

The Life of Daily Prayer

Letting God shape and order our time is one of the most practical ways that we let God order our lives. The life of prayer is one of the ways by which we come to share in and enjoy the Risen life of Christ. This vision is embodied in the Book of Common Prayer. The offices of Morning and Evening prayer that we pray in Church each day are shortened forms of the medieval offices. The form they are given in the Book of Common Prayer is a form that makes them accessible to everyone. In other words, the ordered life of prayer is not meant just for monks or nuns from a bygone age, or for a religious elite, but for everyone. This vision was also expressed in the revisions to the Book of Common Prayer in 1959. This current prayer book has a section for family prayers in the morning and evening, the late evening service of Compline, as well as prayers to help us to pray and to seek God's grace in all the circumstances and needs of life. If we do not have some daily discipline of prayer, we are neglecting an important means of grace, a way by which we pray each day to our Risen Saviour with the disciples on the road to Emmaus, "Abide with us," help us, feed us, guide us (see St Luke 24). One of the wonderful things about our Prayer Book is that it gives us the tools we need to develop a regular pattern of praying and reading the Bible. The family prayers section is especially short and easy to follow, and they can serve as a framework or guide for our own prayers. Developing a daily habit of prayer can feel like a burden, but the clear teaching of the Bible and the experience of Christians through the ages suggests that this effort is more than worth it. If you do not have your own prayer book, there is information on the other side about how to order one.

How to Find a Prayer Book

There are several editions of the 1962 Canadian *Book of Common Prayer*, ranging from the red hardcover kind you find in the pews of St. George's, to large-print and leather-bound versions.

Edition	Price	ISBN
Pew edition	\$16.95	9780921846598
Large print blue hardcover edition	\$39.95	9780921846727
Gift edition, leather-bound with gold edges, in black or burgundy	\$49.00	Black: 9780921846604 Burgundy: 9780921846611
Large-print gift edition, leather-bound with gold edges, in black or burgundy	\$89.00	Black: 9781551260686 Burgundy: 9780921846734

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To order online:

- Go to <http://www.afcanada.com/>
- On the left-hand side of the page, click 'Anglican' → 'Liturgical Books and Resources' → 'Book of Common Prayer': all of the various choices will appear, with descriptions and prices.
- Click 'add to cart'. To purchase, you will have to create an online profile.

Bookstores in Halifax can also order the book for you if you provide them with the ISBN.