



THE COMMUNITY OF THE  
**TREE OF LIFE**

**Daily Office**  
**Lent**

The Community of the Tree of Life

# Daily Office

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# Morning Prayer

In Morning Prayer we:

OPEN our hearts to God in PRAISE

RECEIVE and REFLECT on God's Word

PRAY for God's world, the Church

DEDICATE ourselves to God for the day ahead

## Preparation

*Sitting or kneeling*

*Either:*

*I enter holy space, slow my breathing, quiet my mind,  
and centre myself in the abiding presence of Christ.*

*“Abide in me as I abide in you.*

*Those who abide in me and I in them bear much fruit,  
because apart from me you can do nothing.”*

*John 15:4-5*

*or:*

*My Father is glorified by this, that you bear much fruit and  
become my disciples.*

*John 15:8*

*If you keep my commandments you will abide in my love, just as I  
have kept my Father's commandments and abide in his love.*

*John 15:10*

### *Standing*

We meet today

**+in the name of the Father,  
and of the Son,  
and of the Holy Spirit.**

**Amen.**

O Lord, open our lips,

**and our mouth shall proclaim your praise.**

This is the day that the Lord has made,

**We will rejoice and be glad in it.**

Hear our voice, O Lord according to your steadfast love

**According to your justice give us life.**

### **Taize Chant**

**Bless the Lord my soul  
And bless God's holy name  
Bless the Lord my soul  
Who leads me into life.**

## The Word of God

### *Sitting*

- Weekly Lent Psalm (chanted)  
- see separate booklet
- Old Testament
- New Testament

*At the end of the Old Testament and New Testament readings, the following is said:*

This is the word of the Lord.  
**Thanks be to God.**

*Silent reflection on the readings*

## Prayer for God's World

### Intercessions

### *Sitting or Kneeling*

*Led by the Prayer Leader*

- World & UK news
- Diocesan Cycle of Prayer from the booklet

*Individual Prayer time*

- Open prayer, including the day and its tasks

*These responses may be used:*

Lord, in your mercy  
**hear our prayer**

(or)

Your kingdom come  
**your will be done.**

## Collect for the Day

### Lord's Prayer

**Our Father in heaven,  
hallowed be your name.  
Your kingdom come,  
your will be done  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins,  
as we forgive those who sin against us.  
Lead us not into temptation,  
but deliver us from evil.  
For the kingdom, the power and the glory  
are yours,  
now and for ever.  
Amen.**

## Dedication

### *Standing*

### Rule of Life

When Jesus says, 'You did not choose me,  
but I chose you and appointed you to go and bear fruit',  
He sends us to go and make disciples,  
giving, serving and joyfully blessing the world in his name.

**Lord, you have given us this day;  
let our living of it be marked by  
justice, work and blessing,  
that we may be fruitful for You.**

**I choose to stand up, speak out and act justly.  
I choose to 'show up' and play my God-given role.  
I choose to share blessing as I have been blessed.**

**My sisters and brothers,  
I will pray for you,  
encourage you,  
and walk with you,  
as we seek to be fruitful for Christ.**

## Song

**Christ, as a light illumine and guide me.  
Christ, as a shield overshadow me.  
Christ under me; Christ over me;  
Christ beside me, on my left and my right.**

**This day be within and without me  
Lowly and meek, yet all powerful.**

**Be in the heart of each to whom I speak;  
in the mouth of each who speaks unto me.**

**This day be within and without me,  
Lowly and meek, yet all powerful.**

**Christ as a light; Christ as a shield;  
Christ beside me, on my left and my right.**

*Prayer of St. Patrick - John Michael Talbot*

From where we are to where you need us,  
**Jesus, now lead on.**

From the security of what we know  
to the adventure of what you will reveal,  
**Jesus, now lead on.**

To refashion the fabric of this world  
until it resembles the shape of your kingdom  
**Jesus, now lead on.**

Because good things have been prepared  
for those who love God,  
**Jesus, now lead on.**

May God our Redeemer show us compassion and love.  
**Amen.**



# Lunchtime Prayers

At Lunchtime Prayer we:

PAUSE to punctuate the working day with prayer

LISTEN to God's Word calling us to community

PRAY for the RENEWAL of all things

REMEMBER & REORIENTATE – God is in charge

## Preparation

*Sitting or kneeling*

*Either:*

*I pause and remember that Jesus calls me 'Friend'.*

*"No one has greater love than this,  
to lay down one's life for one's friends.*

*You are my friends if you do what I command you.*

*I do not call you servants any longer, because the servant does not  
know what the master is doing;*

