

Shared Ministry in Exning and North Newmarket



Evening Prayer
Wednesday 29th September 2021

Let's Talk about Christian Meditation

Access via YouTube (audio and visual):

Access via telephone (audio only): 03300 945 940, No. 24456910, PIN 7760

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Preparation

O God, make speed to save us.

All O Lord, make haste to help us.

Your faithful servants bless you.

All They make known the glory of your kingdom.



A short period of silence for reflection on the past day

Blessed are you, Sovereign God,
our light and our salvation,
to you be glory and praise for ever.
Now, as darkness is falling,
wash away our transgressions,
cleanse us by your refining fire
and make us temples of your Holy Spirit.
By the light of Christ,
dispel the darkness of our hearts
and make us ready to enter your kingdom,
where songs of praise for ever sound.
Blessed be God, Father, Son and Holy Spirit.
All Blessed be God for ever.

A Song of Tobit

Give me the wings of faith to rise
within the veil, and see
the saints above, how great their joys,
how bright their glories be.

Once they were mourning here below,
and wet their couch with tears;
they wrestled hard, as we do now,
with sins and doubts and fears.

I ask them whence their victory came:
they, with united breath,
ascribe their conquest to the Lamb,
their triumph to his death.

They marked the footsteps that he trod,
his zeal inspired their breast,
and, following their incarnate God,
possess the promised rest.

Our glorious Leader claims our praise
for his own pattern given;
while the long cloud of witnesses
show the same path to heaven.

This opening prayer may be said

That this evening may be holy, good and peaceful,
let us pray with one heart and mind.

Silence is kept.

As our evening prayer rises before you, O God,
so may your mercy come down upon us
to cleanse our hearts
and set us free to sing your praise
now and for ever.

All Amen.

The Word of God

Psalmody

Psalm 138

Refrain: Your loving-kindness, O Lord, endures for ever.

1 I will give thanks to you, O Lord, with my whole heart; ♦
before the gods will I sing praise to you.

2 I will bow down towards your holy temple and praise your name,
because of your love and faithfulness; ♦
for you have glorified your name
and your word above all things.

3 In the day that I called to you, you answered me; ♦
you put new strength in my soul. *R*

4 All the kings of the earth shall praise you, O Lord, ♦
for they have heard the words of your mouth.

5 They shall sing of the ways of the Lord, ♦
that great is the glory of the Lord.

6 Though the Lord be high, he watches over the lowly; ♦
as for the proud, he regards them from afar. *R*

7 Though I walk in the midst of trouble,
you will preserve me; ♦

you will stretch forth your hand against the fury of my enemies;
your right hand will save me.

8The Lord shall make good his purpose for me; ♦
your loving-kindness, O Lord, endures for ever;
forsake not the work of your hands.

Refrain: Your loving-kindness, O Lord, endures for ever.

*Lord our God, supreme over all things,
look upon the humble and lowly
and put new strength into our souls
to complete your purpose for us
in Jesus Christ our Lord.*

**All 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.**

Daniel 10.4-21

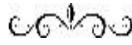
On the twenty-fourth day of the first month, as I was standing on the bank of the great river (that is, the Tigris), I looked up and saw a man clothed in linen, with a belt of gold from Uphaz around his waist. His body was like beryl, his face like lightning, his eyes like flaming torches, his arms and legs like the gleam of burnished bronze, and the sound of his words like the roar of a multitude. I, Daniel, alone saw the vision; the people who were with me did not see the vision, though a great trembling fell upon them, and they fled and hid themselves. So I was left alone to see this great vision. My strength left me, and my complexion grew deathly pale, and I retained no strength. Then I heard the sound of his words; and when I heard the sound of his words, I fell into a trance, face to the ground.

But then a hand touched me and roused me to my hands and knees. He said to me, 'Daniel, greatly beloved, pay attention to the words that I am going to speak to you. Stand on your feet, for I have now been sent to you.' So while he was speaking this word to me, I stood up trembling. He said to me, 'Do not fear, Daniel, for from the first day that you set your mind to gain understanding and to humble yourself before your God, your words have been heard, and I have come because of your words. But the prince of the kingdom of Persia opposed me for twenty-one days. So Michael, one of the chief princes, came to help me, and I left him there with the prince of the kingdom of Persia, and have come to help you understand what is to happen to your people at the end of days. For there is a further vision for those days.'

While he was speaking these words to me, I turned my face towards the ground and was speechless. Then one in human form touched my lips, and I opened my mouth to speak, and said to the one who stood before me, 'My lord, because of the vision such pains have come upon me that I retain no strength. How can my lord's servant talk with my lord? For I am shaking, no strength remains in me, and no breath is left in me.'

Again one in human form touched me and strengthened me. He said, 'Do not fear, greatly beloved, you are safe. Be strong and courageous!' When he spoke to me, I was strengthened and said, 'Let

my lord speak, for you have strengthened me.' Then he said, 'Do you know why I have come to you? Now I must return to fight against the prince of Persia, and when I am through with him, the prince of Greece will come. But I am to tell you what is inscribed in the book of truth. There is no one with me who contends against these princes except Michael, your prince.



Reflection / Talk

Canticle

Refrain:

***All* We have come before the throne of God
to share in the inheritance of the saints in light.**

1 We have come before God's holy mountain, ♦
to the heavenly Jerusalem, the city of the living God.

2 We have come before countless angels making festival, ♦
before the assembly of the firstborn citizens of heaven.

3 We have come before God, who is judge of all, ♦
before the spirits of the just made perfect.

4 We have come before Jesus, ♦
the mediator of the new covenant.

5 We are receiving a kingdom that cannot be shaken: ♦
so let us give thanks and offer to God acceptable worship,

6 Full of reverence and awe; ♦
for our God is a consuming fire. Hebrews 12.22-24a, 28, 29

***All* 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.**

***All* We have come before the throne of God
to share in the inheritance of the saints in light.**

A suitable song or chant, or a responsory

Lord, you will guide me with your counsel
and afterwards receive me with glory.

***All* Lord, you will guide me with your counsel
and afterwards receive me with glory.**

For I am always with you;
you hold me by my right hand.

***All* And afterwards receive me with glory.**

Glory to the Father and to the Son
and to the Holy Spirit.

**All Lord, you will guide me with your counsel
and afterwards receive me with glory.**

Prayers

Silence may be kept. and then The Collect of the day is said

Everlasting God,
you have ordained and constituted
the ministries of angels and mortals in a wonderful order:
grant that as your holy angels always serve you in heaven,
so, at your command,
they may help and defend us on earth;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

All Amen.

The Lord's Prayer is said

**All 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,
the power and the glory,
for ever and ever.
Amen.**

The Conclusion

May Christ, who has opened the kingdom of heaven,
bring us to reign with him in glory.

All Amen.

Let us bless the Lord.
All Thanks be to God.