

Midday Prayer

OPENING SENTENCES

Our help is in the name of the Lord,
maker of heaven and earth.

Ps. 124:8

PSALM 121

I lift up my eyes to the hills;
from where is my help to come?

My help comes from the LORD,
the maker of heaven and earth.

He will not let your foot be moved
and he who watches over you will not fall asleep.

Behold, he who keeps watch over Israel
shall neither slumber nor sleep;

The LORD himself watches over you;
the LORD is your shade at your right hand,

So that the sun shall not strike you by day,
nor the moon by night.

The LORD shall preserve you from all evil;
it is he who shall keep you safe.

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

SCRIPTURE

Those who trust in the Lord for help
will find their strength renewed.
They will rise on wings like eagles;
they will run and not be weary;
they will walk and not grow faint.

Isa. 40:31

This is the Word of the Lord.
Thanks be to God.

PRAYER

Lord, hear our prayer;
And let our cry come to you.

Blessed Savior, at this hour you hung upon the cross,
stretching out your loving arms.
Grant that all the peoples of the earth may be drawn to your redeeming love;
for your kingdom's sake. **Amen.**

DISMISSAL

Bless the Lord.
The Lord's name be praised.