then bring before God sincerely your own weaknesses which (you feel) could hinder the work, with an act of trust, Psalm 23:4.

OUTLINE FOR SELF-EXAMINATION


convict me of my many sins that I may be away from them:

convert me to a life godliness, simple and truth:

convert me to Thy service, that I delight in delight in serving Thee and in service Thy people. Amen.

A. The Ten Commandments

1. ‘Thou shalt have none other gods but me’

(Singleminded devotion to God)

Is the flesh my god?

Is the world my god?

Is self my god?

Are

The grace of our Lord Jesus Christ
the love of God
the fellowship of the Holy Spirit active forces in my life?

My duty towards God is to give Him all I am and all I have.

to believe in Him
to fear Him and love Him.

2. ‘Thou shalt not make to thyself any grave image: ... thou shalt not bow down to them, nor worship them.’

(True worship)

Do I offer worship from the heart and not an a mere formality?

Is my religion only a form of religiosity and not true religion?
In my taking of a service ever a mere rite and not an experience?

My duty towards God is to worship Him.

3. *Thou shalt not take the name of the Lord thy God in vain.*

(The principle of reverence)

Is the name of God blasphemed because of me?

Do my words reflect a spirit of reverence for God and respect for others?

Do I deserve the title ‘Reverend’?

My duty towards God is to honour His Holy name.

4. *‘Remember that thou keep holy the Sabbath day’.*

(The principle of dedication)

Do I dedicate my time to God, and regulate my day according to some plan?

Do I say Morning and Evening Prayer every day?

Am I slothful abort study, meditation and preparing of sermons?

Are my duties as Prophet (study, preaching and teaching)

5. *‘Honour thy father and thy mother’.*

(Respect for authority)

Do I willingly obey my Bishop and accept his decisions?

Do I love to have prominence, and asset myself?

Am I willing to be corrected by others?

My duty is to honour and obey all that put in authority over me, and to order myself lowly and respectfully to all my betters.

6. *‘Thou shalt do no murder’.*

(The sanctity of human life and personality)

Am I courteous to my parishioners?

Am I habitually kind and considerate towards my fellow-workers?

Do I wrongly cause others pain, by bad temper, hastiness or harsh words?

My duty towards my neighbor is to love him as myself.
7. ‘Thou shalt not commit adultery’
   (The duty of self-control)
Am I a master or a slave in matters of food and pleasure?
Do I bring every thought into capativity and obedience to Christ?
Do I worry overmuch about my worldly comfort and health?
Is my body a sanctuary of the Holy Spirit?
Do I remember the Master’s example: ‘to their sakes I sanctify myself’?
My duty is to keep my body in temperand and chastity.
8. ‘Thou shalt not streat’
   (The duty of honesty)
Am I honest in my handling of collection and subscriptions?
As a steward of the mysteries of Christ, am I faithfull in all things?
Am I anxious to serve God and His people, or do I rather make the ministry a convenience?
My duty towards my neighbor is to be true and just in all my dealings.
9. ‘Thou shalt not bear false witness’.
   (Honestly in word)
Have I told a deliberate lie?
Do I repeat gossip or take away the reputation of others by cruel words?
Do I sin by failing to live up to my preaching?
Do I seek for and use the help of the Holy Spirit of Truth?
My duty towards my neighbour is to hurt nobody by word.
10. ‘Thou shalt not covet’.
   (The duty of contentment and a spiritual outlook)
Am I content with my work and opportunities with my qualifications with my income?
Am I too fond of money?
Am I envious of others possessions and positions?
Do I live a simple life?
My duty to my neighbour is not to covet or desire other men’s goods.
Conclusion. Say one of the following penitential Psalms: 6, 32, 38, 51, 102, 130, 143.

B. The Summary of the Law.

1. ‘Thou shalt love the Lord my God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength’.

This means obeying God in all things, readily, joyfully and wholeheartedly: desiring above all else to do His will: Am I doing this?

