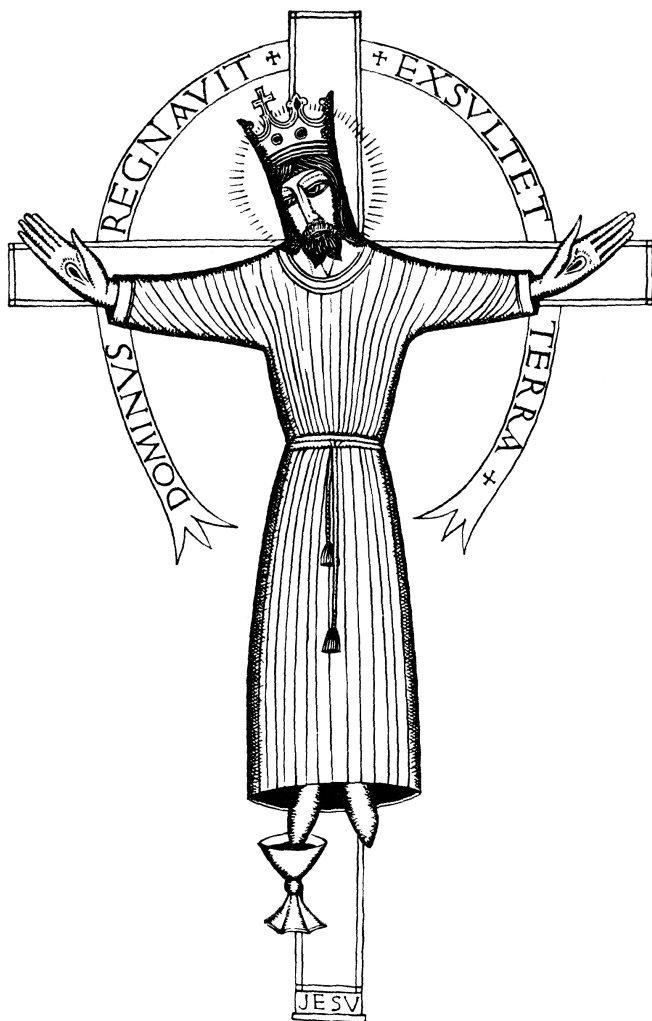


SAINT JOHN HENRY NEWMAN, VICTORIA

Personal Ordinariate of the Chair of St Peter ✦ Deanery of St John the Baptist

☁ under the patronage of Our Lady of Walsingham ☁



PENANCE BOOK

Prayers, Psalms, and Scripture

☁ for Acts of Penance ☁

THE RITE OF CONFESSION

The Penitent kneels and, after a short period of recollection, says:

Bless me, Father, for I have sinned.

The Lord be upon thy heart, and upon thy lips, that so thou mayest worthily confess all thy sins. ✠ In the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

The Penitent then makes his Confession, using the following formula:

I confess to Almighty God, to Blessed Mary, ever-Virgin, to all the Saints, and to thee, Father, that I have sinned exceedingly, in thought, word, deed, and omission, by my own great fault. Especially since my last Confession, which was..., when I received Absolution, and performed my Penance, I remember the following sins...

The Penitent now confesses his sins. When finished, he concludes thus:

For these and all my other sins, which I cannot now remember, I am very sorry, I intend to do better, and I humbly ask pardon of God; and of thee, Father, I ask for Penance, advice and Absolution.

After the Confession, the Priest addresses a few words of counsel and assigns a suitable Penance, following which the Penitent makes his Act of Contrition:

O my God, I am heartily sorry for having offended thee, and I detest all my sins, because I dread the loss of heaven and the pains of hell; but most of all because they offend thee, my God, who art all good and deserving of all my love. I firmly resolve, with the help of thy grace, to confess my sins, to do penance, and to amend my life. Amen.

The Priest then pronounces the Absolution with these words:

God, the Father of mercies, through the Death and Resurrection of his Son has reconciled the world to himself and poured out the Holy Spirit for the forgiveness of sins; through the ministry of the Church may God grant you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, ✠ and of the Holy Spirit. Amen.

Deus, Pater misericordiarum, qui per mortem et resurrectionem Filii Sui mundum Sibi reconciliavit et Spiritum Sanctum effudit in remissionem peccatorum, per ministerium Ecclesiae indulgentiam tibi tribuat et pacem. Et ego te absolvo a peccatis tuis in nomine Patris, et Filii, ✠ et Spiritus Sancti. Amen.

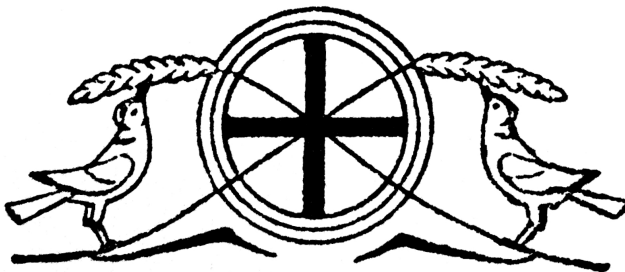
He may also add:

May the Passion of Our Lord Jesus Christ, the prayers of Our Blessed Lady, and of all the Saints, make whatsoever good thou hast done, or evil thou hast endured, be unto thee for the forgiveness of sins, the increase of grace, and the reward of eternal life.

And the blessing of God Almighty, the Father, the Son, and the Holy Ghost, be upon thee, and remain with thee always. Amen.

Go in peace, the Lord hath put away all thy sins, and pray for me, for I am a sinner also.

The Penitent departs and proceeds to perform his Penance, preferably before leaving church.



PRAYERS & ACTS

SATISFACTION *to be said after making your Confession.*

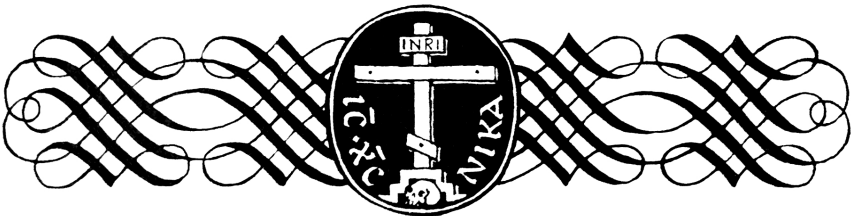
I THANK thee, my God, for giving me the forgiveness of my sins, through the Precious Blood of Jesus Christ my Saviour. Bless the Lord, O my soul, and all that is within me, bless his holy Name.

O my most merciful God, who in forgiving our sins, rememberest them no more against us for ever, accept my unworthy thanks for thy great goodness in blotting out my transgressions. Let the grace of this absolution strengthen and sustain me, and may the pitifulness of thy great mercy defend me evermore from all assaults of the enemy. Amen.

O Lord God, I desire to offer thee the penance which thou hast given me by the word of thy priest. It is as nothing compared to the sins which I have committed; nevertheless, I unite it to the sufferings of my Lord and Saviour Jesus Christ and offer it as an act of adoration of thy divine majesty, of sorrow for my sins (especially...), and of supplication for the virtues of... (then say your penance).

My God, I resolve to show my thanks to thee for receiving me as thy forgiven child, by fighting against sin in the future. I resolve by thy grace to avoid what is wrong, to believe what is true, to do what is right, and to continue thy faithful soldier and servant unto my life's end.

May the holy Mother of God, my Guardian Angel, and my holy Patron(s), join with me in giving thanks unto the Lord for his great goodness, and loving-kindness, in pardoning mine iniquity. And may the eternal Father, of his boundless mercy and by the life and death of his dear Son, enable me to persevere unto the end, and die in his favour. Amen.



The SIGN of the CROSS

✠ IN the Name of the Father, and of the Son, and of the Holy Ghost. Amen.

The LORD'S PRAYER

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 HAIL MARY

HAIL Mary, full of grace; the Lord is with thee: blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now, and at the hour of our death. Amen.

