



Sabbath's Sacred Pauses

Lauds : Prayer Upon Rising

I thank you, O living and eternal King, for you have graciously given me another day to serve you. You are forever faithful and abounding in compassion! May your kingdom reign this day in my life and my home. I acknowledge you as Lord, and declare myself your servant.

Prime : Morning Prayer *Sabbath morning prayer and Psalm after breakfast (Prime and Terce are done together as rising may have been later due to consecrated Sabbath, morning rest)*

Psalm of the Day: Psalm 92

It is good to give thanks to the LORD,
to sing praises to your name, O Most High;
to declare your steadfast love in the morning,
and your faithfulness by night,
to the music of the lute and the harp,
to the melody of the lyre.
For you, O LORD, have made me glad by your work;
at the works of your hands I sing for joy.
How great are your works, O LORD!
Your thoughts are very deep!
The stupid man cannot know;
the fool cannot understand this:
that though the wicked sprout like grass
and all evildoers flourish,
they are doomed to destruction forever;
but you, O LORD, are on high forever.
For behold, your enemies, O LORD,
for behold, your enemies shall perish;
all evildoers shall be scattered.
But you have exalted my horn like that of the wild ox;
you have poured over me^a fresh oil.

My eyes have seen the downfall of my enemies;
my ears have heard the doom of my evil assailants.
The righteous flourish like the palm tree
and grow like a cedar in Lebanon.
They are planted in the house of the LORD;
they flourish in the courts of our God.
They still bear fruit in old age;
they are ever full of sap and green,
to declare that the LORD is upright;
he is my rock, and there is no unrighteousness in him.

Morning Prayer

My soul magnifies the Lord, and my spirit rejoices in God, my Savior, for He has looked on the humble estate of His servant.

He Who is mighty has done great things for me, and holy is His name.

And His mercy is for those who fear Him, from generation to generation.

He has shown strength with His arm; He has scattered the proud in the thoughts of their hearts;
He has brought down the mighty from their thrones and exalted those of humble estate;

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

He has helped His servant Israel in remembrance of His mercy, as He spoke to our fathers, to Abraham and to His offspring forever.

Speak to my heart of Your steadfast love, for in You I trust. Cause me to know the way that I should go, for to You I lift up my soul, to You I dedicate this day.

HEAR, O ISRAEL, THE LORD IS OUR GOD, THE LORD IS ONE.

(Whispered) Blessed be His name, Whose glorious kingdom is for ever and ever.

And you shall love the LORD your God with all your heart, and with all your soul, and with all your strength.

Today, Father, may Your words be always in front of my eyes; may my hands be engaged in the practices of Your commands.

I recall the power of Your outstretched arm in redeeming us from the house of bondage, and today I will lean on the same arm for strength to live in a

redemptive manner. May I be honored to partner with You in the repair of the world.

May it be Your will and may it be my will, LORD our God, and God of our forefathers, that the body, soul, and spirit You have given me be subject to Your service.

Blessed are You, LORD our God, King of the universe, who has consecrated us by Your Son and consecrates us by Your commandments.

Blessed be the Lord God of Israel, for He has visited and redeemed His people and has raised up a horn of salvation for us in the house of His servant David, as He spoke by the mouth of His holy prophets from of old, that we should be saved from our enemies and from the hand of all who hate us, to show the mercy promised to our fathers and to remember His holy covenant, the oath that He swore to our father Abraham, to grant us that we, being delivered from the hand of our enemies, might serve Him without fear, in holiness and righteousness before Him all our days.

Satisfy us in morning with your steadfast love that we may rejoice and be glad all our days.

Sext : Noonday Prayer - 1200

[First Testament Reading: Genesis 18.1-16](#)

1And the LORD appeared to him by the oaks^a of Mamre, as he sat at the door of his tent in the heat of the day. **2**He lifted up his eyes and looked, and behold, three men were standing in front of him. When he saw them, he ran from the tent door to meet them and bowed himself to the earth **3**and said, "O Lord,^b if I have found favor in your sight, do not pass by your servant. **4**Let a little water be brought, and wash your feet, and rest yourselves under the tree, **5**while I bring a morsel of bread, that you may refresh yourselves, and after that you may pass on—since you have come to your servant." So they said, "Do as you have said." **6**And Abraham went quickly into the tent to Sarah and said, "Quick! Three seahs^c of fine flour! Knead it, and make cakes." **7**And Abraham ran to the herd and took a calf, tender and good, and gave it to a young man, who prepared it quickly. **8**Then he took curds and milk and the calf that he had prepared, and set it before them. And he stood by them under the tree while they ate.

