

**Zion Lutheran Church, Harrisburg, PA /September 13, 2023**  
**WOW (Worship On Wednesday) – FALL SERIES - 12:10pm Service of the Word**  
**“KNEELING WITH GIANTS – Learning to Pray with History’s Best Teachers”**

*Based on the book of the same name by Gary Neal Hanson*

**Praying with St. Benedict: The Divine Office**

## Welcome & Announcements

### Opening Versicles

L O Lord, open my lips.

C **and my mouth shall declare Your praise.**

**Glory to the Father, and to the Son, and to the Holy Spirit; as it was in the beginning, is now and will be forever. Amen.**

### Confession and Forgiveness

L Let us confess our sin in the presence of God and of one another.

*Silence for self-examination*

C **I confess to God Almighty, before the whole company of heaven and to you, my brothers and sisters, that I have sinned in thought, word, and deed; wherefore I pray to God Almighty to have mercy on me, forgive me all my sins, and bring me to everlasting life. Amen.**

L The almighty and merciful Lord grant you pardon, forgiveness, and remission of all your sins. Amen.

### Prayer

L The Lord be with you,

C **And also with you.**

L Let us pray: Heavenly Father, in whom we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may never forget you, but remember that we are ever walking in your sight; through Jesus Christ our Lord.

C **Amen.**

### Scripture Readings:

#### Psalm 119:162-168

<sup>162</sup> I rejoice at your word

like one who finds great spoil.

**163 I hate and abhor falsehood,  
but I love your law.**

**164** Seven times a day I praise you  
for your righteous rules.

**165 Great peace have those who love your law;  
nothing can make them stumble.**

**166** I hope for your salvation, O LORD,  
and I do your commandments.

**167 My soul keeps your testimonies;  
I love them exceedingly.**

**168** I keep your precepts and testimonies,  
for all my ways are before you.

### **Mark 13:35-37**

**35** Therefore stay awake—for you do not know when the master of the house will come, in the evening, or at midnight, or when the rooster crows, or in the morning— **36** lest he come suddenly and find you asleep. **37** And what I say to you I say to all: Stay awake.”

**L** The Word of the Lord.

**C** **Thanks be to God.**

### **Readings from The Rule of St. Benedict**

On hearing the signal for an hour of the divine office, the monk will immediately set aside what he has in hand and go with utmost speed... Indeed, nothing is to be preferred to the Work of God...

Brothers who work so far away that they cannot return to the oratory at the proper time... are to perform the Work of God where they are and kneel out of reverence for God.

We believe that the divine presence is everywhere and that in every place the eyes of the Lord are watching the good and the wicked. But beyond the least doubt we should believe this to be especially true when we celebrate the divine office...

We must always remember, therefore, what the Prophet says: *Serve the Lord with fear*, and again, *Sing praise wisely*; and, *In the presence of the angels I will sing to you*. Let us consider, then, how we ought to behave in the presence of God and his angels, and let us stand to sing the psalms in such a way that our minds are in harmony with our voices.

### **Homily**

## **Apostles' Creed**

**I believe in God, the Father almighty, creator of heaven and earth.**

**I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.**

**I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.**

## **The Prayers**

**L** Show us your mercy, O Lord,

**C** **and grant us your salvation.**

**L** Clothe your ministers with righteousness.

**C** **Let your people sing with joy.**

**L** Give peace, O Lord, in all the world,

**C** **for only in you can we live in safety.**

**L** Lord, keep this nation under your care.

**C** **and guide us in the way of justice and truth.**

**L** Let your way be known upon the earth;

**C** **your saving health among all nations.**

**L** Let not the needy, O Lord, be forgotten,

**C** **nor the hope of the poor be taken away.**

**L** Create in us clean hearts, O God,

**C** **and sustain us with your Holy Spirit.**

**L** *Additional petitions offered...*

Into your hands, O Lord, we commend all for whom we pray, trusting in your mercy, through your Son, Jesus Christ our Lord. **C Amen.**

## **The Lord's Prayer**

**L** Lord, remember us in your kingdom and reach us to pray:

**C** **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, and the power, and the glory, forever and ever. Amen.**

## **Benediction**

L Let us bless the Lord.

