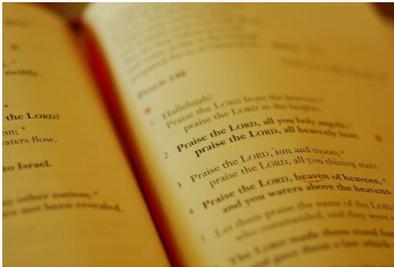


Session 3 – March 27, 2014

# The Bible & the Book of Common Prayer

## The Open Prayer Book:



### A Resource for Worship and Personal Devotions Establishing a Personal Prayer Life

The Book of Common Prayer was written as a resource and way of prayer to be used on a daily and weekly basis. It has been an inspiration of the Spirit for 465 years as it has evolved and spread around the world.

It is not intended to be duty-based or results-oriented, but rather a daily encounter with God's heart, through Jesus Christ, where we are energized, comforted, enlightened, motivated, and humbled.

Prayer is talking to God. It is a great privilege, often a struggle, and always a powerful work of the Holy Spirit, who helps us in our weakness.

## The Lectionary: A Resource for Daily Prayer, Study, and Reflection

### Using The Daily Office

- ❖ Pick a time of day, then choose the form and format that works for you.
- ❖ Use the Table of Contents of a print copy of The Prayer Book to find the form, or use an Online Resource such as: [missionstclare.com](http://missionstclare.com) or [st-vidicon.net/bocp](http://st-vidicon.net/bocp) or [prayer.forwardmovement.org](http://prayer.forwardmovement.org)

## Using the Lectionary – A Two Year Cycle, Year 1 and Year 2

- ❖ For daily pray, use the Lectionary for the Daily Office (BCP p934)
- ❖ Online: [st-vidicon.net/bocp](http://st-vidicon.net/bocp) or [prayer.forwardmovement.org](http://prayer.forwardmovement.org)
- ❖ If there is a commemoration of a “saint” in **Lesser Feasts & Fasts** or **Holy Men, Holy Women**, you may use the readings for that day ([lectionarypage.net](http://lectionarypage.net) or [missionstclare.com](http://missionstclare.com))

## Examples of Real Life Prayer Situations



### Using the Bible and Prayer Book for Personal Devotions

Example: Who might be praying?

1. Your child or grandchild
2. They are spending the night with you and it is bedtime.
3. A Child's night-time prayer liturgy:
  - **Element One:** An opening line such as a proverb
  - **Element Two:** A brief reading from Scripture using a Children's Bible.
  - **Element Three:** Prayers for a good sleep, protection for family, and the Lord's Prayer.

## Using the Bible and Prayer Book for Small Group Prayer

Example: Who might be praying?

1. The leader of that month's St. Catherine's book discussion.
2. The group has read a book with the particular theme of... (fill in the blank) and this is the closing prayer.
3. A closing prayer after a meeting:
  - **Element One:** An opening expression of gratitude for God bringing the group together.
  - **Element Two:** A prayer chosen from "Prayers & Thanksgivings" pp810 & following that seems appropriate.
  - **Element Three:** A prayer for the Church, p810 & following that seems appropriate and the Lord's Prayer.

## Using the Bible and Prayer Book in a particular life circumstance

Example: Who might be praying?

1. You might be asked to pray by someone.
2. Your friend has just received a diagnosis of a chronic, but not immediately life-threatening, disease. Their life is going to change, however, as they will be undergoing surgery in the next week or so.
3. Your friend has accepted an offer to pray with them.
  - **Element One:** This might just be a time of silence with the invitation to just take a moment and be in God's presence.
  - **Element Two:** A prayer from pp458-461 (Prayers for the Sick in the *Ministration to the Sick* section of the BCP)
  - **Element Three:** An invitation to close with the Lord's Prayer together.

## Exercises in “Real Life Praying” with the Bible & the Prayer Book

### #1 Personal Devotions

Identify who will be praying.

1. Take a moment and think of someone in particular. It can be yourself, a friend, a child, or a family member.
2. Imagine the time and setting for prayer.
3. Develop a short prayer “liturgy” for that person with at least three elements.

### #2 Small Group Prayer

Identify the reason for gathering.

1. A small group meeting, such as a committee meeting, Bible study, or family devotions.
2. Think about the time and setting for this small group gathering.
3. Develop an opening or closing “liturgy” with at least three elements.

### #3 Life Circumstance

Identify an occasion for specific prayer.

1. Think of a time when praying with or for someone might be helpful.
2. Spend a moment picturing the context for this time of prayer.
3. Develop a simple outline or “liturgy” for this occasion with at least three elements.