

RHYTHM OF DAILY PRAYER

FFALD Y BRENIN



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|---------|--|
| Page 1 | Introduction |
| Page 2 | Morning Prayer |
| Page 5 | Midday Prayer |
| Page 7 | Evening Prayer |
| Page 9 | Night Prayer |
| Page 11 | Caleb Anchor Points Simple Rhythm of Prayer |
| Page 12 | Further Resources |

Introduction

This booklet contains the Rhythm of Daily Prayers currently in use at Ffald y Brenin. We trust that they will lead you into blessing as you make use of them, and that you catch the rhythm to which the Holy Spirit is dancing.

Our style is structured and reflective with plenty of space for the Lord to meet with us.

We normally start Morning and Evening Prayer in particular with singing, but you are welcome to use whatever form of worship is suitable for you.

Psalms have formed the foundation for worship for thousands of years. They express our humanity and God's mercy. We use our own cycle of Psalms in the morning, and our evening readings mean that the whole of the New Testament is read in a year. We believe that it is important to have sequential readings rather than random choice if we are to hear what God is saying.

Friday - Blessings

During Morning Prayer on Fridays we take the opportunity to speak (not pray) blessings into our local community and commend that practice to you. Please enquire if you would like more information about speaking blessings.

Caleb Anchor Points - Simple Rhythm of Prayer

At various points you will see an anchor sign. The Caleb Anchor Points, summarised on page 11, are taken from each of the four services held in the Chapel at Ffald y Brenin and may be used as a simple rhythm of prayer in their own right.

They are a convenient form to use when travelling or away from home.

MORNING PRAYER

We pray slowly and reflectively

Lord, open our lips to bless you
And our mouths shall declare your praise.

Blessèd are you, gracious God;
We will give you glory and praise for ever!

Sing: **This is the day, this is the day
 that the Lord has made,
 that the Lord has made.
 We will rejoice, we will rejoice
 and be glad in it, and be glad in it.
 This is the day that the Lord has made,
 we will rejoice and be glad in it.
 This is the day, this is the day
 that the Lord has made.¹**

This I call to mind, and therefore I have hope:

Sing: **The steadfast love of the LORD never ceases;
 His mercies never come to an end;
 They are new every morning,
 new every morning;
 Great is your faithfulness O Lord,
 great is your faithfulness.²**

The LORD is my portion, says my soul,
Therefore I will put my hope in him.

*Silence, as we invite the God of hope to be enthroned
in our lives, in the midst of every stressful, stubborn
& seemingly hopeless circumstance & relationship.*

¹ Les Garrett Copyright 1967 Scripture in Song

² Edith McNeil © 1974, 1975 Celebration/Kingsway's
Thank You Music

Cont/...

Almighty God,
In view of your great mercy,
We lay our lives down as a morning sacrifice for you.
Choosing to die to self,
We ask you to pour your mighty
resurrection power through us,
That Jesus may be revealed
and your kingdom come in power,
Changing us and redeeming the world. Amen.

Psalm

Prayer Time

(Friday - Blessings)



The Lord's Prayer

**Our Father who art
in Heaven,
Hallowed be thy name.
Thy Kingdom come,
Thy will be done on earth
as it is in Heaven.
Give us this day our daily
bread and forgive us our
trespasses, as we forgive
those who trespass
against us.
And lead us not into
temptation, but deliver
us from evil.
For thine is the kingdom,
the power and the glory
forever and ever. Amen.**

(Matthew 6:9-13)

**Ein Tad,
yr Hwn wyt yn y nefoedd;
Sancteiddier dy enw.
Deled dy deyrnas.
Gwneler dy ewyllys,
megis yn y nef, felly ar y
ddaeear hefyd.
Dyro i ni heddiw ein bara
beunyddiol.
A maddau i ni ein dyledion,
fel y maddeuwn ninnau
i'n dyledwyr.
Ac nac arwain ni i
brofedigaeth;
eithr gwarded ni rhag drwg.
Canys eiddot Ti yw'r deyrnas,
a'r nerth, a'r gogoniant, yn
oes oesoedd. Amen.**

(Mathew 6:9-13)

Cont/...

