

### ***Midday Prayer on Thursday***

My brothers and sisters,  
our help is in the name of the eternal God  
who is making the heavens and the earth.

**Eternal Spirit,  
flow through our being and open our lips,  
that our mouths may proclaim your praise.**

*Silence*

Let us worship the God of love.  
**Alleluia. Alleluia.**

### ***Reading and Reflection***

#### ***Canticle***

**Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort me and restore me,  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in the hearts of all that love me,  
Christ in the mouth of friend and stranger.**

#### **Prayers**

**Lord have mercy  
Christ have mercy  
Lord have mercy**

Let us be at peace within ourselves.

*Silence*

Let us accept that we are profoundly loved  
and need never be afraid.

*Silence*

Let us be aware of the source of being  
that is common to us all  
and to all living creatures.

*Silence*

Realising that we are all nourished  
from the same source of life,  
may we live that others may not be deprived  
of air, food, water, shelter or the chance to live.

*Silence*

Let us pray that we ourselves cease to be  
a cause of suffering to one another.

*Silence*

With humility let us pray for the establishment  
of peace in our hearts and on earth.

*Silence*

May God kindle in us  
the fire of love  
to bring us alive and give warmth to the world.

Lead me from death to life,  
From falsehood to truth;  
Lead me from despair to hope,  
From fear to trust;  
Lead me from hate to love,  
From war to peace.  
Let peace fill our hearts,  
Our world, our universe. Amen.

Jesus remember us in your kingdom and teach us  
to pray

**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.**

#### **Blessing**

May the Creator bless and keep us  
May the beloved companion face us and have  
mercy on us;  
May the eternal Spirit's countenance  
be turned towards us and give us peace;  
May the Three in One bless us.

The divine Spirit dwells in us.  
**Thanks be to God.**