

NOONDAY PRAYER

THE CALL TO PRAYER:

Be joyful in the LORD, all you lands, serve the LORD with gladness and come before His presence with a song. *Ps. 100.1*

THE REQUEST FOR PRESENCE

Teach me your ways, O Lord, and I will walk in your truth, knit my heart to you that I may Fear your Name. *Ps. 86.11*

Soul of Christ, refine me. Body of Christ save me.

Blood of Christ fill all my veins. Water from Christ's side, wash out my stains.

Passion of Christ my comfort be. O good Jesus listen to me.

Guard me when trouble assails me. Call me when hope shall fail me.

Bid me come to you above. Let me ever sing your love.

In your wounds I long to hide. Never let me leave your side

14th century prayer called the Anima

Christi

SILENCE:

CONFESSION:

Without you Jesus we will never see as we ought.

With your light reveal the blindness, self-conceit and critical spirit that hides out in our souls.

We confess that we are shaped more by this world and its

visions of security, success and power than by your example of self-sacrificing love. We confess our blind spots and inadvertent lacerations.

Forgive us for wounding ourselves and others.

Forgive us for neglecting to choose love. Lord forgive us, mend us, bend us, and help us to love others to the end.

For the sake of your son Jesus Christ set us free to try new ways of living, set us free to forgive ourselves and others, set us free to give and receive. Amen

THANKSGIVING:

Holy One there are so many things we want to say to you today. And it is so easy to rush in and say them without stopping

to say: Thank you for: listening, for wanting to hear all about it.

(Audible prayers of thanksgiving are offered at this time)

Keeper and Comforter thank you for being patient, for smiling at us, for taking us seriously, for being available, now, today and every day.

INTERCESSIONS:

Let us pray:

Holy One, Holy Three in One In this mid day hour together and individually we pray:

Grace me: to stay present to this moment and these people.

Help me: I can't do this on my own

Grow me: I am stuck

Use me: My ego gets in the way

Free me: I'm trapped and fall into habitual patterns of relating

Transform me: I want to be different than I am. I want to be like Jesus.

In peace let us pray to the Lord. ***Lord have mercy.***

For the peace of the world, that a spirit of respect and forbearance may grow among nations and peoples, let us pray to the Lord. ***Lord have mercy.***

For the holy church of God, that it may be filled with truth and love and be found without fault at the day of your coming, let us pray to the Lord. ***Lord have mercy.***

For those in positions of public trust, that they may serve justice and promote the dignity and freedom of all people, let us pray to the Lord.
Lord have mercy.

For the poor, the persecuted, the sick and all who suffer; for refugees, prisoners and all who are in danger: that they may be

relieved and protected, let us pray to the Lord.

Lord have mercy.

For this community; for those who are present, and for those who are absent, that we may be delivered from hardness of heart, and may show forth your glory in all that we do, we pray to the Lord.

Lord have mercy.

For our enemies and those who wish us harm; and for all whom we have injured or offended, let us pray to the Lord.

Lord have mercy.

For ourselves; for the forgiveness of our sins, and for the grace of the Holy Spirit to amend our lives, let us pray to the Lord.

Lord, have mercy.

For all who commend themselves to our prayers; for our families, friends, and neighbors; that being freed from anxiety, they may live in joy, peace and health, let us pray to the Lord.

Lord have mercy.

In the communion of the Holy Spirit and of all the saints, let us commend ourselves and one another to the living God through Christ our Lord. Amen.

PSALM:

May the Lord answer you in the day of trouble, the name of the God of Jacob defend you.

Send you help from the holy place and strengthen you out of Zion.

Remember all your offerings,... and grant you your heart's desire and prosper all your plans.

***We will shout for joy at your victory and triumph in the Name
of our God. May the Lord grant all your requests. Amen***
Ps. 20 1-5

(adapted from: *The Iona Worship Book, The Divine Hours*)