GLORIA PATRI

GLORY be to the Father, and to the Son, and to the Holy Ghost: as it was in the beginning, is now, and ever shall be, world without end. Amen.

The APOSTLES' CREED

I BELIEVE in God the Father almighty, Maker of heaven and earth. And in Jesus Christ his only Son, our Lord: who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, dead, and buried: he descended into hell; the third day he rose again from the dead; he ascended into heaven; and sitteth on the right hand of God the Father Almighty: from thence he shall come to judge the quick and the dead. I believe in the Holy Ghost, the holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

A PRAYER of DEDICATION by *St Richard of Chichester*

THANKS be to thee, O Lord Jesus Christ, for all the cruel pains and insults thou hast borne for me; for all the many blessings thou hast won for me. O holy Jesu, most merciful Redeemer, friend and brother, may I know thee more clearly, love thee more dearly, and follow thee more nearly, day by day. Amen.

A PRAYER of DEDICATION *by St John Henry Newman*

MY Lord, I offer myself as a sacrifice of thanksgiving. Thou hast died for me, and I in turn make myself over to thee. I am not my own: thou hast bought me; I will by my own act and deed complete the purchase. My wish is to be separated from everything of this world; to cleanse myself simply from sin; to put away from me even what is innocent, if used for its own sake and not for thine. I put away reputation and honour, and influence and power, for my praise and strength shall be in thee. Enable me to carry out what I profess. Amen.

A PRAYER for SEEKING GOD *by St Anselm of Canterbury*

LORD, I have sought thy face; thy face, Lord, will I seek; O hide not thou thy face from me. Raise me up out of myself unto thee. Cleanse, heal, quicken, enlighten the eye of my mind that it may look unto thee. Grant that my soul may collect its strength once more, and with all the power of my understanding strive after thee, O Lord. Surely thou art life and wisdom, and truth, and goodness, and blessedness, and eternity, and everything that is truly good.

A PRAYER for the FRUITS of PENITENCE *by St Thomas Aquinas*

O MERCIFUL God, make me to lift up my heart oft-times to thee, and, when I fall, make me to think on thee, and be sorry with a steadfast purpose of amendment. My God, make me humble without feigning, merry without lightness, sad without mistrust, sober without dullness, true without doubleness, fearing thee without desperation, trusting in thee without presumption, telling my neighbour's faults without dissimulation, teaching them with words and examples without mockings, obedient without arguing, patient without grudging, and pure without corruption.

A PRAYER to OUR LORD and the SAINTS *by Fr H A Wilson*

JESUS, thou art my only need, without thee I am poor indeed: so let me never lose thee. Without thee I cannot be good, or ever do the things I should: so, Jesus, never leave me. Holy Mary, be a Mother to me; Saint Joseph and all the Saints, pray for me; my Guardian Angel, watch over me to keep me from all sin; Jesus, have mercy on me; Mary, pray for me. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

A PRAYER *for the* GUIDANCE *of the* HOLY SPIRIT

COME, Holy Ghost, and fill the hearts of thy faithful people, and kindle in them the fire of thy love. Send forth thy Spirit, and they shall be made. And thou shalt renew the face of the earth. God, who didst teach the hearts of thy faithful people, by the sending to them the light of thy Holy Spirit: grant us by the same Spirit to have a right judgement in all things: and evermore to rejoice in his holy comfort. Through Christ our Lord. Amen.

A PRAYER *of* CONTRITION *by Eric Milner-White*

O LORD Jesus Christ, Son of the living God, grant us of thy tender grace true fellowship with thee in thy sufferings, by abhorring and renouncing the open sins and the secret sins, the habitual sins and the sudden sins, the little sins and the great sins, which crucify thee afresh; who now livest and reignest with the Father and the Holy Ghost, for ever and ever. Amen.

A PRAYER *of* CONTRITION *by Richard Rolle*

O HOLY God, whose mercy and pity made thee descend from the high throne down into this world for our salvation: mercifully forgive us all the sins that we have done and thought and said. Send us cleanness of heart and purity of soul; restore us with thy Holy Spirit, that we may henceforth live virtuously and love thee with all our hearts; through Jesus Christ our Lord. Amen.

A PRAYER *of* PROTECTION *by St Patrick*

CHRIST be with me, Christ within me, Christ behind me, Christ before me, Christ beside me, Christ to win me, Christ to comfort and restore me, Christ beneath me, Christ above me, Christ in quiet, Christ in danger, Christ in hearts of all that love me, Christ in mouth of friend and stranger. I bind unto myself the name, the strong name of the Trinity; by invocation of the same, the Three in One, and One in Three. Of whom all nature hath creation; Eternal Father, Spirit, Word: Praise to the Lord of my salvation, salvation is of Christ the Lord. Amen.

A PRAYER *of* SELF-OBLATION

ALMIGHTY God, who thyself art love; fill us with the spirit of thy holy love; that our hearts being kindled by thee, we may for ever and ever love thee, and each other in thee, and all men for thee; through Jesus Christ our Lord. Amen.

A PRAYER *of* SELF-OBLATION

O GOD, who art worthy of a greater love than we can give or understand; Fill my heart with such love towards thee as may cast out all sloth and fear, that nothing may seem too hard for me to do or suffer in obedience to thee; and grant that by thus loving thee I may become more like unto thee, and finally obtain the crown of life which thou hast promised to those that love thee; through Jesus Christ our Lord. Amen.

A PRAYER *for* SERVICE *by* St Ignatius of Loyola

TEACH us, good Lord, to serve thee as thou deservest; to give and not to count the cost; to fight and not to heed the wounds; to toil and not to look for rest; to labour and not to seek for any reward, save that of knowing that we do thy will. Who livest and reignest, world without end. Amen.

FOR *the* PROTECTION *of* ST MICHAEL *the* ARCHANGEL

HOLY Michael, Archangel, defend us in the day of battle; be our safeguard against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, prince of the heavenly host, by the power of God, thrust down to hell Satan, and all wicked spirits, who wander through the world for the ruin of souls. Amen.

A PRAYER *for* TRUST *in* GOD *by* St John Henry Newman

GOD has created me to do him some definite service: he has committed some work to me which he has not committed to another. I have my mission – I may never know it in this life, but I shall be told it in the next. I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good; I shall do his work. I shall be an angel of peace, a preacher of truth in my own place, while not intending it – if I do but keep his commandments. Therefore, I will trust him, whatever, wherever I am, I can never be thrown away. If I am in sickness, my sickness may serve him, in perplexity, my perplexity may serve him; if I am in sorrow, my sorrow may serve him. He does nothing in vain. He knows what he is about. He may take away my friends. He may throw me among strangers. He may make me feel desolate, make my spirits sink, hide my future from me – still, he knows what he is about. Amen.

ANIMA CHRISTI *translated by St John Henry Newman*

SOUL of Christ, be my sanctification; Body of Christ, be my salvation; Blood of Christ, fill all my veins; Water of Christ's side, wash out my stains; Passion of Christ, my comfort be; O good Jesus, listen to me; In Thy wounds I fain would hide; Ne'er to be parted from Thy side; Guard me, should the foe assail me; Call me when my life shall fail me; Bid me come to Thee above, With Thy saints to sing Thy love, World without end. Amen.

A PRAYER *for the* **PROTECTION** *of my* **GUARDIAN ANGEL**

ANGEL of God, my Guardian dear, to whom God's love commits me here. Ever this day be at my side, to light and guard, to rule and guide. Amen.

An ACT of **THANKSGIVING**

O ETERNAL God, I praise thee, and I thank thee from my inmost heart, for that thou hast created me after thine own image: and hast redeemed me with the Precious Blood of thy dear Son; and besides other countless blessings, hast so mercifully preserved me, bringing me safely to the beginning of another day, and keeping me from evils and dangers during the past night. What return shall I make unto thee, O Lord, for all the benefits that thou hast unto me? I will praise and bless thy holy Name for ever. Amen.