*but I have called you friends, because I have made known to you  
everything that I have heard from my Father."*

*John 15:13-17 (NRSV)*

*or:*

*'If you abide in me and my words abide in you ask for whatever  
you wish, and it will be done for you.'*

*John 15:7*

## Greeting

### *Standing*

We meet together

**+ in the name of the Father,  
and of the Son,  
and of the Holy Spirit.**

**Amen**

## Opening Sentences

**From once upon a time to Kingdom come,  
God never changes.**

**Whether a thousand years or a day,  
God is the same.**

**Teach us to live wisely and well;  
interrupt our day with your love.**

**May the beauty of the Lord, rest on us,  
confirming the work of our hands.**

**Affirm the work of our hands!**

*cf. Psalm 90*

## Dedication

### Rule of Life

Jesus says, 'Love one another as I have loved you',  
He calls us to a joyful life of belonging, forgiving,  
and celebrating with one another.

**Lord, you have given us the gift of one another;  
today we choose to shape our community  
with worship, reconciliation and Sabbath,  
that we may flourish together in Christ.**

**I choose to respond to 'Who God is'  
with 'all I am and have'.**

**I choose to listen first and speak life.**

**I choose to eat well, play well and rest well.**

**My sisters and brothers,  
I will pray for you,  
encourage you,  
and walk with you  
as we seek to flourish together in Community.**

## Short Scripture Reading

Monday

Now before faith came, we were imprisoned and guarded under the law until faith would be revealed. Therefore the law was our disciplinarian until Christ came, so that we might be justified by faith. But now that faith has come, we are no longer subject to a disciplinarian, for in Christ Jesus you are all children of God through faith.

As many of you as were baptized into Christ have clothed yourselves with Christ. There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. And if you belong to Christ, then you are Abraham's offspring, heirs according to the promise.

*Galatians 3:23-29*

Tuesday

But when the fullness of time had come, God sent his Son, born of a woman, born under the law, in order to redeem those who were under the law, so that we might receive adoption as children. And because you are children, God has sent the Spirit of his Son into our hearts, crying, "Abba! Father!" So you are no longer a slave but a child, and if a child then also an heir, through God.

*Galatians 4:4-7*

## Wednesday

For freedom Christ has set us free. Stand firm, therefore, and do not submit again to a yoke of slavery.

*Galatians 5:1*

## Thursday

Live by the Spirit, I say, and do not gratify the desires of the flesh. For what the flesh desires is opposed to the Spirit, and what the Spirit desires is opposed to the flesh; for these are opposed to each other, to prevent you from doing what you want.

By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit. Let us not become conceited, competing against one another, envying one another.

*Galatians 5:16-17, 22-26*

## Friday

May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world.

*Galatians 6:14*

## Prayer

### Intercessions

They will be called oaks of righteousness,  
the planting of the Lord, to display his glory.

They shall build up the ancient ruins,  
they shall raise up the former devastations;  
they shall repair the ruined cities,  
the devastations of many generations.

*Isaiah 61:3b-4 (NRSV)*

- \* ○ Lord, rebuild the ancient walls, your houses of prayer.
- \* ○ Lord, raise up a new generation who will seek your face.
- \* ○ Lord, revive your Church.
- \* ○ Lord, re-wire our human cultures.
- \* ○ Lord, restore the beauty of your Creation.

#### *Led by the Prayer Leader*

- We pray for other Communities, our neighbours and the city shaped by information we have received. Days are only a guide.

	<b>Communities</b>	<b>Neighbours</b>	<b>City</b>
<b>Monday</b>	<i>Holy Cross, Costock</i>	<i>Richard III Centre</i>	<i>Business &amp; Commerce</i>
<b>Tuesday</b>	<i>Urban Abbey, Notts</i>	<i>Cathedral</i>	<i>Health &amp; Social</i>
<b>Wednesday</b>	<i>Sister Bev &amp; Chris</i>	<i>St Martin's House</i>	<i>Government &amp; Politics</i>
<b>Thursday</b>	<i>Mt. St Bernard &amp; Monos</i>	<i>Residentiary Canons</i>	<i>Education</i>
<b>Friday</b>	<i>Northumbria</i>	<i>Our Bishops</i>	<i>Media &amp; Arts</i>

#### *Individual Prayer time (in silence or out loud)*

- Prayer requests from the Cathedral
- Open prayer

*Ending with:*

○ Lord, hear our cry:

