

Minor Hours

A centring of the day

[A joining together of the offices of Terce, Sext and None, the Minor Hours helps us pray during the middle of the day. Here, we centre ourselves once more, being present to the awareness of God's loving gaze...]

**The Companions
of Augustine of
Canterbury**



Silent prayer and Introduction

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

O God, draw near and know me.
O Lord, stay close and help me.

**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.**

Daily Reading: Hymn from Scripture

Daily Psalms

♦ = *the space of a full breath*

* = *the space of two full breaths*

Prayer

Let us pray.

Pray silently or aloud

The Lord be with you.
And also with you.

Let us bless the Lord.
Thanks be to God.

May the souls of the departed, in the mercy of God, rest in peace
✠ **and rise in glory.**

Lord, be with me;
and with my Companions.

I bless you, my God;
and give you my thanks.

May God's help be always with us/me.
[**And with our/my absent Companions.**] **Amen.**

SUNDAY

Reading: Hymn from Scripture

Christ Jesus, though he was in the form of God,
did not regard equality with God
as something to be exploited,
but emptied himself, taking the form of a slave,
being born in human likeness.
And being found in human form, he humbled himself
and became obedient to death,
even death on a cross.

(Philippians 2:6-8)

The Psalms

Psalm 120

Deliver me, **O Lord, from lying lips.**

- 1 When I was in trouble, I called to the LORD; ♦
I called to the LORD, and he answered me.
- 2 Deliver me, O LORD, from lying lips ♦
and from the deceitful tongue.
- 3 What shall be done to you, and what more besides, ♦
O you deceitful tongue?
- 4 The sharpened arrows of a warrior, ♦
along with hot glowing coals.
- 5 How hateful it is that I must lodge in Meshech ♦
and dwell among the tents of Kedar!

- 6 Too long have I had to live ♦
among the enemies of peace.
- 7 I am on the side of peace, ♦
but when I speak of it, they are for war.

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

Deliver me, O Lord, from lying lips.

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Psalm 121

The Lord shall keep you **from all evil.**

- 1 I lift up my eyes to the hills; ♦
from where is my help to come?
- 2 My help comes from the LORD, ♦
the maker of heaven and earth.
- 3 He will not let your foot be moved ♦
and he who watches over you will not fall asleep.
- 4 Behold, he who keeps watch over Israel ♦
shall neither slumber nor sleep;
- 5 The LORD himself watches over you; ♦
the LORD is your shade at your right hand,
- 6 So that the sun shall not strike you by day, ♦
nor the moon by night.
- 7 The LORD shall preserve you from all evil; ♦
it is he who shall keep you safe.

8 The LORD shall watch over your going out and your coming in, ♦
from this time forth for evermore.

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

The Lord shall keep you from all evil.

*

Psalm 122

How lovely is your dwelling place, **O Lord of hosts.**

- 1 I was glad when they said to me, ♦
"Let us go to the house of the LORD."
- 2 Now our feet are standing ♦
within your gates, O Jerusalem.
- 3 Jerusalem is built as a city ♦
that is at unity with itself;
- 4 To which the tribes go up, the tribes of the LORD, ♦
the assembly of Israel, praise the Name of the LORD.
- 5 For there are the thrones of judgment, ♦
the thrones of the house of David.
- 6 Pray for the peace of Jerusalem: ♦
"May they prosper who love you.
- 7 Peace be within your walls ♦
and quietness within your towers.
- 8 For my brethren and companions' sake, ♦
I pray for your prosperity.

9 Because of the house of the LORD our God, ♦
I will seek to do you good."

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

How lovely is your dwelling place, O Lord of hosts.

MONDAY

Reading: Hymn from Scripture

Therefore God also highly exalted him
and gave him the name that is above every name,
so that at the name of Jesus
every knee should bow,
in heaven and on earth and under the earth,
and every tongue should confess
that Jesus Christ is Lord,
to the glory of God the Father.

(Philippians 2:9-11)

The Psalms

Psalm 119: 33-56

My delight shall be **in your commandments.**

- 33 Teach me, O LORD, the way of your statutes, ♦
and I shall keep it to the end.
- 34 Give me understanding, and I shall keep your law; ♦
I shall keep it with all my heart.