An ACT of **CONTRITION**

O GOD of infinite mercy, I grieve for love of thee that I have ever offended thee. I love thee with my whole heart, and I beseech thee to give me the continual increase of thy love, by directing all my thoughts, words and actions to thy glory. I would lean wholly upon thy heavenly grace; and I purpose never more to commit sin, but to avoid all occasions of evil, and whatsoever displeaseth thee. Grant, O Lord, that I may abide steadfast in this purpose, through Jesus Christ our Lord. Amen.

An ACT of **OBLATION**

O MY God, I offer to thee all that I shall think or do or say, and all that thou shalt give me to endure, through the day that has now begun. All these things I offer to thee in union with the perfect offering of our Saviour upon the Cross; may they be for thy glory, for the good of others, and for the salvation of my soul. Amen.

ACTS of FAITH, HOPE and CHARITY

O my God, I believe in thee, and all that thy Church doth teach, because thou hast said it, and thy word is true.

O my God, I hope in thee, for grace and for glory, because of thy promises, thy mercy, and thy power.

O my God, I love thee with my whole heart and above all things, and for thy sake I love my neighbour as myself.

SHORT ACTS of CONTRITION

FATHER, I have sinned against heaven, and before thee, and am no more worthy to be called thy son. (*St Luke 15.18-19*)

I have gone astray like a sheep that is lost. O seek thy servant, for I do not forget thy commandments. (*Ps. 119.176*)

Show me thy way, O Lord, and teach me thy paths. (*Ps. 25.4-6*)

Make me a clean heart, O God, and renew a right spirit within me. (*Ps 51.10*)

Have mercy upon me, O Lord, for I am weak. (*Ps. 6.2*)

A LITANY of HUMILITY by *Raphael, Cardinal Merry del Val*

O JESUS! meek and humble of heart, *hear me.*

From the desire of being esteemed, *deliver me, Jesus.*

From the desire of being loved, *deliver me, Jesus.*

From the desire of being extolled, *deliver me, Jesus.*

From the desire of being honoured, *deliver me, Jesus.*

From the desire of being praised, *deliver me, Jesus.*

From the desire of being preferred to others, *deliver me, Jesus.*

From the desire of being consulted, *deliver me, Jesus.*

From the desire of being approved, *deliver me, Jesus.*

From the fear of being humiliated, *deliver me, Jesus.*

From the fear of being despised, *deliver me, Jesus.*

From the fear of suffering rebukes, *deliver me, Jesus.*

From the fear of being calumniated, *deliver me, Jesus.*

From the fear of being forgotten, *deliver me, Jesus.*

From the fear of being ridiculed, *deliver me, Jesus.*

From the fear of being wronged, *deliver me, Jesus.*

From the fear of being suspected, *deliver me, Jesus.*

That others may be loved more than I, *Jesus, grant me the grace to desire it.*

That others may be esteemed more than I, *Jesus, grant me the grace to desire it.*

That, in the opinion of the world, others may increase and I may decrease, *Jesus, grant me the grace to desire it.*

That others may be chosen and I set aside, *Jesus, grant me the grace to desire it.*

That others may be praised and I unnoticed, *Jesus, grant me the grace to desire it.*

That others may be preferred to me in everything, *Jesus, grant me the grace to desire it.*

That others may become holier than I, provided that I may become as holy as I should, *Jesus, grant me the grace to desire it.*

AN ACT of PENITENCE *by John Donne*

FORGIVE me, Lord, my sins: the sins of my youth, the sins of the present; the sins I laid upon myself in an ill pleasure, the sins I cast upon others in an ill example; the sins which are manifest to all the world, the sins which I have laboured to hide from mine acquaintance, from mine own conscience, and even from my memory; my crying sins and my whispering sins, my ignorant sins and my wilful; sins against my superiors, equals, servants, against my lovers and benefactors, sins against myself, mine own body, mine own soul, sins against thee, O Almighty Father, O merciful Son, O blessed Spirit of God. Forgive me, O Lord, through the merits of thine Anointed, my Saviour, Jesus Christ. Amen.

A COMMENDATION *by Lancelot Andrewes*

ACCEPT my entreaty: direct my life unto thy commandments: sanctify my soul, purify my body, rectify my thoughts, cleanse my desires; soul and body, mind and spirit, heart and reins, renew me wholly, O Lord: for if thou wilt, thou canst. Be unto me, O Lord, always thy mighty hand for defence: thy mercy in Christ for salvation: thine all-true word for instruction: the grace of thy life-bringing Spirit for comfort until the end and in the end. Amen.

FOR a GRATEFUL HEART *by George Herbert*

THOU that hast given so much to me, give one thing more, a grateful heart. Not thankful when it pleases me, as if thy blessings had spare days; but such a heart whose very pulse may be thy praise. Amen.

***The* GENERAL THANKSGIVING**

ALMIGHTY God, Father of all mercies, we, thine unworthy servants, do give thee most humble and hearty thanks for all thy goodness and loving-kindness to us and to all men. We bless thee for our creation, preservation, and all the blessings of this life; but above all, for thine inestimable love in the redemption of the world by our Lord Jesus Christ; for the means of grace, and for the hope of glory. And, we beseech thee, give us that due sense of all thy mercies, that our hearts may be unfeignedly thankful; and that we show forth thy praise, not only with our lips, but in our lives, by giving up ourselves to thy service, and by walking before thee in holiness and righteousness all our days; through Jesus Christ our Lord, to whom, with thee and the Holy Ghost, be all honour and glory, world without end. Amen.

A PRAYER *for* PEACE *of* MIND *and* HEART *by* St Teresa of Avila

LET nothing disturb thee, nothing affright thee. All things are passing. God never changeth; patient endurance attaineth to all things; who God possesseth in nothing is wanting. God alone sufficeth.

A PRAYER *for* the LOVE *of* GOD *by* St John Vianney

I LOVE thee, O my God, and my only desire is to love thee until the last breath of my life. I love thee, and I would rather die loving thee than live without loving thee. I love thee, Lord, and the only grace I ask is to love thee eternally. My God, if my tongue cannot say in every moment that I love thee, I want my heart to repeat it to thee as often as I draw breath.

A PRAYER *of* LONGING *for* GOD *by* Henry Vaughan

ABIDE with us, O most blessed and merciful Saviour, for it is toward evening and the day is far spent. As long as thou art present with us, we are in the light. When thou art present all is brightness, all is sweetness. We discourse with thee, watch with thee, live with thee and lie down with thee. Abide then with us, O thou whom our soul loveth, thou Sun of righteousness with healing under thy wings arise in our hearts; make thy light then to shine in darkness as a perfect day in the dead of night. Amen.

A PRAYER *of* LONGING *for* GOD *from* the Sarum Primer, 1514

GOD be in my head, and in my understanding; God be in mine eyes, and in my looking; God be in my mouth, and in my speaking; God be in my heart, and in my thinking; God be at mine end, and at my departing.

FOR ENDURANCE *of* SUFFERING *by St John Henry Newman*

O MY dear Lord, though I am so very weak that I have not strength to ask thee for suffering as a gift, at least I will beg of thee grace to meet suffering well when thou in thy love and wisdom dost bring it upon me. Let me bear pain, reproach, disappointment, slander, anxiety, suspense, as thou wouldst have me, O my Jesu, and as thou by thy own suffering hast taught me, when it comes. Amen.

A PRAYER *for* LONELINESS

O GOD, I come to thee for comfort. Thou knowest my loneliness. Keep me from living too much in the past. Keep me from living too much in memories and too little with hopes. Keep me from being too sorry for myself. Help me to remember that my experience is only what many another hath borne. Help me not to sorrow as them that have no hope. Help me to find comfort in my work, and, because I hath endured sorrow, help me to help others who sorrow, and all for thy love's sake. Amen.

A PRAYER *before a* CRUCIFIX

BEHOLD, O good and most sweet Jesus, I fall upon my knees before thee, and with most fervent desire beg and beseech thee that thou wouldst impress upon my heart a lively sense of faith, hope, and charity, true repentance for my sins, and a firm resolve to make amends. And with deep affection and grief, I reflect upon thy Five Wounds, having before my eyes that which thy prophet David spoke about thee, O good Jesus: 'They have pierced my hands and feet, I may tell all my bones.'

