



## A Pilgrim’s Prayer at Midday

**Opening:** (Psalm 70:1 NRSV)  
Oh God, come to my assistance.  
Oh Lord, make haste to help me!

**Scripture: John 14:15-24 NRSV**  
John 14:15 “If you love me, you will keep my commandments. 16 And I will ask the Father, and he will give you another Advocate, to be with you forever. 17 This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you.

John 14:18 “I will not leave you orphaned; I am coming to you. 19 In a little while the world will



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John 14:18 “I will not leave you orphaned; I am coming to you. 19 In a little while the world will

no longer see me, but you will see me; because I live, you also will live. 20 On that day you will know that I am in my Father, and you in me, and I in you. 21 They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them.” 22 Judas (not Iscariot) said to him, “Lord, how is it that you will reveal yourself to us, and not to the world?” 23 Jesus answered him, “Those who love me will keep my word, and my Father will love them, and we will come to them and make our home with them. 24 Whoever does not love me does not keep my words; and the word that you hear is not mine, but is from the Father who sent me.

**Laudation: Come Lift Up Your Life in Service - PHL Hymn Tune - Hyfrydol**

Come lift up your voice in praises,  
let us seek the Lord, our King.  
Sing to Christ in pray’rful phrases.  
Open up your heart and sing.  
Son of God, our friend, our savior -  
crucified about midday;  
Took up his cross with a love never waiv’ring.  
Christ the truth, the life, the way.

Still to each disciple he tells us  
as he did in times of old.  
Those who would be first among us must  
give themselves in service bold.

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Those who would be first among us must  
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Offer up your life in service,  
know that those in first are last.  
Peter discovered God’s loving purpose, the  
love of God respects no castes.

**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.

The LORD will not let your foot be moved  
nor will the one who watches over you fall asleep.  
Behold, the keeper of Israel  
will neither slumber nor sleep;

the LORD watches over you;  
the LORD is your shade at your right hand;  
the sun will not strike you by day,  
nor the moon by night.

The LORD will preserve you from all evil  
and will keep your life.  
The LORD will watch over your going out and  
your coming in,  
from this time forth forevermore.

Praise the Father, the Son, and Holy Spirit  
Both now and forever.

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Praise the Father, the Son, and Holy Spirit  
Both now and forever.

The God who is, who was, and who is to come  
at the end of the ages.

*Silence*

**Midday Collect (Psa. 90:17; Mat. 27:46; Mark 15:34; John 3:19; Rom 12:1; 1 Peter 2:9; John 12:35;)**

Lord of light and life, I pause at mid-day  
with the sun high in the sky to offer myself again  
in worship and in service to you. As the sun was  
given at creation to rule the day — so was the Son  
given to rule over all things. At this hour I offer  
the labors of this day to you and seek your  
blessing for all that is good in them.

I am mindful, Lord, that it was at this hour  
when you were crucified and gave up your life in  
loving sacrifice for a sinful world. As the world  
was plunged into darkness at the hour of your  
forsakenness, so I today grope in the darkness of  
my failures to claim you and love you faithfully  
always. Though you come to me as the light of  
the world, I, like those who came before me, all  
too often prefer the darkness to the light. And so  
in penitence I acknowledge:

My sins of commission . . .  
My sins of omission . . .  
And offer you my prayers of contrition . . .

Lord, accept the offering of my very self  
as a living and holy sacrifice to you. I thank you  
for the liberty given to me in Jesus, the Christ,

The God who is, who was, and who is to come  
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as a living and holy sacrifice to you. I thank you  
for the liberty given to me in Jesus, the Christ,

which enables me to put away the things which  
pertain to darkness and join him in glorious light.  
I feel your pleasure in my successes and  
rededicate my labors for the remainder of this day  
to your glory. Make me courageous in acts of  
compassion, sagacious in words of  
encouragement, faithful in my friendships, and  
toward all cultivate in me a holy love which  
reflects the will of your heart. Amen.

**Final Blessing**

May the Holy Presence remain with me always,  
And with my brothers and sisters who are away.  
May the souls of the faithful departed, through the  
mercy of God, rest in peace. Amen.

† The Psalms are taken from *The Book of Common Worship: Daily Prayer*, Westminster John Knox Press. Used by Permission.

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