

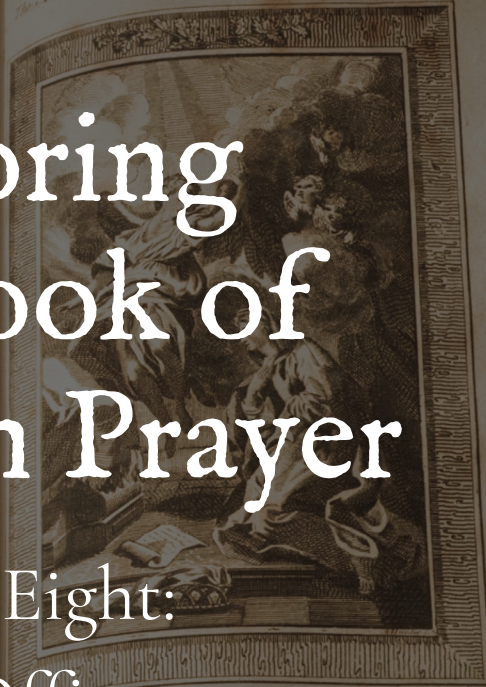
The Annunciation of the blessed Virgin Mary.
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THE COLLECT.

WE beseech thee, O Lord, pour thy grace into our hearts; that as we have known the Incarnation of thy Son Jesus Christ by the message of an angel; the glory of his resurrection, through the same thy Christ our Lord. *Am.*

FOR THE EVIL
MOREOVER, the Lord spake by the prophet saying, Ask thee a sign of the Lord, either in the depth, or in the height above. But Ahaz said, I will not ask, neither will I see the Lord. And he said, Hear ye now, O David; Is it a small thing for you to weary yourself, but will ye weary my God also? Therefore shall himself shall give you a sign; Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel. Butter and honey shall he eat, that he may know to refuse the evil, and choose the good.

THE GOSPEL
AND in the sixth month the angel Gabriel was sent from God unto a virgin espoused to a man, whose name was Nazareth, of the house of David; and the Virgin's name was Mary. And the angel came in unto her, and said, Hail, thou that art highly favoured, the Lord is with thee: blessed art thou among women. When she saw him, she was troubled at his saying, and cast in her mind what manner of salutation this should be. And the angel said unto her, Fear not, for thou hast found favour with God, and thou shalt conceive in thy womb, and bear a son, and shalt call his name Jesus. He shall be great, and shall

The ANGEL appearing to the VIRGIN MARY.



And this Angel said unto her fear not, Mary, for thou hast found favour with God.

Exploring The Book of Common Prayer

Session Eight:

The Daily Office pt. 2

Midday Prayer, Compline, and Family Prayer

What is the Daily Office?

- The Daily Office is a set of four daily prayer liturgies in the Book of Common Prayer. The two principal and longest-existing services are Morning and Evening Prayer, with shorter services of Midday Prayer and Compline said at noon and before bed. The four-part rhythm is:
 - Morning Prayer (Morning)
 - Midday Prayer (Noon)
 - Evening Prayer (Early Evening)
 - Compline (Before Bed)
- These prayer services are the most basic building blocks of Anglican life; they are “scripts” that walk you through confessing sin, worshipping God, reading scripture, and praying for yourself and others.

What is the Daily Office?

- Each office follows the structure of Preparation, Proclamation, and Prayers.
 - **Preparation:** A transition into the time through praise.
 - **Proclamation:** features God's word in the Psalms and the Scripture readings, together with Canticles or songs taken from scripture.
 - **Prayers:** Our intercessions for ourselves and others.

Midday Prayer

- Designed for us to say around noon, this daily liturgy allows us to pause and direct our distracted minds and hearts toward our Savior. It makes us acknowledge, amid our toil, that God is our source and strength. As we face the world's adversity, it reminds us that we are made for Christ's kingdom.
- Like all of our Daily Office liturgies, Midday Prayer can be said alone or with others and by clergy or laypeople. You could even say it regularly with believing coworkers or classmates. Because it is brief and doesn't change based on day or season (unlike Morning and Evening Prayer), it's an ideal liturgy to make a habit.

Midday Prayer

- Noon can be a time of weariness—of physical, mental, and even spiritual desolation.
- Weariness itself is no stranger to our Lord. It was midday, as one of our collects reminds us, that Jesus hung upon the cross. At noon, he was three hours into his crucifixion and three hours before his death. Our Lord, during those hours of ultimate suffering, clung to scripture in his weakness, quoting the Psalms (specifically, Psalm 22:1 and Psalm 31:5).
- It's fitting that the Psalms feature so prominently in our midday office, also giving us strength for the hours ahead. Midday prayer offers us the chance, like the Samaritan woman at Jacob's well, to meet with Jesus in the heat of the day and be renewed by his living water (John 4:5-42).