**O High King of Heaven,
Have mercy on our Land.
Revive your Church.
Send the Holy Spirit for
the sake of the lost, the
least, and the broken.
May your Kingdom come
to our nation.
In Jesus' mighty name.
Amen.**

(The Caleb Prayer for Wales)

**O Uchel Frenin Nef,
Trugarha wrth ein Gwlad.
Bywha dy Eglwys;
Anfon yr Ysbryd Glan
er mwyn y colledig, y di-nod
a'r briwiedig.
Deled dy deyrnas I'n Cenedl.
Yn enw nerthol Iesu.
Amen.**

(Gweddï Caleb dros Gymru)

**Christ as a light illumine and guide me.
Christ as a shield overshadow me.**

**Christ under me, Christ over me,
Christ beside me, on my left and my right.**

**This day be within and without me,
Lowly and meek yet all-powerful.**

**Be in the heart of each to whom I speak,
In the mouth of each who speaks unto me.**

**This day be within and without me,
Lowly and meek yet all-powerful.**

**Christ as a light, Christ as a shield,
Christ beside me on my left and my right.**

(From Patrick's Breastplate)

Let us share the grace with one another

**And now may the grace of our Lord Jesus Christ,
and the love of God, and the fellowship of the Holy Spirit
be with us all, evermore. (2 Corinthians 13:14)
Amen.**

Caleb Liturgy 2015
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MIDDAY PRAYER

We pray slowly and reflectively

**In the Name of the Father,
And of the Son,
And of the Holy Spirit.
Amen.**

**As the press of work eases at lunchtime,
May God's rest be upon us.**

**As the sun rides high at noon,
May the Son of Righteousness shine upon us.**

**As rain refreshes dry, stale land,
May the Spirit of God wash over us and bring us life.**

**Find rest, O my soul, in God alone;
My hope comes from Him.
He alone is my rock and my salvation;
He is my fortress, I shall not be shaken.
My salvation and my honour depend on God;
He is my mighty rock, my refuge.**

(Psalm 62:5-7)

"Be still, and know that I am God.



**I will be exalted among the nations,
I will be exalted in the earth!"**

*Pause ... As we lift up nations to God,
that He might be exalted in them*

**The Lord of heaven's armies is with us;
The God of Jacob is our fortress.**

(Psalm 46:10-11)

Cont/...

Pause ... quietly reflect on the different characteristics of God. What aspect of His being do you long to know better? In the quiet of your heart, ask Him to reveal Himself to you.

The Lord's Prayer may be said

**Bless us now Lord, in the middle of the day;
Be with us and all who are dear to us.**

**Be in the eye of all who see us;
In the mouth of all who speak with us.**

**Keep us in the beautiful attitudes,
Joyful, simple and gentle.**

Pause ...

**And may the favour of the Lord our God be upon us;
Establish for us the work of our hands;
Establish the work of our hands!**

(Psalm 90:17)

Amen.

EVENING PRAYER

We pray slowly and reflectively

Father, we come to You as the evening begins
to thank You for the progress of this day:

Thank you Father.

For all we have seen of You in this day, because this is the
day that You have made and we do rejoice and are truly
glad because of it:

Thank you Jesus.

For all the human contact, face to face, over the phone
or by electronic means:

Thank you Father.

For encouragement, for new insights, for seeing more of
You in creation:

Thank you Holy Spirit.

Reading

Prayer Time

The Lord's Prayer may be said



**O High King
of Heaven,
Have mercy on our Land.
Revive your Church.
Send the Holy Spirit for
the sake of the lost, the
least, and the broken.
May your Kingdom come
to our nation.
In Jesus' mighty name.
Amen.**

(The Caleb Prayer for Wales)



**O Uchel Frenin Nef,
Trugarha wrth ein Gwlad.
Bywha dy Eglwys;
Anfon yr Ysbryd Glan
er mwyn y colledig, y di-nod,
a'r briwiedig.
Deled dy deyrnas I'n Cenedl.
Yn enw nerthol Iesu.
Amen.**

(Gweddi Caleb dros Gymru)

Almighty God, we acknowledge that You are woven into our day, our evening and our night.

