

**March 1 Wednesday Evening Lenten Series: *Inwardly Digest* Book Discussion
Fundamentals (Chapter 1)**

The Book of Common Prayer

The Book of Common Prayer stands at the very center of Anglican spirituality. It gives us our core spiritual exercises. Furthermore, it relates them to one another in a sensible fashion, providing a baseline implicit rule of life. As we unpack this, let us start with three fundamental statements about the prayer book from which everything else proceeds. First, the prayer book is best understood not as the Sunday service book, or even as a collection of services, but as a system of Christian formation. Second, this system with its interlocking cycles has a coherent spiritual purpose. Third, this system as enshrined in the successive books of common prayer is an essential part of what it means to participate in the Anglican tradition.

(Olsen, Derek. *Inwardly Digest: The Prayer Book as Guide to a Spiritual Life*. United States, Forward Movement, 2016.)

Discussion questions:

- What did you think of *The Book of Common Prayer* before reading?
- What surprised or challenged you in the reading?
- Where did you encounter God/divinity in this week's topic?
- What are you going to take with you (practices, beliefs, knowledge, etc.) from this week?
- What are you interested in learning more about?

Time: Wednesdays in March, 6:00-7:30 p.m.

Location: Fireside Room in St. James Cathedral

Contact: Deacon Jessica Harmon, jharmon@stjamesfresno.org

Week	Topic	Chapters to be discussed
March 1	The prayer book as a spiritual guide	1 - Fundamentals
March 8	Counting Church Time	2 & 3 - Essence and Anatomy of the Calendar
March 15	Praying every day	5&6 - Essence and Anatomy of the Daily Office
March 22	Eucharist	8&9 - Spirituality and Shape of the Eucharist
March 29	The Church is the Body of Christ	10, and anything else we want to discuss

Prayer

(Read the **bolded lines** together)

At the Close of Day (BCP p. 140)

Psalm 134

Behold now, bless the LORD, all you servants of the LORD, *

you that stand by night in the house of the LORD.

Lift up your hands in the holy place and bless the LORD; *

the LORD who made heaven and earth bless you out of Zion.

A Reading

Lord, you are in the midst of us and we are called by your

Name: Do not forsake us, O Lord our God. *Jeremiah 14:9,22*

The following may be said

Lord, you now have set your servant free *

to go in peace as you have promised;

For these eyes of mine have seen the Savior, *

whom you have prepared for all the world to see;

A Light to enlighten the nations, *

and the glory of your people Israel.

Commemoration of the 1549 Book of Common Prayer (from Lesser Feasts and Fasts)

Almighty and everliving God, who through the Book of Common Prayer restored the language of the people in

the prayers of your church: Make us always thankful for this heritage; and help us so to pray in the

Spirit and with understanding, that we may worthily magnify your holy Name; through Jesus Christ

our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

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, and the power, and the glory, for ever and ever. Amen.

The Collect

Visit this place, O Lord, and drive far from it all snares of the enemy; let your holy angels dwell with us

to preserve us in peace; and let your blessing be upon us always; through Jesus Christ our Lord. *Amen.*

The almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and keep us. *Amen.*