**Rebuild, Raise up, Revive, Rewire, Restore,  
in the name of Christ.**

**Amen.**

**Lord's Prayer**

**Eternal Spirit,  
Earth-maker, Pain bearer, Life-giver,  
Source of all that is and that shall be,  
Father and Mother of us all,  
Loving God, in whom is heaven:**

**The hallowing of your name echo through the  
universe;**

**The way of your justice be followed by the peoples of  
the world;**

**Your heavenly will be done by all created beings;**

**Your commonwealth of peace and freedom  
sustain our hope and come on earth.**

**With the bread we need for today, feed us.**

**In the hurts we absorb from one another, forgive us.**

**In times of temptation and test, strengthen us.**

**From trial too great to endure, spare us.**

**From the grip of all that is evil, free us.**

**For you reign in the glory of the power that is love,  
now and forever.**

**Amen.**

*A New Zealand Prayer Book*

## Declaration of Faith

### *Standing*

**We believe and trust in God the Father Almighty.**

**We believe and trust in Jesus Christ His Son.**

**We believe and trust in the Holy Spirit.**

**We believe and trust in the Three in One.**

### **Blessing**

**Let nothing disturb you,  
nothing frighten you;  
all things are passing,  
God never changes.**

**Patience attains all things,  
whoever has God lacks nothing;  
God alone suffices.**

*St. Teresa of Avila*

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



# Compline

At Compline we:

come to REST abiding in God's love.

REVIEW the day with God

CONFESS our sins to God and one another

RECEIVE forgiveness

SURRENDER our concerns, our loved ones and ourselves to  
God's protection

## Taize Chant

**Ubi Caritas et amor, Ubi Caritas Deus ibi est**

or

**Laudate omnes gentes, Laudate Dominum.**

## Preparation

*Either:*

*I enter holy space, slow my breathing, quiet my mind and centre myself in God's abiding presence. I remember that Jesus says he loves me, I come to rest, soaking in his love.*

*"As the Father has loved me, so I have loved you; abide in my love."*

*John 15:9*

or:

*"I am the true vine and my Father is the vine-grower. He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit."*

*John 15:1*

*"I have said these things to you so that my joy may be in you and that your joy may be complete."*

*John 15:11*

## Greeting

We meet tonight

**+in the name of the Father,  
and of the Son  
and of the Holy Spirit.  
Amen.**

## Dedication

### Rule of Life

Jesus says, 'Abide in me as I abide in you',  
He invites us to come back home,  
to stay, rest, obey and be with him in his joy.

**Lord, the day you gave us is over,  
and now we come to rest,  
grounding ourselves once more in  
prayer, Scripture and solitude,  
that we may be rooted in Christ and know his joy.**

**I choose to abide in Christ; present to  
God's presence.**

**I choose to dive deep into God's Word.**

**I choose to make space to be alone with Jesus.**

**My sisters and brothers,  
I will pray for you,  
encourage you,  
and walk with you,  
as we seek to abide in Christ.**

## The Examen

*We invite the Holy Spirit to be our guide as we review the day.*

## Confession

Let us confess our sins and seek the mercy of Christ.

### *Kneeling*

Lord, have mercy.

**Lord, have mercy.**

Christ have mercy

**Christ, have mercy.**

Lord have mercy.

**Lord, have mercy.**

**I confess to almighty God  
and to you my sisters and brothers,  
that I have sinned through my own fault,  
in my thoughts and in my words,  
in what I have done,  
and what I have failed to do;  
and I ask you my sisters and brothers,  
to pray for me to the Lord our God.**

### *Silence*

### *Rising*

Create in me a clean heart, O God,  
**and renew a right spirit within me.**

Give us again the joy of your saving help,  
**and with your generous Spirit, sustain us.**

*Psalm 51:10, 12*

*One or more psalm may be offered*

### *Psalm 4*

- 1 Answer me when I call, O God of my righteousness; ♦  
you set me at liberty when I was in trouble;  
have mercy on me and hear my prayer.
- 2 How long will you nobles dishonour my glory; ♦  
how long will you love vain things and seek after  
falsehood?
- 3 But know that the Lord has shown me his marvellous  
kindness; ♦  
when I call upon the Lord, he will hear me.
- 4 Stand in awe, and sin not; ♦  
commune with your own heart upon your bed, and be  
still.
- 5 Offer the sacrifices of righteousness ♦  
and put your trust in the Lord.
- 6 There are many that say, 'Who will show us any good?' ♦  
Lord, lift up the light of your countenance upon us.
- 7 You have put gladness in my heart, ♦  
more than when their corn and wine and oil increase.
- 8 In peace I will lie down and sleep, ♦  
for it is you Lord, only, who make me dwell in safety.