35 Make me go in the path of your commandments, ♦
for that is my desire.

36 Incline my heart to your decrees ♦
and not to unjust gain.

37 Turn my eyes from watching what is worthless; ♦
give me life in your ways.

38 Fulfil your promise to your servant, ♦
which you make to those who fear you.

39 Turn away the reproach which I dread, ♦
because your judgments are good.

40 Behold, I long for your commandments; ♦
in your righteousness preserve my life.

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41 Let your loving-kindness come to me, O LORD, ♦
and your salvation, according to your promise.

42 Then shall I have a word for those who taunt me, ♦
because I trust in your words.

43 Do not take the word of truth out of my mouth, ♦
for my hope is in your judgments.

44 I shall continue to keep your law; ♦
I shall keep it for ever and ever.

45 I will walk at liberty, ♦
because I study your commandments.

- 46 I will tell of your decrees before kings ♦
and will not be ashamed.
- 47 I delight in your commandments, ♦
which I have always loved.
- 48 I will lift up my hands to your commandments, ♦
and I will meditate on your statutes.
- *
- 49 Remember your word to your servant, ♦
because you have given me hope.
- 50 This is my comfort in my trouble, ♦
that your promise gives me life.
- 51 The proud have derided me cruelly, ♦
but I have not turned from your law.
- 52 When I remember your judgments of old, ♦
LORD, I take great comfort.
- 53 I am filled with a burning rage, ♦
because of the wicked who forsake your law.
- 54 Your statutes have been like songs to me ♦
wherever I have lived as a stranger.
- 55 I remember your Name in the night, O LORD, ♦
and dwell upon your law.
- 56 This is how it has been with me, ♦
because I have kept your commandments.

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

My delight shall be in your commandments.

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Psalm 123

Our eyes wait upon the Lord our God.

- 1 To you I lift up my eyes, ♦
to you enthroned in the heavens.
- 2 As the eyes of servants look to the hand of their masters, ♦
and the eyes of a maid to the hand of her mistress,
- 3 So our eyes look to the LORD our God, ♦
until he show us his mercy.
- 4 Have mercy upon us, O LORD, have mercy, ♦
for we have had more than enough of contempt,
- 5 Too much of the scorn of the indolent rich, ♦
and of the derision of the proud.

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

Our eyes wait upon the Lord our God.

TUESDAY

Reading: Hymn from Scripture

He is the image of the invisible God,
the firstborn of all creation;
for in him all things in heaven and on earth were created,
things visible and invisible,
whether thrones or dominions or rulers or powers,
all things have been created through him and for him.
He himself is before all things, and in him all things hold together.

(Colossians 1:15-17)

The Psalms

Psalm 119: 57-80

I know, O Lord, **that your judgements are right.**

- 57 You only are my portion, O LORD; ♦
I have promised to keep your words.
- 58 I entreat you with all my heart, ♦
be merciful to me according to your promise.
- 59 I have considered my ways ♦
and turned my feet toward your decrees.
- 60 I hasten and do not tarry ♦
to keep your commandments.
- 61 Though the cords of the wicked entangle me, ♦
I do not forget your law.

62 At midnight I will rise to give you thanks, ♦
because of your righteous judgments.

63 I am a companion of all who fear you ♦
and of those who keep your commandments.

64 The earth, O LORD, is full of your love; ♦
instruct me in your statutes.

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65 O LORD, you have dealt graciously with your servant, ♦
according to your word.

66 Teach me discernment and knowledge, ♦
for I have believed in your commandments.

67 Before I was afflicted I went astray, ♦
but now I keep your word.

68 You are good and you bring forth good; ♦
instruct me in your statutes.

69 The proud have smeared me with lies, ♦
but I will keep your commandments with my whole heart.

70 Their heart is gross and fat, ♦
but my delight is in your law.

71 It is good for me that I have been afflicted, ♦
that I might learn your statutes.

72 The law of your mouth is dearer to me ♦
than thousands in gold and silver.

*

- 73 Your hands have made me and fashioned me; ♦
give me understanding, that I may learn your commandments.
- 74 Those who fear you will be glad when they see me, ♦
because I trust in your word.
- 75 I know, O LORD, that your judgments are right ♦
and that in faithfulness you have afflicted me.
- 76 Let your loving-kindness be my comfort, ♦
as you have promised to your servant.
- 77 Let your compassion come to me, that I may live, ♦
for your law is my delight.
- 78 Let the arrogant be put to shame, for they wrong me with lies; ♦
but I will meditate on your commandments.
- 79 Let those who fear you turn to me, ♦
and also those who know your decrees.
- 80 Let my heart be sound in your statutes, ♦
that I may not be put to shame.