9They said to him, "Where is Sarah your wife?" And he said, "She is in the tent." **10**The LORD

said, "I will surely return to you about this time next year, and Sarah your wife shall have a son." And Sarah was listening at the tent door behind him. **11**Now Abraham and Sarah were old, advanced in years. The way of women had ceased to be with Sarah. **12**So Sarah laughed to herself, saying, "After I am worn out, and my lord is old, shall I have pleasure?" **13**The LORD said to Abraham, "Why did Sarah laugh and say, 'Shall I indeed bear a child, now that I am old?' **14**Is anything too hard^d for the LORD? At the appointed time I will return to you, about this time next year, and Sarah shall have a son." **15**But Sarah denied it,^e saying, "I did not laugh," for she was afraid. He said, "No, but you did laugh."

16Then the men set out from there, and they looked down toward Sodom. And Abraham went with them to set them on their way.

Afternoon Sabbath Prayer: Likrat Shabbat

We cannot merely pray to you, O God, to end war;
For we know that You have made the world in a way
That man must find his own path to peace.
Within himself and with his neighbor.

We cannot merely pray to You, O God, to end
starvation;
For You have already given us the resources
With which to feed the entire world,
If we would only use them wisely.

We cannot merely pray to You, O God, to root out
prejudice;
For You have already given us eyes
With which to see the good in all men,
If we would only use them rightly.

We cannot merely pray to You, O God, to end
despair,
For You have already given us the power
To clear away slums and to give hope,
If we would only use our power justly.

We cannot merely pray to You, O God, to end
disease;
For You have already given us great minds
With which to search out cures and healing,
If we would only use them constructively.

Therefore we pray to You instead, O God,
For strength, determination and will power,
To do instead of just pray,
To become instead of merely to wish.

None : Afternoon - 1500

[Reading from the Epistles: Hebrews 10.26-39](#)

[26](#)For if we go on sinning deliberately after receiving the knowledge of the truth, there no longer remains a sacrifice for sins, [27](#)but a fearful expectation of judgment, and a fury of fire that will consume the adversaries. [28](#)Anyone who has set aside the law of Moses dies without mercy on the evidence of two or three witnesses. [29](#)How much worse punishment, do you think, will be deserved by the one who has spurned the Son of God, and has profaned the blood of the covenant by which he was sanctified, and has outraged the Spirit of grace? [30](#)For we know him who said, "Vengeance is mine; I will repay." And again, "The Lord will judge his people." [31](#)It is a fearful thing to fall into the hands of the living God.

[32](#)But recall the former days when, after you were enlightened, you endured a hard struggle with sufferings, [33](#)sometimes being publicly exposed to reproach and affliction, and sometimes being partners with those so treated. [34](#)For you had compassion on those in prison, and you joyfully accepted the plundering of your property, since you knew that you yourselves had a better possession and an abiding one. [35](#)Therefore do not throw away your confidence, which has a great reward. [36](#)For you have need of endurance, so that when you have done the will of God you may receive what is promised. [37](#)For,

"Yet a little while,
and the coming one will come and will not delay;
[38](#) but my righteous one shall live by faith,
and if he shrinks back,
my soul has no pleasure in him."

[39](#)But we are not of those who shrink back and are destroyed, but of those who have faith and preserve their souls.

Afternoon Prayer: A Song of Light (Phos Heron)

Joyful Light,
From the pure glory of the eternal heavenly Father
O holy, blessed Jesus Christ.
As we come to the setting of the sun
And see the evening light
We give thanks and praise to the Father and to the Son
And to the Holy Spirit of God
Worthy are You are all times
To be praised with holy voices,
Son of God, Giver of life
And to be glorified through all creation.

Vespers : Evening - 1800

[Evening Psalm Reading: Psalm 61](#)

Lead Me to the Rock

To the choirmaster: with stringed instruments. Of David.