## Psalm 16

- 1 Preserve me, O God, for in you have I taken refuge; ♦  
I have said to the Lord, 'You are my lord,  
all my good depends on you.'
- 2 All my delight is upon the godly that are in the land, ♦  
upon those who are noble in heart.
- 3 Though the idols are legion that many run after, ♦  
their drink offerings of blood I will not offer,  
neither make mention of their names upon my lips.
- 4 The Lord himself is my portion and my cup; ♦  
in your hands alone is my fortune.
- 5 My share has fallen in a fair land; ♦  
indeed, I have a goodly heritage.
- 6 I will bless the Lord who has given me counsel, ♦  
and in the night watches he instructs my heart.
- 7 I have set the Lord always before me; ♦  
he is at my right hand; I shall not fall.
- 8 Wherefore my heart is glad and my spirit rejoices; ♦  
my flesh also shall rest secure.
- 9 For you will not abandon my soul to Death, ♦  
nor suffer your faithful one to see the Pit.
- 10 You will show me the path of life;  
in your presence is the fullness of joy ♦  
and in your right hand are pleasures for evermore.

*Psalm 31 :1-5, 19-end*

- 1 In you, O Lord, have I taken refuge;  
let me never be put to shame; ♦  
deliver me in your righteousness.
- 2 Incline your ear to me; ♦  
make haste to deliver me.
- 3 Be my strong rock, a fortress to save me,  
for you are my rock and my stronghold; ♦  
guide me, and lead me for your name's sake.
- 4 Take me out of the net  
that they have laid secretly for me, ♦  
for you are my strength.
- 5 Into your hands I commend my spirit, ♦  
for you have redeemed me, O Lord God of truth.
  
- 19 How abundant is your goodness, O Lord,  
which you have laid up for those who fear you; ♦  
which you have prepared in the sight of all  
for those who put their trust in you.
- 20 You hide them in the shelter of your presence  
from those who slander them; ♦  
you keep them safe in your refuge from the strife of  
tongues.
- 21 Blessed be the Lord! ♦  
For he has shown me his steadfast love  
when I was as a city besieged.

- 22 I had said in my alarm,  
‘I have been cut off from the sight of your eyes.’ ♦  
Nevertheless, you heard the voice of my prayer  
when I cried out to you.
- 23 Love the Lord, all you his servants; ♦  
for the Lord protects the faithful,  
but repays to the full the proud.
- 24 Be strong and let your heart take courage, ♦  
all you who wait in hope for the Lord.

### *Psalm 91*

- 1 Whoever dwells in the shelter of the Most High ♦  
and abides under the shadow of the Almighty,
- 2 Shall say to the Lord, ‘My refuge and my stronghold, ♦  
my God, in whom I put my trust.’
- 3 For he shall deliver you from the snare of the fowler ♦  
and from the deadly pestilence.
- 4 He shall cover you with his wings  
and you shall be safe under his feathers; ♦  
his faithfulness shall be your shield and buckler.
- 5 You shall not be afraid of any terror by night, ♦  
nor of the arrow that flies by day;
- 6 Of the pestilence that stalks in darkness, ♦  
nor of the sickness that destroys at noonday.

- 7 Though a thousand fall at your side  
and ten thousand at your right hand, ♦  
yet it shall not come near you.
- 8 Your eyes have only to behold ♦  
to see the reward of the wicked.
- 9 Because you have made the Lord your refuge ♦  
and the Most High your stronghold,
- 10 There shall no evil happen to you, ♦  
neither shall any plague come near your tent.
- 11 For he shall give his angels charge over you, ♦  
to keep you in all your ways.
- 12 They shall bear you in their hands, ♦  
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder; ♦  
the young lion and the serpent you shall trample  
underfoot.
- 14 Because they have set their love upon me,  
therefore will I deliver them; ♦  
I will lift them up, because they know my name.
- 15 They will call upon me and I will answer them; ♦  
I am with them in trouble,  
I will deliver them and bring them to honour.
- 16 With long life will I satisfy them ♦  
and show them my salvation.



### Psalm 134

- 1 Come, bless the Lord, all you servants of the Lord, ♦  
you that by night stand in the house of the Lord.
- 2 Lift up your hands towards the sanctuary ♦  
and bless the Lord.
- 3 The Lord who made heaven and earth ♦  
give you blessing out of Zion.