**C Thanks be to God.**

L The Lord almighty bless us and direct our days and our deeds in his peace.

**C Amen.**

## **Background Information & A Model for Daily Prayer Offices**

*From: Treasury of Daily Prayer, Concordia Publishing House*

The chief purpose for the practice of the Daily Office is the sanctification and marking of time... In the ancient world, the time between dawn and dusk was divided at recognized points – the third, sixth, and ninth hours – and Christians found it natural to mark the passing of the day with prayer at these times. For the most part, these daytimes prayers were private or family prayers within the home. By the middle of the third century, the hours of prayer had become commemorations of the work of Christ: daybreak celebrated the resurrection; the third hour, the condemnation of Christ; the sixth hour, the crucifixion; the ninth hour, Jesus' death; evening, the rest of the tomb or the light of Christ in the darkness of the world. With this development, it became common for the Liturgy of the Hours to be prayed by the congregation gathered for this purpose...

Originally the Liturgy of the Hours distributed prayer times throughout the day:

Midnight	Matins
3am	Lauds
6am	Prime
9am	Terce
Noon	Sext
3pm	None
6pm	Vespers
9pm	Compline

*Prayer Offices in the Lutheran Book of Worship:*

Matins or Morning Prayer	beginning of the day
Responsive Prayer 1	midmorning (about 9am)
Responsive Prayer 2	noon
	mid-afternoon
Vespers or Evening Prayer	sunset
Compline or Prayer at the Close of the Day	before going to bed

## Daily Prayers

*Adapted from Luther's Small Catechism with addition of Prayer at Mid-Day*

### **Morning Prayer**

In the name of the Father and of the Son and of the Holy Spirit. Amen.

*Reading of a Psalm and other Scripture passage(s).*

*Silence for meditation follows each reading.*

The Apostles' Creed (*see below*)

The Lord's Prayer (*see below*)

Luther's Morning Prayer:

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that you have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

*Then go joyfully to your work, singing a hymn... or whatever your devotion may suggest.*

### **Prayer at Mid-Day**

In the name of the Father and of the Son and of the Holy Spirit. Amen.

*Reading of a Psalm and other Scripture passage(s).*

*Silence for meditation follows each reading.*

Prayer (from Lutheran Book of Worship, Responsive Prayer 2)

Heavenly Father, in whom we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may never forget you, but remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen.

### **Evening Prayer**

In the name of the Father and of the Son and of the Holy Spirit. Amen.

*Reading of a Psalm and other Scripture passage(s).*

*Silence for meditation follows each reading.*

The Apostles' Creed (*see below*)

The Lord's Prayer (*see below*)

Luther's Evening Prayer:

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

*Then go to sleep at once and in good cheer.*

## **Reading through the Psalms**

*As you begin praying the offices, begin with Psalm 1 and continue through the book of Psalms at each time of prayer and Scripture reading.*

## **Scripture Reading Options**

*The lessons from Sunday worship, the previous Sunday and/or the ones listed for the coming Sunday in the bulletin.*

*Daily Lectionary Readings, several options are available online. An example is listed below:*

<https://www.lcms.org/worship/lectionary-series>

*Or, as listed in a hymnal, for example pages 179-192 in Lutheran Book of Worship*

*Daily Bread Booklet & Guides to Reading through the Bible*

*Daily Bread provides a lesson for the day and readings for Bible in a Year*

*Reading through a book of the Bible a chapter at a time, perhaps alternating Old and New Testaments*

## **The Apostles' Creed**

I believe in God, the Father Almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.

He was conceived by the power of the Holy Spirit and born of the virgin Mary.

He suffered under Pontius Pilate, was crucified, died, and was buried.

He descended into hell.

On the third day he rose again.

He ascended into heaven, and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

I believe in the Holy Spirit,

the holy catholic Church,

the communion of saints,

the forgiveness of sins,

the resurrection of the body.

and the life everlasting. 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, and the power, and the glory, forever and ever. Amen.