

## **OBM Midday Prayers**

### **Celebrating the presence of God**

Optional:

+ In the name of the Father, and of the Son, and of the Holy Spirit

*In the midst of the day,  
we pause to reflect upon  
God's goodness and mercy,  
and to commit the day afresh  
to his guidance and upholding.*

Gracious God,  
whose gift of life fills  
each moment with promise,  
***we give you thanks  
for the morning past  
and its fulfilment  
in your purposes,  
and the continued promise  
of your presence for all  
that lies ahead.***

*A pause to acknowledge  
any specific thanks and praise*

### **Acknowledging our humanity**

Forgive our wayward steps  
and call us afresh to your Way.  
In work and recreation,  
thought, word and action,  
guide our steps  
that we might walk  
to the rhythm of the Spirit,  
greet friend and stranger with glad hospitality of heart,  
and live to your praise and glory  
***we ask this  
in the name of Jesus Christ. Amen***

### **Listening for the Word**

*A freely chosen reading or*

Rejoice in the Lord always;  
again I will say, Rejoice.

Let your gentleness  
be known to everyone.

***The Lord is near.***

Do not worry about anything,  
but in everything by prayer,  
and supplication  
with thanksgiving  
let your requests  
be made known to God.

***And the peace of God,  
which surpasses all understanding,  
will guard your hearts  
and your minds in Christ Jesus.***

Finally, beloved,  
whatever is true,  
whatever is honourable, whatever is just,  
whatever is pure,  
whatever is pleasing,  
whatever is commendable,  
if there is any excellence  
and if there is anything  
worthy of praise,  
think about these things.

*Philippians 4:4-8 NRSV*

### **Bringing our concerns**

We pray for those we have met, carry on our hearts and for whom we have a concern ...

We pray for all that the afternoon will hold, the planned and the unexpected interruptions ...

We pray for our world,  
church,  
members of this Order  
and circle of friends and family ...

### **Continuing to love and serve**

***May your grace fill us,  
your Spirit uphold us,  
and your Word direct our steps. Amen.***

+ In the name of the Father, and of the Son, and of the Holy Spirit.

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