### Psalm 143

- 1 Hear my prayer, O Lord,  
and in your faithfulness give ear to my supplications; ♦  
answer me in your righteousness.
- 2 Enter not into judgement with your servant, ♦  
for in your sight shall no one living be justified.
- 3 For the enemy has pursued me,  
crushing my life to the ground, ♦  
making me sit in darkness like those long dead.
- 4 My spirit faints within me; ♦  
my heart within me is desolate. [R]
- 5 I remember the time past; I muse upon all your deeds; ♦  
I consider the works of your hands.
- 6 I stretch out my hands to you; ♦  
my soul gasps for you like a thirsty land.

- 7 O Lord, make haste to answer me; my spirit fails me; ♦  
hide not your face from me  
lest I be like those who go down to the Pit.
- 8 Let me hear of your loving-kindness in the morning,  
for in you I put my trust; ♦  
show me the way I should walk in,  
for I lift up my soul to you.
- 9 Deliver me, O Lord, from my enemies, ♦  
for I flee to you for refuge.
- 10 Teach me to do what pleases you, for you are my God; ♦  
let your kindly spirit lead me on a level path.
- 11 Revive me, O Lord, for your name's sake; ♦  
for your righteousness' sake, bring me out of trouble.
- 12 In your faithfulness, slay my enemies,  
and destroy all the adversaries of my soul, ♦  
for truly I am your servant.

*At the end of the psalmody, the following is said*

**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.**

## Short Scripture Reading

### Monday

“Hear, O Israel: The Lord our God, the Lord is one. You shall love the Lord your God with all your heart and with all your soul and with all your might. And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.

*Deuteronomy 6: 4-7*

### Tuesday

For God has not destined us for wrath, but to obtain salvation through our Lord Jesus Christ, who died for us so that whether we are awake or asleep we might live with him.

*1 Thessalonians 5:9-10*

### Wednesday

But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

*2 Corinthians 12:9-10*

## Thursday

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.

*1 Thessalonians 5:23*

## Friday

Yet you, O Lord, are in the midst of us, and we are called by your name; leave us not O Lord our God.

*Jeremiah 14:9*

## Saturday

For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, for God gave us a spirit not of fear but of power and love and self-control.

*2 Timothy 1:7*

## Sunday

By this we know that we abide in him and he in us, because he has given us of his Spirit. And we have seen and do testify that the Father has sent his Son as the Saviour of the world. God abides in those who confess that Jesus is the Son of God, and they abide in God. So we have known and believe the love that God has for us. God is love, and those who abide in love abide in God, and God abides in them.

*1 John 4:13-16*

*A short silence to reflect on the reading.*

*The following responsory may be said:*

Into your hands, O Lord, I commend my spirit.

**Into your hands, O Lord, I commend my spirit.**

For you have redeemed me, Lord God of truth.

**I commend my spirit.**

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

**Into your hands, O Lord, I commend my spirit.**

Keep me as the apple of your eye.

**Hide me under the shadow of your wings.**

## Prayers

### Intercessions

*Personal intercessions and thanksgivings may be offered here in silence.*

*Each person says the following in turn:*

**My dear ones O Lord, bless and keep,  
in every place where they are.**

*We say together:*

**Our dear ones, O Lord, Companions and friends,  
bless and keep,  
in every place where they are.**

*A Collect is chosen*

Visit this place, O Lord, we pray,  
and drive far from it the snares of the enemy;  
may your holy angels dwell with us and guard us in peace,  
and may your blessing be always upon us;  
through Jesus Christ our Lord.

**Amen.**

Be present, O merciful God,  
and protect us through the silent hours of this night,  
so that we who are wearied  
by the changes and chances of this fleeting world,  
may rest upon your eternal changelessness;  
through Jesus Christ our Lord.

**Amen.**

Keep watch, dear Lord,  
with those who wake, or watch, or weep this night,  
and give your angels charge over those who sleep.  
Tend the sick,  
give rest to the weary,  
sustain the dying,  
calm the suffering,  
and pity the distressed;  
all for your love's sake, O Christ our Redeemer.

**Amen.**

## The Conclusion

In peace we will lie down and sleep;  
**for you alone, Lord, make us dwell in safety.**

Abide with us, Lord Jesus,  
**for the night is at hand and the day is now past.**

As the night watch looks for the morning,  
**so do we look for you, O Christ.**

[Come with the dawning of the day,  
**and make yourself known in the breaking of the bread.]**

The Lord bless us and watch over us;  
the Lord make his face shine upon us and be gracious to us;  
the Lord look kindly on us and give us peace.

**Amen.**

*The chapel lights are switched off by the leader.*

*Silent prayer until each is ready to depart to sleep.*

*The last person to leave blows out the candles.*

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