[1](#) Hear my cry, O God,
listen to my prayer;
[2](#) from the end of the earth I call to you
when my heart is faint.
Lead me to the rock
that is higher than I,
[3](#) for you have been my refuge,
a strong tower against the enemy.
[4](#) Let me dwell in your tent forever!
Let me take refuge under the shelter of your wings!
Selah
[5](#) For you, O God, have heard my vows;
you have given me the heritage of those who fear
your name.

[6](#) Prolong the life of the king;
may his years endure to all generations!
[7](#) May he be enthroned forever before God;
appoint steadfast love and faithfulness to watch
over him!

[8](#) So will I ever sing praises to your name,
as I perform my vows day after day.

[Gospel Reading: John 6.16-27](#)

Jesus Walks on Water

[16](#)When evening came, his disciples went down to the sea, [17](#)got into a boat, and started across the sea to Capernaum. It was now dark, and Jesus had not yet come to them. [18](#)The sea became rough because a strong wind was blowing. [19](#)When they had rowed about three or four miles,^p they saw Jesus walking on the sea and coming near the boat, and they were frightened. [20](#)But he said to them, "It is I; do not be afraid." [21](#)Then they were glad to take him into the boat, and immediately the boat was at the land to which they were going.

I Am the Bread of Life

[22](#)On the next day the crowd that remained on the other side of the sea saw that there had been only one boat there, and that Jesus had not entered the boat with his disciples, but that his disciples had gone away alone. [23](#)Other boats from Tiberias came near the place where they had eaten the bread after the Lord had given thanks. [24](#)So when the crowd saw that Jesus was

not there, nor his disciples, they themselves got into the boats and went to Capernaum, seeking Jesus.

[25](#) When they found him on the other side of the sea, they said to him, “Rabbi, when did you come here?” [26](#) Jesus answered them, “Truly, truly, I say to you, you are seeking me, not because you saw signs, but because you ate your fill of the loaves. [27](#) Do not labor for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you. For on him God the Father has set his seal.”

Prayer: Benedictus es Domine

Blessed are You, Lord, the God of our fathers: worthy of praise, and highly exalted forever.

Blessed is Your holy and glorious Name: to be highly praised and highly exalted forever.

Blessed are You in Your holy and glorious temple: most worthy to be worshipped and glorified forever.

Blessed are You seated between the cherubim and beholding the depths: worthy of praise and highly exalted forever.

Blessed are You on Your royal throne: worthy of praise and highly exalted forever.

Blessed are You on Your royal throne: worthy of praise and highly exalted forever.

Blessed are You in the dome of heaven: worthy to be worshipped and glorified forever. Let us bless the Father, the Son, and the Holy Spirit: sing praise to Him and highly exalt Him forever.

Matins : Night watch - 2100

Prayer of Examine, Night Prayer

Presence Begin this practice by recognizing the presence of God. Remind yourself of God’s presence with you and His desire to be with you. Consider praying for the Holy Spirit to help you be attentive to God’s presence. To become more focused, it might be helpful to repeat a simple phrase during this time, like [10](#) “Be still, and know that I am God.” (Psalm 46.[10](#)). It’s important to begin this practice in a calm and centered state. There may be days when you’ll need the entire time to remember and focus on the nearness of God. Don’t rush past this portion. Take the necessary time to wait and find comfort in God’s presence.

“Gracious God, in these moments please remind me of Your presence and generosity, and give me the wisdom and courage to live gracefully with myself, others, and the world you have wonderfully made. For the sake of Jesus, the Author and Finisher of our faith. Amen.”

Take some time and focus on the nearness of God. Open yourself to His presence.

[18](#) “The LORD is near to all who call on him, to all who call on him in truth.” (Psalm 145.[18](#))

[9](#) “The LORD is good to all, and his mercy is over all that he has made. [10](#) All your works shall give thanks to you, O LORD, and all your saints shall bless you!” (Psalm 145: [9-10](#)).

Gratitude “If the only prayer you say in your entire life is ‘Thank You,’ wrote Meister Eckhart, “that would suffice.” As you think about the past 24 hours, what causes you to be thankful? Look back over the past day, the big and small aspects of life, and recognize what reasons you have to be grateful. Focus on these experiences and encounters, helping your mind and spirit center on the goodness and generosity of God.

If you’re using a journal, consider capturing your thanks in writing, expressing words of gratitude and giving testimony to God’s generosity and faithfulness. Find encouragement and reminders of God’s goodness, and be thankful.