Midday Prayer

- Like the other offices, Midday Prayer can be divided into three parts: Preparation, Proclamation, and Prayers. However, each is much shorter than in Morning and Evening Prayer.
 - The **Preparation** features a brief Invitatory.
 - The **Proclamation** features God's word in the Psalms and a short scripture reading.
 - The **Prayers** feature the *Kyrie Eleison*, the Lord's Prayer, collects, a time for personal prayer, and a short dismissal.

Midday Prayer - Preparation

Invitatory

- Instead of a confession of sin, we immediately jump into the Invitatory with this antiphon:

O God, make speed to save us;

O Lord, make haste to help us.

- This is followed by the Gloria Patri, a recurring doxology found in all four offices, which can be sung or said:

Glory be to the Father, and to the Son, and to the Holy Spirit;

As it was in the beginning, is now, and ever shall be, world without end.

Amen. Alleluia.

Midday Prayer - Proclamation

The Psalm(s) Appointed

- At this point, we transition to praising God through the Psalms. Morning and Evening Prayer cycle through all 150 Psalms. However, there are only four to choose from in Midday Prayer: Psalm 119:105-112, Psalm 121, Psalm 124, and Psalm 126.
- These psalms focus on themes of God's guidance and protection, fit for reflection throughout our day. One can choose how many to read, from just one to all four. At the end, the *Gloria Patri* is said or sung again.

Midday Prayer - Proclamation

The Lessons

- There are three recommended passages of scripture. Pick one.
 - John 12:31-32 proclaims the impending judgment of the world. Christ will cast out Satan and draw all people to himself.
 - 2 Corinthians 5:17-18 reminds us that we are “a new creation” if we are in Christ and reconciled to God. Thus, we become ministers of reconciliation on his behalf.
 - Malachi 1:11 once again proclaims the future hope that God will be praised among all the nations.
- Each puts our daily trials in proper perspective and commissions us to the unique ministry Christ has given us as kingdom ambassadors.

Midday Prayer - Prayers

- We then move from the time of scripture and response to a period of laying our concerns and thanksgivings before the Lord. These begin with the antiphon,

I will bless the Lord at all times.

His praise shall continually be in my mouth.

- This immediately launches into the *Kyrie Eleison*.

Lord, have mercy upon us.

Christ, have mercy upon us.

Lord, have mercy upon us.

Midday Prayer - Prayers

The Lord's Prayer

- After the *Kyrie*, we begin with the prayer Jesus taught us.

Collects

- Afterward, we have another short antiphon as we move toward the collects:

O Lord, hear our prayer;

And let our cry come to you.

Let us pray.

- Collects are brief prayers that gather our intentions into a focused petition.

Midday Prayer - Prayers

- In Midday Prayer, we have four main collects:
 - The first reflects that Christ hung upon the cross at midday, and it pleads for the world's salvation.
 - The second reflects that Christ called St. Paul at midday. It asks that Christ would enlighten all nations to himself.
 - The third reminds us of Christ's grace and forgiveness to St. Peter. It asks for our own hearts to be strengthened in belief and zeal.
 - The fourth reflects upon Christ's incarnation, asking God to bring us to "the glory of his resurrection."

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Compline

- Many of us are accustomed to saying a quick prayer before bed. The church has a formal tradition of doing this called Compline, the final of four prayer times collectively called the Daily Office in the Book of Common Prayer.
- Unlike the two principal offices, Morning and Evening Prayer, Compline (as well as Midday Prayer) doesn't particularly change based on day or season.
- This being the case, and because it fits at a natural time of day for prayer, Compline is an accessible way to begin a rhythm of daily prayer.

Compline

- Scripture reminds us of many instances of prayer at night. King David praises God even at night in the Psalms, where he reflects, “I remember you upon my bed, and meditate on you in the watches of the night (Psalm 63:6).
- Jesus himself prays in anguish at night in the Garden of Gethsemane.
- Perhaps most powerfully, however, is the High Priestly Prayer earlier that same night when he prays for God to protect those whom he has kept safe thus far (Jn. 17:12). Jesus asks his Father on their behalf, “I do not ask that you take them out of the world, but that you keep them from the evil one” (Jn. 17:15).

