

**March 15 Wednesday Evening Lenten Series: *Inwardly Digest* Book Discussion
Praying Every Day (Chapters 5 & 6)**

Conclusion of the Daily Office

The Daily Office is the recurring discipline of the liturgical life. Habits are powerful things, and the Church has established the eternal rhythms of the Office as the central pattern by which Anglican Christians are formed. A person is a runner if they run regularly; a person is a singer if they sing every day; a liturgical Christian is one who prays the Office. The heart of the Office is the psalms. In the prayers and praise of Israel, we find a summary of the scriptures, we hear honest wrestlings with the mysterious ways of God, and we catch glimpses of Christ who is the scripture's fullness and fruition. The twin Offices of Morning and Evening Prayer are our daily sacrifice of praise and thanksgiving. As we consecrate a period of time each morning and each evening to God, we join our voices with saints across the ages as we pattern ourselves in a continual turning toward God.

(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 daily office/daily 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

Resources: <https://jlharmon.com/bcp>

Week	Topic	Chapters to be discussed
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

Evening prayer for March 15, 2023

I will bless the Lord who gives me counsel; my heart teaches me, night after night. I have set the Lord always before me; because he is at my right hand, I shall not fall. *Psalms 16:7,8*

Officiant O God, make speed to save us.

People **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 will be for ever. Amen.

O Gracious Light - Phos hilaron

O gracious light, pure brightness of the everliving Father in heaven,

O Jesus Christ, holy and blessed!

Now as we come to the setting of the sun,

and our eyes behold the vesper light,

we sing your praises, O God: Father, Son, and

Holy Spirit. You are worthy at all times to be

praised by happy voices,

O Son of God, O Giver of Life,

and to be glorified through all the worlds.

Psalms 81 & 82 (read responsively by whole verse)

1 Sing with joy to God our strength * and raise a loud shout to the God of Jacob.

2 **Raise a song and sound the timbrel, * the merry harp, and the lyre.**

3 Blow the ram's-horn at the new moon, * and at the full moon, the day of our feast.

4 **For this is a statute for Israel, * a law of the God of Jacob.**

5 He laid it as a solemn charge upon Joseph, * when he came out of the land of Egypt.

6 **I heard an unfamiliar voice saying, * "I eased his shoulder from the burden; his hands were set free from bearing the load."**

7 You called on me in trouble, and I saved you; * I answered you from the secret place of thunder and tested you at the waters of Meribah.

8 **Hear, O my people, and I will admonish you: * O Israel, if you would but listen to me!**

9 There shall be no strange god among you; * you shall not worship a foreign god.

10 **I am the LORD your God, who brought you out of the land of Egypt and said, * "Open your mouth wide, and I will fill it."**

11 And yet my people did not hear my voice, * and Israel would not obey me.

12 **So I gave them over to the stubbornness of their hearts, * to follow their own devices.**

13 Oh, that my people would listen to me! * that Israel would walk in my ways!

14 **I should soon subdue their enemies * and turn my hand against their foes.**

15 Those who hate the LORD would cringe before him, * and their punishment would last for ever.

16 **But Israel would I feed with the finest wheat *and satisfy him with honey from the rock.**

1 God takes his stand in the council of heaven; * he gives judgment in the midst of the gods:

2 **"How long will you judge unjustly, * and show favor to the wicked?"**

3 Save the weak and the orphan; * defend the humble and needy;

4 **Rescue the weak and the poor; * deliver them from the power of the wicked.**

5 They do not know, neither do they understand; they go about in darkness; * all the foundations of the earth are shaken.

6 Now I say to you, 'You are gods, *and all of you children of the Most High;

7 Nevertheless, you shall die like mortals, *and fall like any prince."

8 Arise, O God, and rule the earth, * for you shall take all nations for your own.

Glory to the Father, and to the Son, and to the Holy Spirit: * as it was in the beginning, is now, and will be for ever. Amen.

Lesson - John 8:12-20

Reader: A reading from the gospel according to John

12 Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." 13

Then the Pharisees said to him, "You are testifying on your own behalf; your testimony is not valid."

14 Jesus answered, "Even if I testify on my own behalf, my testimony is valid because I know where I have come from and where I am going, but you

do not know where I come from or where I am going. 15 You judge by human standards; I judge

no one. 16 Yet even if I do judge, my judgment is valid, for it is not I alone who judge but I and the

Father who sent me. 17 In your law it is written that the testimony of two witnesses is valid. 18 I

testify on my own behalf, and the Father who sent me testifies on my behalf." 19 Then they said to

him, "Where is your Father?" Jesus answered, "You know neither me nor my Father. If you knew me,

you would know my Father also." 20 He spoke these words while he was teaching in the treasury

of the temple, but no one arrested him, because his hour had not yet come.

Reader: Here ends the reading.

The Song of Mary Magnificat Luke 1:46-55

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior; * for he has looked with favor on his lowly servant.

From this day all generations will call me blessed: * the Almighty has done great things for me, and holy is his Name.

He has mercy on those who fear him * in every generation.

He has shown the strength of his arm, * he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, * and has lifted up the lowly.

He has filled the hungry with good things, * and the rich he has sent away empty.

He has come to the help of his servant Israel, * for he has remembered his promise of mercy,

The promise he made to our fathers, * to Abraham and his children for ever.

Glory to the Father, and to the Son, and to the Holy Spirit: * as it was in the beginning, is now, and will be for ever. Amen.

The Apostles' Creed (Officiant and People together, all standing)

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only son, our Lord.

He was conceived by the power of the Holy Spirit

and born of the Virgin Mary.

He suffered under Pontius Pilate,

was crucified, died, and was buried.

He descended to the dead.

On the third day he rose again.

He ascended into heaven,

and is seated at the right hand of the
Father.

He will come again to judge the living and
the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting. Amen.

The Prayers (The People stand or kneel)

Officiant The Lord be with you.

People **And also with you.**

Officiant Let us pray.

Officiant and People:

**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.**

Suffrages B

That this evening may be holy, good, and peaceful,

We entreat you, O Lord.

That your holy angels may lead us in paths of peace
and goodwill,

We entreat you, O Lord.

That we may be pardoned and forgiven for our sins
and offenses,

We entreat you, O Lord.

That there may be peace to your Church and to the
whole world,

We entreat you, O Lord.

That we may depart this life in your faith and fear,
and not be condemned before the great judgment
seat of Christ,

We entreat you, O Lord.

That we may be bound together by your Holy
Spirit in the communion of all your saints,
entrusting one another and all our life to Christ,

We entreat you, O Lord.

The Collect of the Day

Give ear to our prayers, O Lord, and direct the way
of your servants in safety under your protection,
that, amid all the changes of our earthly pilgrimage,
we may be guarded by your mighty aid; through
Jesus Christ our Lord, who lives and reigns with
you and the Holy Spirit, one God, for ever and
ever. Amen.

Prayer for mission

Keep watch, dear Lord, with those who work, or
watch, or weep this night, and give your angels
charge over those who sleep. Tend the sick, Lord
Christ; give rest to the weary, bless the dying,
soothe the suffering, pity the afflicted, shield the
joyous; and all for your love's sake. Amen.

Let us bless the Lord.

Thanks be to God.

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