What are my motives in doing my work?

2. ‘Thou shalt love thy neighbour as thyself’.

This means wishing well, and doing all the good I can, to all my fellows:

Am I doing this?

Am I feeding or starving the people committed to my charge?

Do I show a spirit of fatherliness, sympathy and firmness towards those in my care?

Am I attending to the spiritual nurture of the members of my family?

Conclusion. The Collect for Trinity XXI

C. The Lord’s Prayer.

1. ‘Our Father, who art in heaven’. (God)

Do I dishonor God by over-anxiety?

Do I consider my neighbour as a child of God?

2. ‘Hallowed be Thy Name, Thy Kingdom come Thy will be done in earth it is in heaven. (The Purpose of God)

Am I ready to be called by God to share His burdens?

Do I tend to exploit God for my own ends, in my prayer life?

Am I doing everything for God’s glory?

What is my motive in saying daily Morning and Evening Prayer?

3. ‘Give us this day our daily bread’. (The Gifts of God)

Is my use of money an obstacle in the way of a believing brother?

Do I use restraint in the use of God’s gifts of food and drink?

4. ‘Forgive us our trespasses, as we forgive them that trespass against us’. (The Mercy of God)
Do I examine myself at regular intervals?

Am I ready to forgive those who hurt me?

Am I discouraged by repeated petitions for forgiveness?

5. ‘Lead us not into temptation, but deliver us from evil.’

(The Power and Peace of God)

Do I rely upon God for my protection from every form of evil?

Am I diligent in the use of the channels of grace: prayer, Bible-reading, and Holy Communion?

Do I make an earnest effort to avoid temptation and occasions of temptation?

Conclusion. The collect for Ash Wednesday.

D. The Fruit of the Spirit

‘The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.’ (Gal. 5:22)

In relation to God; - Love, Joy, Peace.

Have I denied God anything: adoration, obedience, trust?

Do I choose the Will of God on every occasion?

Do I let my cares master me?

Have I desired of conquering my evil habits?

Do I get easily upset?

Do I readily receive the gift of peace from my Saviour?

In relation to others:- Patience, Kindness, Goodness.

Do I lose my temper?

Am I loving to all those whom I find trying?

Have I been hardhearted?

Have I been generous with my money?

Do I impute motives to others actions?

Am I calculating in my dealings with others

In relation to myself:- Faithfulness, Gentleness, Self-Control.

Have I been negligent in my priestly duties?

Have I let down those who trusted me?

Have I been rude to others in my speech?

Do I live according to a rule?

Am I temperate in the enjoyment of God's gifts?

Conclusion. The Collect for Lent IV.
E. The Beatitudes.

‘Blessed are the poor in spirit’.

Am I sincerely humble, before God and before others?

Do I worry very much about my own reputation?

Am I free from the inordinate love of created things?

‘Blessed are they that mourn’.

Do I care sufficiently about the godlessness around me?

Is my intercessory prayer narrow?

Have I tried to get to know more about the sorrows of others?

‘Blessed are the meek’.

Do I insist on always standing on my rights?

Am I complacent about my spiritual condition?

Do I rely on God when falsely accused or try to defend myself?

‘Blessed are they that hunger and thirst after righteousness’.

Do I care enough about my own holiness of life and the holiness of others?

Am I content just because I have enough to eat and drink and clothes to put on?

Am I exercised in mind about the needs and rights of others?

‘Blessed are the merciful’.

Do I go out to help others?

Do I ever inwardly rejoice when the other man is down?

Do I rejoice in freeing others from pain, sorrow or fear?

‘Blessed are the pure in heart’.

Do I love God with a love that passed all love?

Are my friendship honest, unselfish and wholehearted?

Do I respect women in thought, word and deed?

‘Blessed are the peacemakers’.

Do I make an effort to draw men into a fellowship?

Do I insist on social differences?

Do I strive to bring peace to my parish, do I rather foster division?
'Blessed are they that are persecuted for righteousness sake.'