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

I know, O Lord, that your judgements are right.

*

Psalm 124

Our help is in **the name of the LORD.**

- 1 If the LORD had not been on our side, ♦
let Israel now say;
- 2 If the LORD had not been on our side, ♦
when enemies rose up against us;
- 3 Then would they have swallowed us up alive ♦
in their fierce anger toward us;
- 4 Then would the waters have overwhelmed us ♦
and the torrent gone over us;
- 5 Then would the raging waters ♦
have gone right over us.
- 6 Blessed be the LORD! ♦
he has not given us over to be a prey for their teeth.
- 7 We have escaped like a bird from the snare of the fowler; ♦
the snare is broken, and we have escaped.
- 8 Our help is in the Name of the LORD, ♦
the maker of heaven and earth.

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

Our help is in the name of the LORD.

WEDNESDAY

Reading: Hymn from Scripture

He is the head of the body, the church;
he is the beginning, the firstborn from the dead,
so that he might come to have first place in everything.
For in him all the fullness of God was pleased to dwell,
and through him God was pleased
to reconcile to himself all things,
whether on earth or in heaven,
by making peace through the blood of his cross.

(Colossians 1:18-20)

The Psalms

Psalm 119: 81-104

Give me life, O Lord, **according to your word.**

- 81 My soul has longed for your salvation; ♦
I have put my hope in your word.
- 82 My eyes have failed from watching for your promise, ♦
and I say, "When will you comfort me?"
- 83 I have become like a leather flask in the smoke, ♦
but I have not forgotten your statutes.
- 84 How much longer must I wait? ♦
when will you give judgment against those who persecute me?
- 85 The proud have dug pits for me; ♦
they do not keep your law.

- 86 All your commandments are true; ♦
help me, for they persecute me with lies.
- 87 They had almost made an end of me on earth, ♦
but I have not forsaken your commandments.
- 88 In your loving-kindness, revive me, ♦
that I may keep the decrees of your mouth.
- *
- 89 O LORD, your word is everlasting; ♦
it stands firm in the heavens.
- 90 Your faithfulness remains from one generation to another; ♦
you established the earth, and it abides.
- 91 By your decree these continue to this day, ♦
for all things are your servants.
- 92 If my delight had not been in your law, ♦
I should have perished in my affliction.
- 93 I will never forget your commandments, ♦
because by them you give me life.
- 94 I am yours; oh, that you would save me! ♦
for I study your commandments.
- 95 Though the wicked lie in wait for me to destroy me, ♦
I will apply my mind to your decrees.
- 96 I see that all things come to an end, ♦
but your commandment has no bounds.

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- 97 Oh, how I love your law! ♦
all the day long it is in my mind.
- 98 Your commandment has made me wiser than my enemies, ♦
and it is always with me.
- 99 I have more understanding than all my teachers, ♦
for your decrees are my study.
- 100 I am wiser than the elders, ♦
because I observe your commandments.
- 101 I restrain my feet from every evil way, ♦
that I may keep your word.
- 102 I do not shrink from your judgments, ♦
because you yourself have taught me.
- 103 How sweet are your words to my taste! ♦
they are sweeter than honey to my mouth.
- 104 Through your commandments I gain understanding; ♦
therefore I hate every lying way.

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

Give me life, O Lord, according to your word.

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Psalm 125

Glorious things are spoken of you, **Zion, city of our God.**

- 1 Those who trust in the LORD are like Mount Zion, ♦
which cannot be moved, but stands fast for ever.

- 2 The hills stand about Jerusalem; ♦
so does the LORD stand round about his people,
from this time forth for evermore.
- 3 The sceptre of the wicked
shall not hold sway over the land allotted to the just, ♦
so that the just shall not put their hands to evil.
- 4 Show your goodness, O LORD, to those who are good ♦
and to those who are true of heart.
- 5 As for those who turn aside to crooked ways,
the LORD will lead them away with the evildoers; ♦
but peace be upon Israel.

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

Glorious things are spoken of you, Zion, city of our God.

THURSDAY

Reading: Hymn from Scripture

God was revealed in flesh,
declared righteous in the Spirit,
seen by angels,
proclaimed among Gentiles,
believed in throughout the world,
taken up in glory.