Compline as Spiritual Warfare

- This is Compline's one strongly reinforced theme. Compline is the office that deals most directly with the devil's assaults and the other perils we face, asking for God's peace and shelter. Compline is Spiritual Warfare.
- We are reminded of this by reading 1 Peter, "Your adversary the devil prowls around like a roaring lion, seeking someone to devour" (1 Peter 5:8). It causes us to acknowledge the reality that "we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places (Eph. 6:12) and, therefore, we put on the "whole armor of God" (Eph. 6:13).
- This is particularly done through the recitation of scripture, "the sword of the spirit, which is the word of God" (Eph. 6:17).

Compline Origins

- Compline originates as one of the Benedictine monastic prayer times, the last before bed. For this reason, its name is an anglicization of the Latin word *completorium*, which, fittingly, means “completion.”
- In the late 19th and early 20th century, a resurgence in the practice of Compline happened within Anglicanism, appearing as a supplemental rite in various Anglican provinces worldwide.
- Along with Midday Prayer, it became an official part of The Episcopal Church’s 1979 Prayer Book and was kept for the ACNA’s version in 2019.

The Three Parts of Compline

- Like the other offices, Compline can be divided into three parts: Preparation, Proclamation, and Prayers. However, each of these is shorter than in Morning and Evening Prayer.
 - The *Preparation* features a confession of sin.
 - The *Proclamation* features God's word in the Psalms and a short scripture reading.
 - The *Prayers* feature the *Kyrie Eleison*, the Lord's Prayer, collects, and a time for personal prayer, together with the *Nunc Dimittis* to close the service.

Compline - Preparation

Confession of Sin

- The first thing we do in Compline is to confess that we have sinned, *...through our own fault, in thought, and word, and deed, and in what we have left undone.*
- And we ask for God's forgiveness. There is no assumption that a priest is present. However, if there is, provision is given for an absolution in the additional directions (pg. 65). Otherwise, the officiant (or individual, if said alone) closes with:

May almighty God grant us forgiveness of all our sins, and the grace and comfort of the Holy Spirit. Amen.

Compline - Preparation

Invitatory

- After we confess our sins and receive the Lord's grace, we recite an antiphon, once again on the theme of God's protection.
O God, make speed to save us;
O Lord, make haste to help us.
- This is followed by the *Gloria Patri*:
Glory be to the Father, and to the Son, and to the Holy Spirit;
As it was in the beginning, is now, and ever shall be, world without end.
Amen. Alleluia.

Compline - Proclamation

The Psalm(s) Appointed

- At this point, we transition to praising God through the Psalms.
- Unlike Morning and Evening Prayer, which cycles through all 150 psalms, there are four to choose from in Compline: Psalm 4, Psalm 31:1-6, Psalm 91, and Psalm 134.
- The first three follow with the theme of God's protection, while the last is a bold encouragement to praise God even during the night, particularly fitting for those who work instead of sleep during the night hours. One can choose how many to read, from just one to all four in one prayer time.
- At the end, the *Gloria Patri* is said or sung again.

Compline - Proclamation

Lessons

- There are four recommended passages of scripture, of which one is picked. These are Jer. 14:9, Matt. 11:28-30, Heb. 13:20-21, and 1 Peter 5:8-9.
- The first three passages petition God for protection and peace, while the last encourages us to be watchful, again fitting (like the last psalm above) for those awake during the night.
- If Compline is made a daily practice, the Prayer Book lists seven additional short passages in the “Additional Directions” on page 65.

Compline - Prayers

- We then move from the time of scripture and response to a period of laying our concerns and thanksgivings before the Lord. These begin with the antiphon,

Into your hands, O Lord, I commend my spirit;

For you have redeemed me, O Lord, O God of truth.

Keep me, O Lord, as the apple of your eye;

Hide me under the shadow of your wings.

- This is immediately followed by the *Kyrie Eleison*.

Compline - Prayers

The Lord's Prayer

- From the *Kyrie*, we begin with the prayer Jesus taught us.

Collects

- Collects are brief prayers that gather the congregation's intentions and desires into a focused petition. They typically follow a distinct structure, beginning with an invocation or address to God, then a specific request or petition, and concluding with a doxology or affirmation of faith.
- In Compline, we have four initial options, all focused on God's protection during the night. An additional collect can be added on Saturday that looks toward Sunday worship. Finally, one of two collects are added that pray for those who are awake during the night.

Compline - Prayers

Thanksgivings and Intercessions

- Here we have an unstructured moment to lift up individual concerns.

Nunc Dimittis

- There is only one canticle, the Nunc dimittis (the Song of Simeon), which serves as a final prayer rather than a response. In Compline, it is prefaced and followed by this antiphon:
- Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.

Dismissal

- We end with a simple responsive dismissal that sets us on our way.