FOR SUBMISSION *in* PRAYER

LORD, I know not what I ought to ask of thee; thou only knowest what I need; thou lovest me better than I know how to love myself. Father, give thy child what he himself knows not how to ask; I presume not to ask either for crosses or consolations; in simplicity I present myself before thee and open my heart to thee. Regard thou the needs which I myself know not: behold and do according to thy tender mercy. Smite or heal: depress me or raise me up; I adore all thy purposes without knowing them. I keep silence, and offer myself as a sacrifice to thee: I yield myself to thee, and I would have no other desire than to accomplish thy will. Teach me to pray: pray thyself in me; through Jesus Christ our Lord. Amen.

FOR CONFORMITY *to the* LIFE *of* CHRIST *by Eric Milner-White*

O CHRIST, the everlasting Son of the Father, the catholic King: Come thou thyself to rule in my heart, that the hatred of sin, the love of thy presence, the light of thy truth, and the joy of the Holy Ghost may there be enthroned; and then in thy mercy bring us to the kingdom where thou reignest in the glory of the eternal Trinity, for ever and ever. Amen.

A PRAYER *for the* PILGRIMAGE *of* LIFE *by George Matheson*

O THOU divine Spirit that, in all events of life, art knocking at the door of my heart, help me to respond to thee. I would not be driven blindly as the stars over their courses. I would not be made to work out thy will unwillingly, to fulfil thy law unintelligently, to obey thy mandates unsympathetically. I would take the events of my life as good and perfect gifts from thee; I would receive even the sorrows of life as disguised gifts from thee. I would have my heart open at all times to receive thee, at morning, noon, and night; in spring, and summer and winter. Whether thou comest to me in sunshine or in rain, I would take thee into my heart joyfully. Thou art thyself more than the sunshine, thou art thyself compensation for the rain; it is thee and not thy gifts I crave; knock, and I shall open unto thee.

A PRAYER *for* DELIVERANCE *from* EVIL *by St Bede the Venerable*

O GOD, that art the only hope of the world, the only refuge for unhappy men, abiding in the faithfulness of heaven, give me strong succour in this testing place. O King, protect thy man from utter ruin lest the weak faith surrender to the tyrant, facing innumerable blows alone. Remember I am dust, and wind, and shadow, and life as fleeting as the flower of grass. But may the eternal mercy which hath shone from time of old rescue thy servant from the jaws of the lion. Thou who didst come from on high in the cloak of flesh, strike down the dragon with that two-edged sword, whereby our mortal flesh can war with the winds and beat down strongholds, with our God.

A PRAYER *of* GRATITUDE

LORD of all mercy and goodness, suffer us not by any ingratitude or hardness of heart to forget the wonderful benefits that thou hast bestowed upon us this and every day; but grant that we may be mindful all the days of our life of the incomparable gifts which thou ever givest us through Jesus Christ our Lord. Amen.

A PRAYER *for* LIFE'S PURPOSE *by Richard Baxter*

MY Lord, I have nothing to do in this world but to seek and serve thee. I have nothing to do with my heart and its affections but to breathe after thee. I have nothing to do with my tongue and pen but to speak to thee and for thee, and to publish thy glory and thy will. Amen.

A PRAYER *for* SERVICE *by Walter Frere CR*

MY God, my heart is set on serving thee. To serve the world is hard, unsatisfying, but to serve thee is perfect joy and liberty. Here would I consecrate to thee and to thy cause each faculty and power which thou hast given me: of intellect or learning, of heart or sympathy, of spiritual fervour, of influence or guidance. All come from thee, all shall revert to thee: I have only the use of them and that I give to thee. Take all and use it for thy holy purposes, use me to thy glory. Amen.

A PRAYER *for* PEACE of HEART *by Brooke Foss Wescott*

O LORD God, in whom we live and move and have our being, open our eyes that we may behold thy fatherly presence ever with us. Draw our hearts to thee with the power of thy love. Teach us to be anxious for nothing, and when we have done what thou givest us to do, help us, O God our Saviour, to leave the issue to thy wisdom. Take from us all doubt and mistrust. Lift our hearts up to thee in heaven, and make us to know that all things are possible through thy Son our Redeemer. Amen.

A PRAYER *of the* SOUL *before* GOD *by St John Henry Newman*

TAKE me away, and in the lowest deep there let me be. And there in hope the lone night-watches keep, told out for me. There, motionless and happy in my pain, lone, not forlorn, there will I sing my sad perpetual strain, until the morn. There will I sing, and soothe my stricken breast, which ne'er can cease to throb and pine, and languish, till possess of its Sole Peace. There will I sing my absent Lord and Love. Take me away, that sooner I may rise, and go above, and see him in the truth of everlasting day. Amen.

THE SINGING HEART *by John Keble*

Lord, make my heart a place where angels sing! For surely thoughts low-breathed by thee are angels gliding near on noiseless wing; and where a home they see swept clean, and garnished with adoring joy, they enter in and dwell, and teach that heart to swell, with heavenly melody, their own untired employ.

A PRAYER *for* SYMPATHY *by HRL Sheppard*

GRANT us grace, O Father, not to pass by suffering or joy without eyes to see. Give us understanding and sympathy, and guard us from selfishness, that we may enter into the joys and sufferings of others. Use us to gladden and strengthen those who are weak and suffering; that by our lives we may help others to believe and serve thee, and shed forth thy light which is the light of life. Amen.

A PRAYER *for an* UNSELFISH SPIRIT *by Henry Alford*

O LORD, give us more charity, more self-denial, more likeness to thee. Teach us to sacrifice our comforts to others, and our likings for the sake of doing good. Make us kindly in thought, gentle in word, generous in deed. Teach us that it is better to give than to receive, better to forget ourselves than to put ourselves forward, better to minister than to be ministered unto. And to thee, the God of Love, be all glory and praise, now and for ever. Amen.

A PRAYER *for* PERSEVERANCE *by St Patrick*

I PRAY my God to give me perseverance, and to vouchsafe that I bear to him faithful witness until my passing hence, for his Name's sake. Amen.

A PRAYER *of* PENITENCE *by Alcuin of York*

ALMIGHTY and merciful God, the fountain of all goodness, who knowest the thoughts of our hearts: we confess that we have sinned against thee, and done evil in thy sight. Wash us, we beseech thee, from the stains of our past sins, and give us grace and power to put away all hurtful things; that being delivered from the bondage of sin, we may bring forth fruits worthy of repentance, and at last enter into thy promised joy; through the mercy of thy blessed Son Jesus Christ our Lord. Amen.

A PRAYER *for* DOING GOD'S WILL *by King Henry VI*

O LORD Jesus Christ, who hast made me and redeemed me and brought me where I am upon my way: thou knowest what thou wouldest do with me; do with me according to thy will, for thy tender mercies' sake. Amen.

A PRAYER *to be* SET FREE *by Mary, Queen of Scots*

O LORD my God, I have hope in thee; O my dear Jesus, set me free. Though hard the chains that fasten me and sore my lot, yet I long for thee. I languish and groaning bend my knee, adoring, imploring, O set me free. Amen.

PENITENTIAL PSALMS

PSALM 6 (*Against Anger*)

O LORD, rebuke me not in thine indignation, neither chasten me in thy displeasure. Have mercy upon me, O Lord, for I am weak; O Lord, heal me, for my bones are vexed. My soul also is sore troubled: but, Lord, how long wilt thou punish me? Turn thee, O Lord, and deliver my soul; O save me, for thy mercy's sake. For in death no man remembereth thee; and who will give thee thanks in the pit? I am weary of my groaning; every night wash I my bed, and water my couch with my tears. My beauty is gone for very trouble, and worn away because of all mine enemies. Away from me, all ye that work iniquity; for the Lord hath heard the voice of my weeping. The Lord hath heard my petition; the Lord will receive my prayer. All mine enemies shall be confounded, and sore vexed; they shall be turned back, and put to shame suddenly.