(1 Timothy 3:16)

The Psalms

Psalm 119: 105-128

O deal with your servant **according to your faithful love.**

- 105 Your word is a lantern to my feet ♦
and a light upon my path.
- 106 I have sworn and am determined ♦
to keep your righteous judgments.
- 107 I am deeply troubled; ♦
preserve my life, O LORD, according to your word.
- 108 Accept, O LORD, the willing tribute of my lips, ♦
and teach me your judgments.
- 109 My life is always in my hand, ♦
yet I do not forget your law.
- 110 The wicked have set a trap for me, ♦
but I have not strayed from your commandments.
- 111 Your decrees are my inheritance for ever; ♦
truly, they are the joy of my heart.
- 112 I have applied my heart to fulfil your statutes ♦
for ever and to the end.
- *
- 113 I hate those who have a divided heart, ♦
but your law do I love.

- 114 You are my refuge and shield; ♦
my hope is in your word.
- 115 Away from me, you wicked! ♦
I will keep the commandments of my God.
- 116 Sustain me according to your promise, that I may live, ♦
and let me not be disappointed in my hope.
- 117 Hold me up, and I shall be safe, ♦
and my delight shall be ever in your statutes.
- 118 You spurn all who stray from your statutes; ♦
their deceitfulness is in vain.
- 119 In your sight all the wicked of the earth are but dross; ♦
therefore I love your decrees.
- 120 My flesh trembles with dread of you; ♦
I am afraid of your judgments.
- *
- 121 I have done what is just and right; ♦
do not deliver me to my oppressors.
- 122 Be surety for your servant's good; ♦
let not the proud oppress me.
- 123 My eyes have failed from watching for your salvation ♦
and for your righteous promise.
- 124 Deal with your servant according to your loving-kindness ♦
and teach me your statutes.

- 125 I am your servant; grant me understanding, ♦
that I may know your decrees.
- 126 It is time for you to act, O LORD, ♦
for they have broken your law.
- 127 Truly, I love your commandments ♦
more than gold and precious stones.
- 128 I hold all your commandments to be right for me; ♦
all paths of falsehood I abhor.

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

O deal with your servant according to your faithful love.

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Psalm 126

The Lord has indeed **done great things for us.**

- 1 When the LORD restored the fortunes of Zion, ♦
then were we like those who dream.
- 2 Then was our mouth filled with laughter, ♦
and our tongue with shouts of joy.
- 3 Then they said among the nations, ♦
"The LORD has done great things for them."
- 4 The LORD has done great things for us, ♦
and we are glad indeed.
- 5 Restore our fortunes, O LORD, ♦
like the watercourses of the Negev.

- 6 Those who sowed with tears ♦
will reap with songs of joy.
- 7 Those who go out weeping, carrying the seed, ♦
will come again with joy, shouldering their sheaves.

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

The Lord has indeed done great things for us.

FRIDAY

Reading: Hymn from Scripture

In these last days God has spoken to us by his Son,
whom he appointed heir of all things,
through whom he also created the worlds.
He is the reflection of God's glory
and the exact imprint of God's very being,
and he sustains all things by his powerful word.
When he had made purification for sins,
he sat down at the right hand of the Majesty on high,
(Hebrews 1:2-3)

The Psalms

Psalm 119: 129-152

The opening of your word **gives light**.

- 129 Your decrees are wonderful; ♦
therefore I obey them with all my heart.

- 130 When your word goes forth it gives light; ♦
it gives understanding to the simple.
- 131 I open my mouth and pant; ♦
I long for your commandments.
- 132 Turn to me in mercy, ♦
as you always do to those who love your Name.
- 133 Steady my footsteps in your word; ♦
let no iniquity have dominion over me.
- 134 Rescue me from those who oppress me, ♦
and I will keep your commandments.
- 135 Let your countenance shine upon your servant ♦
and teach me your statutes.
- 136 My eyes shed streams of tears, ♦
because people do not keep your law.
- *
- 137 You are righteous, O LORD, ♦
and upright are your judgments.
- 138 You have issued your decrees ♦
with justice and in perfect faithfulness.
- 139 My indignation has consumed me, ♦
because my enemies forget your words.
- 140 Your word has been tested to the uttermost, ♦
and your servant holds it dear.

