



## A Pilgrim’s Prayer at Midday

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

**Scripture: John 14:25-33 NRSV**  
Luke 14:25 Now large crowds were traveling with him; and he turned and said to them, 26 “Whoever comes to me and does not hate father and mother, wife and children, brothers and sisters, yes, and even life itself, cannot be my disciple. 27 Whoever does not carry the cross and follow me cannot be my disciple. 28 For which of you, intending to build a tower, does not first sit down and estimate the cost, to see whether he has enough to complete it? 29 Otherwise, when he has laid a foundation and is not able to finish, all who see it will begin to ridicule him, 30 saying, ‘This fellow began to build and was not able to finish.’ 31 Or



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what king, going out to wage war against another king, will not sit down first and consider whether he is able with ten thousand to oppose the one who comes against him with twenty thousand? 32 If he cannot, then, while the other is still far away, he sends a delegation and asks for the terms of peace. 33 So therefore, none of you can become my disciple if you do not give up all your possessions.

**Laudation: How Many Are Your Works, O Lord FOREST GREEN**

How many are your works, O Lord, in wisdom each one made? Your greatness all around us clear; creation power displayed. You stretch the heavens like a tent and walk on wings of wind. In awe of you we offer our work, its good on you depends.

The birds and bats and bumble bees take flight at your command. The fruit and grass and evergreens which grow upon the land. Each creature swarming in the sea or walking on the ground must turn to you when seasons due, their food from your hand found.

We’ll sing to you for all our days make music while we live. And may our lives reflect God’s grace received, now let us give. May all our deeds and words, O Lord, be pleasing in your sight. We’ll live our lives in gratitude and in God take delight.

**Psalm 32 †**



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**Psalm 32 †**



Happy those whose offense is forgiven,\*  
whose sin is remitted.  
O happy those to whom the LORD imputes no guilt,  
in whose spirit is no guile.

I kept it secret and my frame was wasted.\*  
I groaned all day long,  
for night and day your hand was heavy upon me.\*  
Indeed my strength was dried up as by the summer’s heat.

But now I have acknowledged my sins,\*  
my guilt I did not hide.  
I said: “I will confess my offense to the LORD.”\*  
And you, LORD, have forgiven the guilt of my sin.

So let faithful people pray to you in the time of need.\*  
The floods of water may reach high but they shall stand secure.  
You are my hiding place, O LORD;\*  
you save me from distress.

I will instruct you and teach you the way you should go;\*  
I will give you counsel with my eye upon you.

Be not like horse and mule, unintelligent, needing  
bridle and bit,  
else they will not approach you.

Many sorrows have the wicked,\*  
but those who trust in the LORD  
are surrounded with loving mercy.

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Rejoice, rejoice in the LORD,\*

Rejoice, rejoice in the LORD,\*  
exult, you just!  
O come, ring out your joy,\*  
all you upright of heart.

Praise the Father, the Son, and the holy Spirit\*  
both now and forever.  
The God who is, who was, and is to come\*  
at the end of the ages.

*Silent Reflection*

**Midday Collect (Psalm 32)**  
Gracious God, who forgives the guilt of my sin, meet me now I pray as I make my confession. I know that those whose sin is covered are happy. I know the blessedness of having my guilt taken away. Yet, with the psalmist I confess that too often I keep silent. I hide from you in the face of my sin. I know the depth of my failure to love you and serve you always — and I fail to trust in your even deeper loving forgiveness. I let my secret sins haunt me, and eat away at me, and depress me.

Help me Lord to trust you as I meet you in penitence.  
Hear my prayers for sins of omission:

† failing to love others as you command . . .

† failing to visit those in need . . .

† failing to remember the lonely & forgotten . . .

† failing to act when justice demands it . . .

† failing to be generous with others . . .

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† failing to act when justice demands it . . .

† failing to be generous with others . . .

Hear also my prayers for sins of commission:  
† hubris expressed in self-centeredness . . .

† self-righteousness which leads me to focus on my neighbor’s faults . . .

† destructive attitudes and appetites which enslave me . . .

† being quick to anger and slow to forgive . . .

† being eager to speak but not to listen . . .

And now Lord, as I consider the remainder of the day, help me to amend my ways. Aid me that I might complete every good thing I resolve to do. Lord, show me your love and mercy, for I put my trust in you. Amen.

**Final Blessing**  
May the God of peace 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.

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