O meek Saviour, Prince of peace, who, being reviled, reviled not again, and as thou wast nailed to the Cross didst pray for thy murderers: implant in us the virtues of gentleness and patience, that curbing the fury of anger, and restraining all resentment and impatience, we may overcome evil with good, continually seeking thy peace and evermore rejoice in thy Love, as becometh the children of our heavenly Father. Amen.

PSALM 32 (*Against Pride*)

BLESSED is he whose unrighteousness is forgiven, and whose sin is covered. Blessed is the man unto whom the Lord imputeth no sin, and in whose spirit there is no guile. For whilst I held my tongue, my bones consumed away through my daily complaining. For thy hand was heavy upon me day and night, and my moisture was like the drought in summer. I acknowledged my sin unto thee; and mine unrighteousness have I not hid. I said, I will confess my sins unto the Lord; and so thou forgavest the wickedness of my sin. For this shall every one that is godly make his prayer unto thee, in a time when thou mayest be found; surely the great water-floods shall not come nigh him. Thou art a place to hide me in; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance. I will inform thee, and teach thee in the way wherein thou shalt go; and I will guide thee with mine eye. Be ye not like to horse and mule, which have no understanding; whose

mouths must be held with bit and bridle, else they will not obey thee. Great plagues remain for the ungodly; but whoso putteth his trust in the Lord, mercy embraceth him on every side. Be glad, O ye righteous, and rejoice in the Lord; and be joyful, all ye that are true of heart.

Lord Christ, thou Pattern of humility, who in thine Incarnation didst empty thyself of thy glory, taking the form of a servant: root out of us all pride and arrogance, that owning our weakness, and the guilt of our sins, we may bear mockery and contempt for thy sake, esteeming ourselves lowly in thy sight. Help us in these our endeavours for thy loving mercy's sake. Amen.

PSALM 38 (*Against Gluttony*)

PUT me not to rebuke, O Lord, in thine anger; neither chasten me in thy heavy displeasure: For thine arrows stick fast in me, and thy hand presseth me sore. There is no health in my flesh, because of thy displeasure; neither is there any rest in my bones, by reason of my sin. For my wickednesses are gone over my head, and are like a sore burden, too heavy for me to bear. My wounds stink, and are corrupt, through my foolishness. I am brought into so great trouble and misery, that I go mourning all the day long. For my loins are filled with a sore disease, and there is no whole part in my body. I am feeble and sore smitten; I have roared for the very disquietness of my heart. Lord, thou knowest all my desire; and my groaning is not hid from thee. My heart panteth, my strength hath failed me, and the light of mine eyes is gone from me. My lovers and my neighbours did stand looking upon my trouble, and my kinsmen stood afar off. They also that sought after my life laid snares for me; and they that went about to do me evil talked of wickedness, and imagined deceit all the day long. As for me, I was like a deaf man, and heard not; and as one that is dumb, who doth not open his mouth. I became even as a man that heareth not, and in whose mouth are no reproofs. For in thee, O Lord, have I put my trust; thou shalt answer for me, O Lord my God. I have required that they, even mine enemies, should not triumph over me; for when my foot slipt, they rejoiced greatly against me. And I truly am set in the plague, and my heaviness is ever in my sight. For I will confess my wickedness, and be sorry for my sin. But mine enemies live, and are mighty; and they that hate me wrongfully are many in number. They also that reward evil for good are against me; because I follow the thing that good is. Forsake me not, O Lord my God; be not thou far from me. Haste thee to help me, O Lord God of my salvation.

O Lord Jesus Christ, who by word and example didst teach us the virtue of abstinence: grant that serving thee, and not our own appetites, we may live soberly and with contentment, avoiding inordinate love of food and drink, restraining our appetites in all things, that thy will being above all else our food and drink, we may continually hunger and thirst after thy righteousness. Amen.

PSALM 51 (*Against Lust*)

HAVE mercy upon me, O God, after thy great goodness; according to the multitude of thy mercies do away mine offences. Wash me thoroughly from my wickedness, and cleanse me from my sin. For I acknowledge my faults, and my sin is ever before me. Against thee only have I sinned, and done this evil in thy sight; that thou mightest be justified in thy saying, and clear when thou shalt judge. Behold, I was shapen in wickedness, and in sin hath my mother conceived me. But lo, thou requirest truth in the inward parts, and shalt make me to understand wisdom secretly. Thou shalt purge me with hyssop, and I shall be clean; thou shalt wash me, and I shall be whiter than snow. Thou shalt make me hear of joy and gladness, that the bones which thou hast broken may rejoice. Turn thy face from my sins, and put out all my misdeeds. Make me a clean heart, O God, and renew a right spirit within me. Cast me not away from thy presence, and take not thy holy Spirit from me. O give me the comfort of thy help again, and stablish me with thy free Spirit. Then shall I teach thy ways unto the wicked, and sinners shall be converted unto thee. Deliver me from blood-guiltiness, O God, thou that art the God of my health; and my tongue shall sing of thy righteousness. Thou shalt open my lips, O Lord, and my mouth shall show thy praise. For thou desirest no sacrifice, else would I give it thee; but thou delightest not in burnt-offerings. The sacrifice of God is a troubled spirit: a broken and contrite heart, O God, shalt thou not despise. O be favourable and gracious unto Sion; build thou the walls of Jerusalem. Then shalt thou be pleased with the sacrifice of righteousness, with the burnt-offerings and oblations; then shall they offer young bullocks upon thine altar.

O Lord Jesus Christ, thou Lover of purity, who wast pleased to take upon thee our nature and to be born of a pure Virgin: look upon our infirmities. Make in us clean hearts, renew a right spirit within us; help us to drive away evil thoughts and conquer every sinful desire, and so pierce our flesh with thy fear, that we may serve thee with chaste bodies, and please thee with pure minds. Amen.

PSALM 102 (*Against Avarice*)

HEAR my prayer, O Lord, and let my crying come unto thee. Hide not thy face from me in the time of my trouble; incline thine ear unto me when I call; O hear me, and that right soon. For my days are consumed away like smoke, and my bones are burnt up as it were a firebrand. My heart is smitten down, and withered like grass; so that I forget to eat my bread. For the voice of my groaning, my bones will scarce cleave to my flesh. I am become like a pelican in the wilderness, and like an owl that is in the desert. I have watched, and am even as it were a sparrow, that sitteth alone upon the housetop. Mine enemies revile me all the day long; and they that are mad upon me are sworn together against me. For I have eaten ashes as it were bread, and mingled my drink with weeping; And that, because of thine indignation and wrath; for thou hast taken me up, and cast me down. My days are gone like a shadow, and I am withered like grass. But thou, O Lord, shalt endure for ever, and thy remembrance throughout all generations. Thou shalt arise, and have mercy upon Sion; for it is time that thou have mercy upon her, yea, the time is come. And why? thy servants think upon her stones, and it pitieth them to see her in the dust. The nations shall fear thy Name, O Lord; and all the kings of the earth thy majesty; When the Lord shall build up Sion, and when his glory shall appear; When he turneth him unto the prayer of the poor destitute, and despiseth not their desire. This shall be written for those that come after, and the people which shall be born shall praise the Lord. For he hath looked down from his sanctuary; out of the heaven did the Lord behold the earth; That he might hear the mournings of such as are in captivity, and deliver them that are appointed unto death; That they may declare the Name of the Lord in Sion, and his worship at Jerusalem; When the peoples are gathered together, and the kingdoms also, to serve the Lord. He brought down my strength in my journey, and shortened my days. But I said, O my God, take me not away in the midst of mine age; as for thy years, they endure throughout all generations. Thou, Lord, in the beginning hast laid the foundation of the earth, and the heavens are the work of thy hands. They shall perish, but thou shalt endure: they all shall wax old as doth a garment; And as a vesture shalt thou change them, and they shall be changed; but thou art the same, and thy years shall not fail. The children of thy servants shall continue, and their seed shall stand fast in thy sight.

