

Using the Prayer Book for Daily Prayer

The Calendar of the Church Year—starts on page 19 and tells you all of the saints of the day. We remember the people who have formed our faith!

Daily Devotions for Individuals and Families—starts on page 137. Includes short versions of morning prayer, noon prayer, evening prayer and prayer for the close of the day. These prayers are brief but keep us grounded in prayer throughout the day. Longer versions are also available.

The Baptismal Covenant—page 304, the promises we made to God in our baptism and that we reaffirm regularly. Praying with this keeps us grounded in what we believe.

Ministration of the Sick—starting on page 458 these are lovely prayers to pray with someone who is sick or for yourself.

The Psalms—starting on page 585 the Book of Common Prayer lists all 150 psalms. When you are feeling most in need of God's love and support, psalms 23, 46, 121 and 139 are helpful!

Prayers and Thanksgivings—starting on page 814 prayers are available for many of our life circumstances. Examples: prayer for rain, p. 828; prayer for a birthday, p. 830; prayer for guidance, p. 832. The prayers for giving thanks start on p. 836. We need to say those often!!!

The Catechism—starting on page 845, answers the questions you might have about the church and our faith. We can pray more effectively when we are filled with knowledge.

The Book of Common Prayer is an amazing resource and a gift that we Episcopalians can make good use of daily!!