Have I borne my faults without trying in justify them?

Have I endured insults and criticisms silently for the sake of Christ?

**Conclusion.** O God, whose property is always to have mercy and to forgive, receive my prayer, that Thy merciful goodness may with clemency absolve me Thy unhappy servant from the fetters of my sin, for Christ’s sake. Amen.

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**APPENDIX**

**METHODS OF MEDITATION**

**Note on the use of methods of Meditation**

In this intimate converse with God, the prayer of not two souls is exactly alike. The various methods of meditation are therefore only aids, and can be altered to suit each person using them, and even laid aside of no longer necessary. They are to be developed and adapted as each person finds necessary. The method must always be completely subordinate to the end, which is the activity of listening and speaking to God. At times of spiritual dryness, it is often very helpful to return to the use of one of these methods, or to change for a while to another method.

**A. Simple Method**

**Preparation:** Recollect God’s presence, and make an act of humility and self-oblation. Pray for the guidance of the Holy Spirit.

**Subject:** Read a short passage from the Bible, not more than one incident or paragraph.
Meditation:

a. Think of the spiritual meaning of the passage, and of the truth that God taught those who first heard these words or experienced this incident.

b. Think of the truth which the Holy Spirit teaches you through this incident or these words. Be still, and listen for His voice.

c. Think of the response you ought to make it what God has shown you, or to what truth he has recalled to your mind. Make it simple, definite, and practical resolution that you can carry out today.

Thanksgiving: Make an act of adoration and of oblation. Close with the Lord’s Prayer and commendation into God’s hands.

The Sulpician Method

Preparation:

a. Recollect the presence of God.

b. An act of penitence and humility.

c. Invocation of the Holy Spirit.

Reading

Read any incident of our Lord’s life, or some of His teaching about the Christian virtues.

Meditation:

Think not so much of the subject as of Jesus Christ Himself. Contemplate Him and His virtues. He is the sole object of the meditation.

a. Jesus before the eyes-Adoration. Look at Jesus and adore.

b. Jesus in the heart-Communion. Seeing the beauty of His life, the soul desire to be like Him, Pray earnestly for His purity, love, humility, or whatever may be the particular aspect arising out of adoration. The soul seeks to find Jesus in the heart.

c. Jesus in the hands-Co-operation. Give yourself to God in co-operation with His will. ‘Not my will, but Thine be done’. This part of the meditation will usually result in some simple and definite resolution.

Thanksgiving: Make an act of love and adoration.

The Method of St. Peter of Alcantara

Preparation:

a. Make an act of recollection, bringing your heart and mind and will into the presence of God.
b. Make an act of humility and penitence.
c. Call upon the Holy Spirit of God.

Reading:
Read the subject matter for the meditation absolutely and attentively.

Meditation:
The meditation will be predominantly of one of two kinds:

a. If the subject matter is an incident, use the imagination to picture the scene and the people involved.

b. If the subject matter is doctrinal or ethical teaching, use the mind, but listen to God, rather than speak to Him. Constantly lift up the mind to God.

Thanksgiving:
Thank God for the particular things arising out of the meditation, and lean on to a general thanksgiving, followed by an act of joy and worship.

Oblation:
Offer yourself, your soul and body, in until with Christ’s offering in utter humility, Make particular and definite resolution.

Petition:

Make any acts of intercession that arise out of the meditation, and pray for your own need particularly spiritual ones.

Conclusion:

Pray for the gift of the love of God, and with an act of adoration of the Holy Trinity.

The Ignatian Method

Preparation:
Preparation for meditation is an activity our whole life. Practice the recollection of God’s presence, humility, and the control of a your faculties, according to the will of God.

On the precious evening, read thoughtfully the passage on which you are to meditate.

Immediate preparation:

a. Recall God’s presence.

b. Make an act of humility.

c. Call upon the Holy Spirit.