Bless us and all that we do this evening.

Bless all those we meet.

Bless our relaxation time.

Bless us with Your great gift of sleep.

We bless the Lord who gives us counsel in the night;

We open ourselves up to you this night

to give us dreams;

to give us visions;

to refresh us;

to strengthen us. (Psalm 16:7)

Pause ...

Lord, wherever spiritual, physical or emotional darkness touches me, I trust you to lighten it. I believe and trust in you.

We now commit this evening (and this night) to You, trusting You to be in them, whether speaking or silent, creative or resting.

You are our God and King, our stronghold and our deliverer.

Let us go forth in joy and peace because we go with His presence.

Amen.

NIGHT PRAYER (COMPLINE)

We pray slowly and reflectively

The Lord almighty grant us a quiet night and a perfect end.
Amen.

Our help is in the name of the Lord
who made heaven and earth.

*A period of silence for reflection on the past day
may follow*

**Most merciful God,
we confess to you,
before the whole company of heaven and one another,
that we have sinned in thought, word and deed
and in what we have failed to do.
Forgive us our sins,
heal us by your Spirit
and raise us to new life in Christ. Amen.**

O God, make speed to save us.
O Lord, make haste to help us.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever.
Amen. Alleluia.**

Song

The Word of God

Into your hands, O Lord, I commend my spirit.
Into your hands, O Lord, I commend my spirit.
For you have redeemed me, Lord God of truth.
I commend my spirit.

Glory to the Father and to the Son
and to the Holy Spirit.

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

Keep me as the apple of your eye.

Hide me under the shadow of your wings.

**Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
And asleep may rest in peace.**

Prayer Time

Visit this place, O Lord, we pray,
and drive far from it the snares of the enemy;
**may your holy angels dwell with us and guard us in peace,
and may your blessing be always upon us;
through Jesus Christ our Lord.**
Amen.

The Lord's Prayer may be said

The Conclusion

In peace we will lie down and sleep;
For you alone, Lord, make us dwell in safety.

Abide with us, Lord Jesus,
For the night is at hand and the day is now past.

As the night watch looks for the morning,
So do we look for you, O Christ.



**The Lord bless us and watch over us;
the Lord make his face shine upon us
and be gracious to us; the Lord look kindly on us
and give us His peace. Amen.**

Adapted by Roy Godwin from Common Worship which is
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CALEB ANCHOR POINTS

Simple Rhythm of Prayer



Morning

Our Father who art in Heaven,
Hallowed be thy name.
Thy Kingdom come,
Thy will be done on earth as it is in Heaven.
Give us this day our daily bread
and forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.
For thine is the kingdom, the power and the glory
forever and ever. Amen. (Matthew 6:9-13)

Midday

“Be still, and know that I am God.
I will be exalted among the nations, I will be exalted in the earth!”
The Lord of heaven’s armies is with us;
The God of Jacob is our fortress.
Amen. (Psalm 46:10-11)

Evening

O High King of Heaven, have mercy on our Land.
Revive your Church.
Send the Holy Spirit for the sake of the lost, the least,
and the broken.
May your Kingdom come to our nation.
In Jesus’ mighty name.
Amen. (The Caleb Prayer)

Night

The Lord bless us and watch over us; the Lord make his face
shine upon us and be gracious to us; the Lord look kindly on
us and give us His peace.
Amen. (Numbers 6:24-26)

Further Resources for Daily Prayer

Copies of this booklet are available from the Bookshop at Ffald y Brenin or our online shop www.ffald-y-brenin.media for £2.00 each.

The 'Simple Rhythm of Prayer' (on page 11) is available as a separate card at 50p each.

The 'Caleb Prayer for Wales' (on page 4) is available as a separate card at 50p each.

The Ffald y Brenin 'Cycle of Readings' is available at £1.50 each.

The Blessings Course - digital and physical course materials are available from our online shop www.ffald-y-brenin.media.

Coming Soon - The Friday Blessings booklet

Many more resources are available through our website or by contacting us directly. Please see overleaf for contact details.



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