Family Prayer

- Family Prayer is a set of shortened offices first developed for the 1928 Prayer Book, expanded for the 1979 Prayer Book and retained for the 2019 version.
- Each is the equivalent of one of the four daily offices: In the Morning (Morning Prayer), At Midday (Midday Prayer), In the Early Evening (Evening Prayer), and At the Close of Day (Compline).
- These short offices help us, in the midst of our busy schedule, to follow Paul's instruction to "pray without ceasing" (1 Thes. 5:17). They help us reorient our minds and hearts to God in the midst of life's many demands. For families, these offices are also a time to incorporate teaching the faith through intentional pauses in the day.

The Structure of Family Prayer

- Family Prayer follows the same basic structure as the daily offices: Preparation, Proclamation, and Prayer. However, it does these in a much more simplified manner. The readings are shorter, and there are fewer given options for each.
- However, each of the services is still easy to modify as you see fit. For example, if you still want to use the reading of the Daily Office Lectionary, simply substitute those for the readings for Morning and Early Evening. Another method would be to divide the Morning Prayer readings between Morning and Midday and the Evening Readings between Early Evening and Compline.

Practicing Family Prayer

- If a family is doing Family Prayer together, make it a participatory experience.
- Mom or Dad can say one part of the responsive sections of the liturgy, and the kids can say the other. This is a great way for kids to be involved, and it helps them begin memorizing important parts of scripture like important psalms, the Lord's Prayer, and the *Nunc Dimittis* (the Song of Simeon).
- You can even include the Apostle's Creed to help them learn the basics of Christian doctrine.

Family Prayer in the Morning

Preparation

- We begin our day with an opening sentence asking God for the ability to praise him: Psalm 51:15:
*O Lord, open my lips,
and my mouth shall show forth your praise.*

Proclamation

- Psalm 51:10-12 follows, said either responsively or in unison, followed by the *Gloria Patri*.

Family Prayer in the Morning

- We can also substitute Psalm 5:1-3 for Psalm 51:10-12. Immediately thereafter, a reading follows from one of four short passages of scripture: 1 Peter 1:3, Colossians 1:12-14, or Colossians 3:1-4. If desired, we can respond to the reading with a hymn or by reciting the Apostles' Creed.

Prayers & Intercessions

- After the proclamation, we offer prayers of intercession for ourselves and others. We then finish the office by saying the Lord's Prayer and the morning collect.

Family Prayer at Midday

Preparation

- The midday office begins with an opening sentence: Ephesians 1:3, which guides us to praise God the Father who has blessed us through Christ.

Proclamation

- Psalm 113:1-4 follows, said either responsively or in unison, followed by the *Gloria Patri*. A scripture reading follows from either of two short passages: John 15:4-5 or Philippians 4:6-7.

Prayers & Intercessions

- At this point, there is an open time to offer any prayers of intercession for ourselves and others. We then finish by saying the Lord's Prayer and the midday collect.

Family Prayer in the Early Evening

Preparation

- The early evening office begins with an opening sentence: Psalm 36:7,9. We follow the reading with a recitation, either together or responsively, of the *Phos Hilaron*.

Proclamation

- Next, one of three short scripture readings follows the *Phos Hilaron*: 2 Corinthians 4:5-6, John 8:12, or Revelation 3:20. Like with the morning office, we can respond with a hymn and/or the Apostles' Creed.

Prayers

- We offer prayers of intercession for ourselves and others. We then finish the office by saying the Lord's Prayer and the evening collect.

Family Prayer at the Close of Day

Preparation

The service begins with the opening sentence: Psalm 4:8.

Proclamation

The opening sentence is followed by Psalm 134. A short scripture reading follows from either Isaiah 26:3-4 or 1 Thessalonians 5:23. We can respond with a hymn or canticle.

Prayer

We offer prayers of intercession. We follow this by saying the Lord's Prayer and the evening collect. Finally, we say the *Nunc Dimittis* and the Gloria Patri. We end our day with a concluding sentence.

Helpful Websites

- To buy a 2019 Book of Common Prayer, go to www.anglicanhousepublishers.org
- To say the Daily Office using the 2019 BCP liturgies, go to www.dailyoffice2019.com
- For a Daily Office Booklet, guides, and other Anglican basics, go to www.anglicancompass.com
- For an audio version of the Daily Office, search the **Daily Office Podcast**.
- For the St. Bernard Breviary containing all the BCP 2019 offices, all their appointed scriptures (ESV), music and/or plainchant notation for canticles and psalms, and a small hymnal, go to www.bernardbreviary.com

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