- 141 I am small and of little account, ♦
yet I do not forget your commandments.
- 142 Your justice is an everlasting justice ♦
and your law is the truth.
- 143 Trouble and distress have come upon me, ♦
yet your commandments are my delight.
- 144 The righteousness of your decrees is everlasting; ♦
grant me understanding, that I may live.
- *
- 145 I call with my whole heart; ♦
answer me, O LORD, that I may keep your statutes.
- 146 I call to you; oh, that you would save me! ♦
I will keep your decrees.
- 147 Early in the morning I cry out to you, ♦
for in your word is my trust.
- 148 My eyes are open in the night watches, ♦
that I may meditate upon your promise.
- 149 Hear my voice, O LORD, according to your loving-kindness; ♦
according to your judgments, give me life.
- 150 They draw near who in malice persecute me; ♦
they are very far from your law.
- 151 You, O LORD, are near at hand, ♦
and all your commandments are true.

152 Long have I known from your decrees ♦
that you have established them for ever.

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

The opening of your word gives light.

*

Psalm 127

The Lord shall keep watch **over your going out and coming in.**

- 1 Unless the LORD builds the house, ♦
their labour is in vain who build it.
- 2 Unless the LORD watches over the city, ♦
in vain the watchman keeps his vigil.
- 3 It is in vain that you rise so early and go to bed so late; ♦
vain, too, to eat the bread of toil, he gives to his beloved sleep.
- 4 Children are a heritage from the LORD, ♦
and the fruit of the womb is a gift.
- 5 Like arrows in the hand of a warrior ♦
are the children of one's youth.
- 6 Happy is the man who has his quiver full of them! ♦
he shall not be put to shame
when he contends with his enemies in the gate.

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

The Lord shall keep watch over your going out and coming in.

SATURDAY

Reading: Hymn from Scripture

He committed no sin, and no deceit was found in his mouth.
When he was abused, he did not return abuse;
when he suffered, he did not threaten;
but he entrusted himself to the one who judges justly.
He himself bore our sins in his body on the cross,
so that, free from sins, we might live for righteousness;
by his wounds you have been healed.

(1 Peter 2:22-24)

The Psalms

Psalm 119: 153-176

I have longed **for your salvation, O Lord.**

- 153 Behold my affliction and deliver me, ♦
for I do not forget your law.
- 154 Plead my cause and redeem me; ♦
according to your promise, give me life.
- 155 Deliverance is far from the wicked, ♦
for they do not study your statutes.
- 156 Great is your compassion, O LORD; ♦
preserve my life, according to your judgments.

- 157 There are many who persecute and oppress me, ♦
yet I have not swerved from your decrees.
- 158 I look with loathing at the faithless, ♦
for they have not kept your word.
- 159 See how I love your commandments! ♦
LORD, in your mercy, preserve me.
- 160 The heart of your word is truth; ♦
all your righteous judgments endure for evermore.
- *
- 161 Rulers have persecuted me without a cause, ♦
but my heart stands in awe of your word.
- 162 I am as glad because of your promise ♦
as one who finds great spoils.
- 163 As for lies, I hate and abhor them, ♦
but your law is my love.
- 164 Seven times a day do I praise you, ♦
because of your righteous judgments.
- 165 Great peace have they who love your law; ♦
for them there is no stumbling block.
- 166 I have hoped for your salvation, O LORD, ♦
and have fulfilled your commandments.
- 167 I have kept your decrees ♦
and I have loved them deeply.

168 I have kept your commandments and decrees, ♦
for all my ways are before you.

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169 Let my cry come before you, O LORD; ♦
give me understanding, according to your word.

170 Let my supplication come before you; ♦
deliver me, according to your promise.

171 My lips shall pour forth your praise, ♦
when you teach me your statutes.

172 My tongue shall sing of your promise, ♦
for all your commandments are righteous.

173 Let your hand be ready to help me, ♦
for I have chosen your commandments.

174 I long for your salvation, O LORD, ♦
and your law is my delight.

175 Let me live, and I will praise you, ♦
and let your judgments help me.

176 I have gone astray like a sheep that is lost; ♦
search for your servant, for I do not forget your commandments.

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

I have longed for your salvation, O Lord.

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Psalm 128

How abundant **is your goodness, O Lord**

- 1 Happy are they all who fear the LORD, ♦
and who follow in his ways!
- 2 You shall eat the fruit of your labour; ♦
happiness and prosperity shall be yours.
- 3 Your wife shall be like a fruitful vine within your house, ♦
your children like olive shoots round about your table.
- 4 The man who fears the LORD ♦
shall thus indeed be blessed.
- 5 The LORD bless you from Zion, ♦
and may you see the prosperity of Jerusalem
all the days of your life.
- 6 May you live to see your children's children; ♦
may peace be upon Israel.

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

How abundant is your goodness, O Lord

**The Companions
of Augustine of
Canterbury**



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