Looking back over the past 24 hours, for what are you most grateful? What makes you feel thankful? Using simple words, express your gratitude to God.

[3](#) “Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places” (Ephesians 1:[3](#))

Review Over-packed lives can rob us of the opportunity to learn from the past, to see how yesterday might inform today. “Where did the time go?!” we ask ourselves, often struggling to remember what we did just a week ago. Here

we can benefit again from taking time to look back over the past 24 hours. By intentionally reviewing our interactions, responses, feelings and intentions, we can avoid letting days speed by. We can pause to learn more about ourselves and about God's activity in our lives.

Try to look back objectively as you review. Rather than interpreting, justifying, or rationalizing, the intent is to observe and remember. Allow your mind to wander the situations you've been in and to notice details. The questions in this exercise should help you bring specific experiences to mind.

- When or where in the past 24 hours were you cooperating most fully with God's action in your life?
- When were you resisting?
- What habits and life patterns do you notice from the past day?
- When did I feel most alive? Most drained of life?
- When did I have the greatest sense of belonging? When did I feel most alone?
- When did I give love? Where did I receive love?
- When did I feel most fully myself? Least myself?
- When did I feel most whole? Most fragmented?

[8](#) Let me hear in the morning of your steadfast love,
for in you I trust.
Make me know the way I should go,
for to you I lift up my soul.

[9](#) Deliver me from my enemies, O LORD!
I have fled to you for refuge!^a

[10](#) Teach me to do your will,
for you are my God!
Let your good Spirit lead me
on level ground! (Psalm 143.[8-10](#))

Response Having spent time remembering, it seems natural to want to respond in some way. Take time to journal or pray, expressing your thoughts on the actions, attitudes, feelings, and interactions you've remembered as a part of this exercise. You might need to seek forgiveness, ask for direction, share a concern,

express gratitude, or resolve to make changes and move forward.

Allow your observations to guide your responses:

- Beginning today, how do you want to live your life differently?
- What patterns do you want to keep living tomorrow?

"Ever-present Father, help me to meet You in the Scriptures I read and the prayers I say; in the bread I break and the meals I share; in my investments at work and my enjoyments at play; and in the neighbors and family I welcome, love, and serve, for Your sake and that Your love and peace may reign now and forever. Amen."

[20](#) Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, [21](#) equip you with everything good that you may do his will, working in us^a that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. Amen. (Hebrews 13.[20-21](#))

Compline : Bedside Prayer

The Nunc Dimittis

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

Now, Lord, You let Your servant go in peace:
Your word has been fulfilled.
My own eyes have seen the salvation which
You have prepared in the sight of every
people;
A light to reveal You to the nations and the
glory of Your people Israel.

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.



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Art Work

Praying man at the Wailing Wall, by [Fotolia](#), licensed and used by permission.

Untitled, depictions of the hours (associated wording: Lauds, Prime, Terce, Sext, None Vespers, Matins, Compline). Found randomly on the internet; no citing available.

Lauds

Prayer upon Rising from *Morning Prayer & More* Rev. Fr. Nathan Long, OAC, KMF Press (2007).

Prime & Terce

Prayer and Psalm from *Morning Prayer & More* Rev. Fr. Nathan Long, OAC, KMF Press 2007).>

Sext

Torah reading from [Torah Portions](#) First Fruits of Zion or First Testament from [Daily Office Lectionary](#) ESV online Likrat Shabbat [Sabbath Prayer](#), by Jack Reimer

None

Prayers/inspiration of the Cloud of Witnesses compiled and/or by Rev. Fr. Will Armstrong

Torah from [Torah Portions](#) First Fruits of Zion or Epistle from [Daily Office Lectionary](#) ESV online

Vespers

Gospel from [Daily Office Lectionary](#) English Standard Version online, and Proverb/Psalm chosen by Brother Nathan or Brother Will.

Benedictus es, Domine from *The Song of the Three Young Men*. Anglican Prayer Book, page 20.

Matins

Prayer of Examin by St. Ignatius, taken from [St. Ignatius Examination of Conscience](#) Mar's Hill Church, Grand Rapids.

Compline

Nunc Dimittis from *An Anglican Prayer Book*, The Anglican Mission of the Americas, Preservation Press of the Prayer Book Society of the USA (2008) p14.

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