O Lord, who though rich, for our sakes became poor: grant that all eagerness and covetousness of earthly goods may die in us, and the desire of heavenly things may live and grow in us. Grant us willingness to give, as we are able, to him that needeth, for thy sake who gavest thine own Life that we might inherit thy heavenly treasures. Amen.

PSALM 130 (*Against Envy*)

OUT of the deep have I called unto thee, O Lord; Lord, hear my voice. O let thine ears consider well the voice of my complaint. If thou, Lord, wilt be extreme to mark what is done amiss, O Lord, who may abide it? For there is mercy with thee; therefore shalt thou be feared. I look for the Lord; my soul doth wait for him; in his word is my trust. My soul fleeth unto the Lord before the morning watch; I say, before the morning watch. O Israel, trust in the Lord; for with the Lord there is mercy, and with him is plenteous redemption. And he shall redeem Israel from all his sins.

Most loving Lord Christ, pattern of charity: grant us so to love thee with all our heart, and mind, and soul, and our neighbour for thy sake, that the grace of charity and brotherly love may dwell in us, and all envy and ill-will die in us: fill our hearts with love and compassion, that we may both rejoice in others' happiness, and lament their adversities, thus following thee, who art thyself true and perfect Love. Amen.

PSALM 143 (*Against Sloth*)

HEAR my prayer, O Lord, and consider my desire; hearken unto me for thy truth and righteousness' sake. And enter not into judgement with thy servant; for in thy sight shall no man living be justified. For the enemy hath persecuted my soul; he hath smitten my life down to the ground; he hath laid me in the darkness, as the men that have been long dead. Therefore is my spirit vexed within me, and my heart within me is desolate. Yet do I remember the time past; I muse upon all thy works; yea, I exercise myself in the works of thy hands. I stretch forth my hands unto thee; my soul gaspeth unto thee as a thirsty land. Hear me, O Lord, and that soon; for my spirit waxeth faint: hide not thy face from me, lest I be like unto them that go down into the pit. O let me hear thy loving-kindness betimes in the morning; for in thee is my trust: show thou me the way that I should walk in; for I lift up my soul unto thee. Deliver me, O Lord, from mine enemies; for I flee unto

thee to hide me. Teach me to do the thing that pleaseth thee; for thou art my God: let thy loving Spirit lead me forth into the land of righteousness. Quicken me, O Lord, for thy Name's sake; and for thy righteousness' sake bring my soul out of trouble. And of thy goodness slay mine enemies, and destroy all them that vex my soul; for I am thy servant.

Lord Christ, who in the garden didst pray so long and fervently that thy sweat was, as it were, great drops of blood falling to the ground: put away from us all sloth, both of mind and body; kindle in us the fire of thy love, strengthen our weakness, that whatsoever our hand findeth to do, we may do it with all our might. Amen.

After any Psalm may be said:

Lord, have mercy upon us.
Christ, have mercy upon us.
Lord, have mercy upon us.

Our Father...

O Lord, save thy servants.
Who put their trust in thee.

O Lord, deal not with us after our sins
Neither reward us after our iniquities.

O Lord, hear our prayer.
And let our cry come unto thee.

O GOD, whose nature and property is ever to have mercy and to forgive, receive our humble petitions: and though we be tied and bound with the chain of our sins, yet let the pitifulness of thy great mercy loose us; through Jesus Christ our Lord. Amen.

O LORD, we beseech thee, mercifully hear our prayers, and spare all those who confess their sins unto thee; that they, whose consciences by sin are accused, by thy merciful pardon may be absolved; through Jesus Christ our Lord. Amen.

❧ SCRIPTURE ❧

LOVE and OBEDIENCE *Deuteronomy 30.15–20*

SEE, I have set before you this day life and good, death and evil. If you obey the commandments of the LORD your God which I command you this day, by loving the LORD your God, by walking in his ways, and by keeping his commandments and his statutes and his ordinances, then you shall live and multiply, and the LORD your God will bless you in the land which you are entering to take possession of it. But if your heart turns away, and you will not hear, but are drawn away to worship other gods and serve them, I declare to you this day, that you shall perish; you shall not live long in the land which you are going over the Jordan to enter and possess. I call heaven and earth to witness against you this day, that I have set before you life and death, blessing and curse; therefore choose life, that you and your descendants may live, loving the LORD your God, obeying his voice, and cleaving to him; for that means life to you and length of days, that you may dwell in the land which the LORD swore to your fathers, to Abraham, to Isaac, and to Jacob, to give them.

FORGIVENESS *2 Samuel 12.1–7, 13–14*

THE LORD sent Nathan to David. He came to him, and said to him, ‘There were two men in a certain city, the one rich and the other poor. The rich man had very many flocks and herds; but the poor man had nothing but one little ewe lamb, which he had bought. And he brought it up, and it grew up with him and with his children; it used to eat of his morsel, and drink from his cup, and lie in his bosom, and it was like a daughter to him. Now there came a traveller to the rich man, and he was unwilling to take one of his own flock or herd to prepare for the wayfarer who had come to him, but he took the poor man’s lamb, and prepared it for the man who had come to him.’ Then David’s anger was greatly kindled against the man; and he said to Nathan, ‘As the LORD lives, the man who has done this deserves to die; and he shall restore the lamb fourfold, because he did this thing, and because he had no pity.’ Nathan said to David, ‘You are the man.’ David said to Nathan, ‘I have sinned against the LORD.’ And Nathan said to David, ‘The LORD also has put away your sin; you shall not die. Nevertheless, because by this deed you have utterly scorned the LORD, the child that is born to you shall die.’

The VALUE of WISDOM *Wisdom 1.1-6, 12-15*

LOVE righteousness, you rulers of the earth, think of the Lord with uprightness, and seek him with sincerity of heart; because he is found by those who do not put him to the test, and manifests himself to those who do not distrust him. For perverse thoughts separate men from God, and when his power is tested, it convicts the foolish; because wisdom will not enter a deceitful soul, nor dwell in a body enslaved to sin. For a holy and disciplined spirit will flee from deceit, and will rise and depart from foolish thoughts, and will be ashamed at the approach of unrighteousness. For wisdom is a kindly spirit and will not free a blasphemer from the guilt of his words; because God is witness of his inmost feelings, and a true observer of his heart, and a hearer of his tongue. Do not invite death by the error of your life, nor bring on destruction by the works of your hands; because God did not make death, and he does not delight in the death of the living. For he created all things that they might exist, and the generative forces of the world are wholesome, and there is no destructive poison in them; and the dominion of Hades is not on earth. For righteousness is immortal. But ungodly men by their words and deeds summoned death; considering him a friend, they pined away, and they made a covenant with him, because they are fit to belong to his party.

The QUALITIES of WISDOM *Wisdom 7.22-26*

IN Wisdom there is a spirit that is intelligent, holy, unique, manifold, subtle, mobile, clear, unpolluted, distinct, invulnerable, loving the good, keen, irresistible, beneficent, humane, steadfast, sure, free from anxiety, all-powerful, overseeing all, and penetrating through all spirits that are intelligent and pure and most subtle. For wisdom is more mobile than any motion; because of her pureness she pervades and penetrates all things. For she is a breath of the power of God, and a pure emanation of the glory of the Almighty; therefore nothing defiled gains entrance into her. For she is a reflection of eternal light, a spotless mirror of the working of God, and an image of his goodness.

