

Holding the Silence

The Daily Office Lent 2025

5th March - 19th April

Join the Holding the Silence live stream
Thursday & Friday at 12noon, or watch the
videos on our [YouTube](#) channel at any time.

Be silent.	God knows,
Be still.	Understands,
Alone,	Loves you with
Empty	An enormous love.
Before your God	God only wants to
Say nothing.	Look upon you
Ask nothing.	With love.
Be silent.	Quiet.
Be still.	Still.
Let your God	Be.
Look upon you.	Let your God -
That is all.	Love you.

A candle may be lit at the start of the prayer.

PREPARATION

O Lord, open our lips
and our mouths shall proclaim your praise.

Reveal among us the light of your presence
You who are common to us all.

Morning:

O God, Creator of Light;
at the rising of your sun this morning,
let the greatest of all light, your love,
rise like the sun within our hearts
and set your blessing upon us
as we begin this day together,
united in prayer and thanksgiving.
Amen.

Noon:

God in the midst, come close to us,
and help us to come close to you,
as, for a fraction of time,
we step back from the activities and
demands of the day.

So if, as this day goes on, we forget
you, do not forget us, O God.
Amen.

Evening:

Holy One, You have brought us
through this day to a time of reflection.
Make us wise in our understanding,
open in our listening,
generous in our giving and
vulnerable in our sharing.
Amen.

Night:

It is night after a long day.
What has been done is done;
what has not been done
has not been done; let it be.
Let us be still in the presence of God.
Let the quietness of God's peace
enfold us and let us look expectantly
to a new day, new joys and
new possibilities.
Amen.

CANTICLE

This or another psalm or canticle is said.

My soul thirsts for you,
my flesh faints for you,
as in a barren and dry land
where there is no water.

For your loving kindness is better
than life itself,
my lips shall give you praise.

For you have been my helper
and under the shadow of your wings
I will rejoice.

My soul clings to you;
your right hand holds me fast.

Glory to God, Source of all Being,
Eternal Word and Holy Spirit:
As it was in the beginning, is now
and shall be forever.
Amen.

INTRODUCTION TO READINGS

Spirit of Wisdom,
take from us all fuss,
the clattering of noise,
the temptation to dominate by
the power of words,
the craving for certainty.

Lead us through the narrow gate
of not knowing,
that we may listen and obey,
and come to a place of silence and stillness,
of true conversation and wisdom.

READINGS

(See Daily Readings leaflet)

SILENCE

Morning:

O God our Creator
your kindness has brought us
the gift of a new morning.
Help us to leave yesterday
and not to covet tomorrow,
but to embrace and accept
the uniqueness of today.
Amen.

Noon:

Throughout this day,
enliven our minds,
inspire our conversation,
inform our decisions and
protect those we love.
And should today bring
what we neither anticipate nor desire,
increase our faith and
decrease our pride
until we know
that when we face the unexpected,
we do not stand alone.
Amen.

Evening:

For the roots of our community,
for what we share together,
for the path that lies before us now
and our future in your hands,
we give you thanks and praise.
Amen.

Night:

May God bless us
in our sleep with rest,
in our dreams with vision,
in our waking with a calm mind,
in our soul with the friendship of
the Holy Spirit,
this night and every night.
Amen.

PRAYERS

As the community of St James's Piccadilly,
apart and part of the whole, in isolation and in
communion, near and far, together we pray . . .

COLLECT

(See Daily Readings leaflet)

THE 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.

THE CONCLUSION

May God who raises us
show us compassion and love.
Amen.

Let us bless the Lord.
Thanks be to God.

*Material from: Common Worship, The Iona
Community, Jim Cotter, Edwina Gateley, Peter
Millar, Janet Morley, The New Zealand Prayer Book,
The St Hilda Community, Ray Simpson*

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