The Meditation:

a. If it is an incident, picture the scene and characters.
b. Recall the subject, take the various points, and apply them to yourself.
What do I learn from it?
What have I done about it?
What must I do about it?
c. Give yourself in love to God, and let the soul pass into prayer with God, listening to God speaking.
d. The mind, affections and will have all been used in the meditation. From what God has shown you, make a definite resolution-to resist this or that temptation, to fulfill this or that duty.

Conclusion:
Gather up the fruits of the meditation, and for grace to keep your resolution.

The Salesian Method

Preparation:
a. Recollect God’s presence in one of the following ways:

God is everywhere: He is here.

God is in your heart and spirit.

Christ our Saviour from heaven beholds us on earth.

Christ in present with us here on earth.
b. Make an act of humility, and ask for grace to worship God in this meditation.
c. Call upon the Holy Spirit, and remember the presence of the whole company of heaven as you worship and pray.

Reading:
Read the passage, and use the imagination to picture the scene.

The Considerations:
Think on the subject to stir up affection towards God. Linger on each consideration only to long as it is fruitful.

The Affections and Resolutions:
The meditation will move our affections, wills, and this must be converted into particular resolutions. E.g. Our Lord’s words ‘Father forgive them; will move us to forgive and our enemies. This must find expression particular resolutions.

Conclusion:
a. An act of thanksgiving.
b. An act of oblation, in which we offer affections and resolutions in union the perfect offering of Christ.

c. An act of petition for grace and virtue of ourselves and for the whole Church of Christ.

d. Choose one particular thought or pray to come back to time and again during the day.

**A PRIESTS DAILY LIFE**

This is a specimen rule of time, designed as aid for the proper ordering of daily activities. Details of timing may of course be altered according to the circumstances of each individual. The following is merely a general pattern, provided in order to help the user of this book to draw up in writing his own rule of time.

_This is the day the Lord hath made. We all rejoice and be glad in it._ (Ps. 118:24)

_My times are in Thy hand._ (Ps. 31:17)

5.30 am  'Early in the morning will I direct my prayer unto Thee, and will look up.' (Ps. 5:3)

Turning one's thoughts to God at the very beginning of the day.

6.00 a.m.  'O come, let us worship and fall down, and kneel before the Lord our maker.' (Ps. 95:6)

**Morning Prayer and Meditation.**

'I will go unto the altar of God, even unto the God of my joy and gladness.' (Ps. 43:4)

**Holy Communion.**

7.30 a.m.  'As for me and my house, we will serve the Lord.' (Josh. 24:15)

Family prayer and domestic duties.

9.00 a.m.  'Thy Word is a lantern unto my for and a light unto my path.' (Ps. 119:105)

Bible study (with a commentary and notebook), sermon preparation and other theological or religious reading.

11.00 a.m.  'Come unto me, all ye that labour and are heavy laden, and I refresh you.' (Matt. 11:28)

Correspondence and interviews with parishioners.
12.30 p.m. ‘Come ye apart and rest awhile’ (Mk. 6:31)

‘And Jesus lifted up His eyes and said, Father...’ (Jn. 11:41)

Praying for others according some plan of intercession, and making a memorial of the Passion.

2.00 p.m. ‘Inasmuch as ye have done it unto one of the least of these my brethren...’ (Matt. 25:40)

Acts of kindness or charity and outside work possible at this hour.

4.00 p.m. ‘He departed into a mountain pray’. (Mk. 6:46)

Evening Prayer.

4.30 p.m. ‘He sent them forth into every place whither He himself would come. (Lk. 10:1)

‘I have compassion on the multitude’. (Mt. 15:32)

Parish visiting: confirmation classes: church committees and organizations.

5.30 p.m. ‘Let my prayer be set forth in Thy sight as the incense, and the lifting up of my hands be an evening sacrifice’. (Ps. 141:2)

Family Prayers of Compline.

6.30 p.m. ‘Into Thy hands I commend my spirit’. (Ps. 31:6)

A simple act of thanksgiving, self-examination and oblation before sleep.