FORGIVE each OTHER *Ecclesiasticus 27.28-28.7*

MOCKERY and abuse issue from the proud man, but vengeance lies in wait for him like a lion. Those who rejoice in the fall of the godly will be caught in a snare, and pain will consume them before their death. Anger and wrath, these also are abominations, and the sinful man will possess them. He that takes

vengeance will suffer vengeance from the Lord, and he will firmly establish his sins. Forgive your neighbour the wrong he has done, and then your sins will be pardoned when you pray. Does a man harbour anger against another, and yet seek for healing from the Lord? Does he have no mercy toward a man like himself, and yet pray for his own sins? If he himself, being flesh, maintains wrath, who will make expiation for his sins? Remember the end of your life, and cease from enmity, remember destruction and death, and be true to the commandments. Remember the commandments, and do not be angry with your neighbour; remember the covenant of the Most High, and overlook ignorance.

DO GOOD; AVOID EVIL *Isaiah 1.16-18*

REMOVE the evil of your doings from before my eyes; cease to do evil, learn to do good; seek justice, correct oppression; defend the fatherless, plead for the widow. 'Come now, let us reason together, says the LORD: though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool.'

SUFFERING and PEACE *Isaiah 53.4-6*

SURELY he has borne our griefs and carried our sorrows; yet we esteemed him stricken, smitten by God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities; upon him was the chastisement that made us whole, and with his stripes we are healed. All we like sheep have gone astray; we have turned every one to his own way; and the LORD has laid on him the iniquity of us all.

GOD is RICH in FORGIVING *Isaiah 55.1-3, 6-7*

HO, every one who thirsts, come to the waters; and he who has no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Harken diligently to me, and eat what is good, and delight yourselves in fatness. Incline your ear, and come to me; hear, that your soul may live; and I will make with you an everlasting covenant, my steadfast, sure love for David. Seek the LORD while he may be found, call upon him while he is near; let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the LORD, that he may have mercy on him, and to our God, for he will abundantly pardon.

I WILL HOPE *in* GOD *Lamentations 3.1-3, 7-9, 19-26*

I AM the man who has seen affliction under the rod of his wrath; he has driven and brought me into darkness without any light; surely against me he turns his hand again and again the whole day long. He has walled me about so that I cannot escape; he has put heavy chains on me; though I call and cry for help, he shuts out my prayer; he has blocked my ways with hewn stones, he has made my paths crooked. Remember my affliction and my bitterness, the wormwood and the gall! My soul continually thinks of it and is bowed down within me. But this I call to mind, and therefore I have hope: The steadfast love of the LORD never ceases, his mercies never come to an end; they are new every morning; great is thy faithfulness. 'The LORD is my portion,' says my soul, 'therefore I will hope in him.' The LORD is good to those who wait for him, to the soul that seeks him. It is good that one should wait quietly for the salvation of the LORD.

'I WILL *be* YOUR GOD' *Ezekiel 36.25-28*

THE LORD says: 'I will sprinkle clean water upon you, and you shall be clean from all your uncleannesses, and from all your idols I will cleanse you. A new heart I will give you, and a new spirit I will put within you; and I will take out of your flesh the heart of stone and give you a heart of flesh. And I will put my spirit within you, and cause you to walk in my statutes and be careful to observe my ordinances. You shall dwell in the land which I gave to your fathers; and you shall be my people, and I will be your God.'

GOD'S CARE *for his* CHILDREN *Hosea 11.1, 3-4*

WHEN Israel was a child, I loved him, and out of Egypt I called my son. Yet it was I who taught Ephraim to walk, I took them up in my arms; but they did not know that I healed them. I led them with cords of compassion, with the bands of love, and I became to them as one, who eases the yoke on their jaws, and I bent down to them and fed them.

***The* GENTLENESS of GOD** *Joel 2.12-13*

'YET even now,' says the LORD, 'return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments.' Return to the LORD, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and repents of evil.

The BEATITUDES *St Matthew 5.1–12*

SEEING the crowds, Jesus went up on the mountain, and when he sat down his disciples came to him. And he opened his mouth and taught them, saying: ‘Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall obtain mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven. Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so men persecuted the prophets who were before you’.

CONCERNING ADULTERY *St Matthew 5.27–30*

JESUS said: ‘You have heard that it was said, “You shall not commit adultery”. But I say to you that every one who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to sin, pluck it out and throw it away; it is better that you lose one of your members than that your whole body be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away; it is better that you lose one of your members than that your whole body go into hell’.

CONCERNING RETALIATION *St Matthew 5.38–42*

JESUS said: ‘You have heard that it was said, “An eye for an eye and a tooth for a tooth”. But I say to you, Do not resist one who is evil. But if any one strikes you on the right cheek, turn to him the other also; and if any one would sue you and take your coat, let him have your cloak as well; and if any one forces you to go one mile, go with him two miles. Give to him who begs from you, and do not refuse him who would borrow from you’.

LOVE *for* ENEMIES *St Matthew 5.43–48*

JESUS said: ‘You have heard that it was said, “You shall love your neighbour and hate your enemy”. But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven; for he makes his sun rise on the evil and on the good, and sends rain

on the just and on the unjust. For if you love those who love you, what reward have you? Do not even the tax collectors do the same? And if you salute only your brethren, what more are you doing than others? Do not even the Gentiles do the same? You, therefore, must be perfect, as your heavenly Father is perfect’.

CONCERNING ALMSGIVING *St Matthew 6.1-4*

JESUS said: ‘Beware of practising your piety before men in order to be seen by them; for then you will have no reward from your Father who is in heaven. Thus, when you give alms, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by men. Truly, I say to you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be in secret; and your Father who sees in secret will reward you’.

CONCERNING FASTING *St Matthew 6.16-18*

JESUS said: ‘And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you’.

CONCERNING TREASURES *St Matthew 6.19-21*

JESUS said: ‘Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also’.

DO NOT WORRY *St Matthew 6.25-34*

JESUS said: ‘Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow;

they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? Therefore do not be anxious, saying, “What shall we eat?” or “What shall we drink?” or “What shall we wear?” For the Gentiles seek all these things; and your heavenly Father knows that you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day’s own trouble be sufficient for the day’.

JUDGING OTHERS *St Matthew 7.1–5*

JESUS said: ‘Judge not, that you be not judged. For with the judgement you pronounce you will be judged, and the measure you give will be the measure you get. Why do you see the speck that is in your brother’s eye, but do not notice the log that is in your own eye? Or how can you say to your brother, “Let me take the speck out of your eye”, when there is the log in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye’.

ASK, SEEK, KNOCK *St Matthew 7.7–12*

JESUS said: ‘Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened. Or what man of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a serpent? If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him! So whatever you wish that men would do to you, do so to them; for this is the law and the prophets’.

The TRUE DISCIPLE *St Matthew 7.21–27*

JESUS said: ‘Not every one who says to me, “Lord, Lord,” shall enter the kingdom of heaven, but he who does the will of my Father who is in heaven. On that day many will say to me, “Lord, Lord, did we not prophesy in your name, and cast out demons in your name, and do many mighty works in your name?” And then will I declare to them, “I never knew you; depart from me, you evildoers.” Every one then who hears these words of mine and does them

will be like a wise man who built his house upon the rock; and the rain fell, and the floods came, and the winds blew and beat upon that house, but it did not fall, because it had been founded on the rock. And every one who hears these words of mine and does not do them will be like a foolish man who built his house upon the sand; and the rain fell, and the floods came, and the winds blew and beat against that house, and it fell; and great was the fall of it.’

The CHRISTIAN WAY *St Matthew 16.24–26*

JESUS told his disciples, ‘If any man would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, and whoever loses his life for my sake will find it. For what will it profit a man, if he gains the whole world and forfeits his life? Or what shall a man give in return for his life?’

The GREATEST COMMANDMENT *St Mark 12.28–34*

ONE of the scribes came up to Jesus and asked him, ‘Which commandment is the first of all?’ Jesus answered, ‘The first is, “Hear, O Israel: The Lord our God, the Lord is one; and you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.” The second is this, “You shall love your neighbour as yourself. There is no other commandment greater than these.” And the scribe said to him, “You are right, Teacher; you have truly said that he is one, and there is no other but he; and to love him with all the heart, and with all the understanding, and with all the strength, and to love one’s neighbour as oneself, is much more than all whole burnt offerings and sacrifices.” And when Jesus saw that he answered wisely, he said to him, “You are not far from the kingdom of God.”

