

## Exercises for a full life: Prayer Resources

Prayer is a spiritual connection with our living God. Our spiritual health is nourished and strengthened by prayer just as physical exercises and good nutrition nourishes and strengthens our physical health. No one physical exercise or food choice is the best and no one form of prayer is the best. Exercises, both physical and prayer, are individual choices and require **dedication, commitment, personal discipline, practice** and sometimes instruction.

The following are resources that may help your daily prayer. If you have other prayer resources please send the names of these resources with a brief description to Deacon Evelyn, [deaconevelyn@sjwt.ca](mailto:deaconevelyn@sjwt.ca)

### Online resources:

Anglican Church of Canada ***Pray Without Ceasing: Morning and Evening Prayer for Ordinary Time***

<https://www.anglican.ca/wp-content/uploads/Daily-Prayer-for-Ordinary-Time-2019-10-31.pdf>

Daily Prayers or the Daily Office is provided for morning and evening prayers for every day of the week. The theme for each day is linked with one of the seasons of the liturgical year: Sunday (Easter), Monday (Pentecost), Tuesday (Advent), Wednesday (Christmas), Thursday (Epiphany), Friday (Lent/Passiontide) and Saturday (All Saints). These daily prayers are designed for group worship and follow a format of gathering of the community; proclamation of the word; the prayers of the community; and sending forth of the community. Although some inclusive language is used the language is primarily male dominated.

The Anglican Church in Aotearoa, New Zealand and Polynesia Te Hāhi Mihinare ki Aotearoa ki Niu Tīreni, ki Ngā Moutere o te Moana Nui a Kiwa

***Daily Devotions in A New Zealand Prayer Book He Karakia Mihinare o Aotearoa*** (Auckland, New Zealand: the Anglican Church in Aotearoa, New Zealand and Polynesia) 1988 PP 104 -137.

<http://anglicanprayerbook.nz/index.html#contents>

These daily devotions are for those who wish to base their worship on the New Testament, and whose time for prayer may be limited.

The devotion may be used by itself as a brief form of daily worship or with the inclusion of a Scripture reading or readings.

The theme for each morning and evening devotion is taken from one of the seven sections of our Saviour's prayer.

The same format is followed throughout:

- A short opening followed by a Gospel reflection based on one or more Gospel sayings
- After a brief meditation, a reflection on the epistles
- A prayer to conclude

The language is a blend of inclusive and non inclusive..

#### Books for Daily Prayer:

1. The Episcopal Church. *Daily Prayers for All Seasons*. (New York, New York: The Office of the General Convention of the Episcopal Church) 2014.

Daily Prayers provides sets of prayers for each season of the year: Advent, Christmas, Epiphany, Lent, Holy Week, Easter and Ordinary Time. Each set is organized into eight "hours", the pattern used by Benedictine monks of dividing the day into eight intervals. Each hour has prayers, scripture reading and meditation. The book uses inclusive language and non inclusive language for and about God and is designed for individual or group use.

2. Hays Edward. *Prayers for a Planetary Pilgrim*. (Notre Dame, IN: Forest of Peace, Ave Maria Press, Inc.) 2008.

This comprehensive twenty first century prayer book is divided into two parts. The first part is composed of daily morning and evening prayer for the four seasons of the year. The daily prayers are followed by a collection of contemporary psalms, prayers and rituals. The themes of the psalms range from psalms for the liturgical seasons to psalms for personal seasons of change and psalms of solidarity. Prayers from other faiths are included in the cosmopolitan prayers.

The second part of the book is a manual of instruction on prayer. It also includes suggestions to create a prayerful environment for your daily prayer.

3. Newell J. Phillip. *Celtic Prayers from Iona*. (New York: Paulist Press), 1997.

This collection of morning and evening prayer, Monday to Saturday, is based on the weekly themes of daily prayer at Iona Abbey. The themes are Monday justice and peace; Tuesday healing; Wednesday goodness of Creation and care of the earth; Thursday commitment to Christ; Friday celebration of the whole Church and Saturday welcome and hospitality. The prayers are inspired by the prayers and poems sung in Gaelic by the people of the Outer Hebrides and translated by Alexander Carmichael. The language is inclusive. The book also includes a lectionary of psalms and gospel readings for each day of the year.