The PRODIGAL SON *St Luke 15.11–24*

JESUS said, ‘There was a man who had two sons; and the younger of them said to his father, “Father, give me the share of property that falls to me.” And he divided his living between them. Not many days later, the younger son gathered all he had and took his journey into a far country, and there he squandered his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in want. So he went and joined himself to one of the citizens of that country, who sent him into his fields to feed swine. And he would gladly have fed on the pods that the

swine ate; and no one gave him anything. But when he came to himself he said, "How many of my father's hired servants have bread enough and to spare, but I perish here with hunger! I will arise and go to my father, and I will say to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants.'" And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son." But the father said to his servants, "Bring quickly the best robe, and put it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost, and is found." And they began to make merry.'

The GOOD SHEPHERD *St John 10.7-11*

JESUS said: 'Truly, truly, I say to you, I am the door of the sheep. All who came before me are thieves and robbers; but the sheep did not heed them. I am the door; if any one enters by me, he will be saved, and will go in and out and find pasture. The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly. I am the good shepherd. The good shepherd lays down his life for the sheep.

A NEW COMMANDMENT *St John 15.9-14*

JESUS said: 'As the Father has loved me, so have I loved you; abide in my love. 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. These things I have spoken to you, that my joy may be in you, and that your joy may be full. This is my commandment, that you love one another as I have loved you. Greater love has no man than this, that a man lay down his life for his friends. You are my friends if you do what I command you.

ALIVE for GOD *Romans 6.2-11*

HOW can we who died to sin still live in it? Do you not know that all of us who have been baptised into Christ Jesus were baptised into his death? We were buried therefore with him by baptism into death, so that as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. For if we have been united with him in a death like his, we shall certainly

certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the sinful body might be destroyed, and we might no longer be enslaved to sin. For he who has died is freed from sin. But if we have died with Christ, we believe that we shall also live with him. For we know that Christ being raised from the dead will never die again; death no longer has dominion over him. The death he died he died to sin, once for all, but the life he lives he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

The DAILY STRUGGLE *Romans 7.15, 20-24*

I DO not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, it is no longer I that do it, but sin which dwells within me. So I find it to be a law that when I want to do right, evil lies close at hand. For I delight in the law of God, in my inmost self, but I see in my members another law at war with the law of my mind and making me captive to the law of sin which dwells in my members. Wretched man that I am! Who will deliver me from this body of death?

The NEW LIFE in CHRIST *Romans 12.1-8*

I APPEAL to you therefore, brethren, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what is the will of God, what is good and acceptable and perfect. For by the grace given to me I bid every one among you not to think of himself more highly than he ought to think, but to think with sober judgement, each according to the measure of faith which God has assigned him. For as in one body we have many members, and all the members do not have the same function, so we, though many, are one body in Christ, and individually members one of another. Having gifts that differ according to the grace given to us, let us use them: if prophecy, in proportion to our faith; if service, in our serving; he who teaches, in his teaching; he who exhorts, in his exhortation; he who contributes, in liberality; he who gives aid, with zeal; he who does acts of mercy, with cheerfulness’.

MARKS of the TRUE CHRISTIAN *Romans 12.9-21*

LET love be genuine; hate what is evil, hold fast to what is good; love one another with brotherly affection; outdo one another in showing honour. Never flag in zeal, be aglow with the Spirit, serve the Lord. Rejoice in your hope,

be patient in tribulation, be constant in prayer. Contribute to the needs of the saints, practice hospitality. Bless those who persecute you; bless and do not curse them. Rejoice with those who rejoice, weep with those who weep. Live in harmony with one another; do not be haughty, but associate with the lowly; never be conceited. Repay no one evil for evil, but take thought for what is noble in the sight of all. If possible, so far as it depends upon you, live peaceably with all. Beloved, never avenge yourselves, but leave it to the wrath of God; for it is written, 'Vengeance is mine, I will repay, says the Lord'. No, 'if your enemy is hungry, feed him; if he is thirsty, give him drink'. Do not be overcome by evil, but overcome evil with good.

An URGENT APPEAL *Romans 13.11-14*

IT is full time now for you to wake from sleep. For salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armour of light; let us conduct ourselves becomingly as in the day, not in revelling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

The GIFT of LOVE *1 Corinthians 13.1-13*

IF I speak in the tongues of men and of angels, but have not love, I am a noisy gong or a clanging cymbal. And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing. If I give away all I have, and if I deliver my body to be burned, but have not love, I gain nothing. Love is patient and kind; love is not jealous or boastful; it is not arrogant or rude. Love does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong, but rejoices in the right. Love bears all things, believes all things, hopes all things, endures all things. Love never ends; as for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away. For our knowledge is imperfect and our prophecy is imperfect; but when the perfect comes, the imperfect will pass away. When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became a man, I gave up childish ways. For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall understand fully, even as I have been fully understood. So faith, hope, love abide, these three; but the greatest of these is love'.

The SPIRIT is our LIFE Galatians 5.16–25

WALK by the Spirit, and do not gratify the desires of the flesh. For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh; for these are opposed to each other, to prevent you from doing what you would. But if you are led by the Spirit you are not under the law. Now the works of the flesh are plain: fornication, impurity, licentiousness, idolatry, sorcery, enmity, strife, jealousy, anger, selfishness, dissension, party spirit, envy, drunkenness, carousing, and the like. I warn you, as I warned you before, that those who do such things shall not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. 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 walk by the Spirit.

The NEW LIFE in CHRIST Ephesians 4.1–3, 25–32

I BEG you to lead a life worthy of the calling to which you have been called, with all lowliness and meekness, with patience, forbearing one another in love, eager to maintain the unity of the Spirit in the bond of peace. Therefore, putting away falsehood, let every one speak the truth with his neighbour, for we are members one of another. Be angry but do not sin; do not let the sun go down on your anger, and give no opportunity to the devil. Let the thief no longer steal, but rather let him labour, doing honest work with his hands, so that he may be able to give to those in need. Let no evil talk come out of your mouths, but only such as is good for edifying, as fits the occasion, that it may impart grace to those who hear. And do not grieve the Holy Spirit of God, in whom you were sealed for the day of redemption. Let all bitterness and wrath and anger and clamour and slander be put away from you, with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

The WHOLE ARMOUR of GOD Ephesians 6.10–20

BE strong in the Lord and in the strength of his might. Put on the whole armour of God, that you may be able to stand against the wiles of the devil. For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places. Therefore take the whole armour of God, that you may be able to withstand

in the evil day, and having done all, to stand. Stand therefore, having girded your loins with truth, and having put on the breastplate of righteousness, and having shod your feet with the equipment of the gospel of peace; besides all these, taking the shield of faith, with which you can quench all the flaming darts of the evil one. And take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints, and also for me, that utterance may be given me in opening my mouth boldly to proclaim the mystery of the gospel, for which I am an ambassador in chains; that I may declare it boldly, as I ought to speak'.

LIFE *with* CHRIST *Colossians 3.1-4*

IF then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hid with Christ in God. When Christ who is our life appears, then you also will appear with him in glory.

LOVE *is* ACTIVE *1 St John 3.18-24*

LITTLE children, let us not love in word or speech but in deed and in truth. By this we shall know that we are of the truth, and reassure our hearts before him whenever our hearts condemn us; for God is greater than our hearts, and he knows everything. Beloved, if our hearts do not condemn us, we have confidence before God; and we receive from him whatever we ask, because we keep his commandments and do what pleases him. And this is his commandment, that we should believe in the name of his Son Jesus Christ and love one another, just as he has commanded us. All who keep his commandments abide in him, and he in them. And by this we know that he abides in us, by the Spirit which he has given us.

GOD *is* LOVE *1 St John 4.16, 18-19*

GOD is love, and he who abides in love abides in God, and God abides in him. There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and he who fears is not perfected in love. We love, because he first loved us.