

## A Liturgy of The Hours

### A Prayer for Mid-Day

Leader: O Christ our rest,  
We pause amidst the labors of this day  
to remember the best reason for our laboring.

People: **We labor, O God, as stewards of  
your creation, and as stewards of the gifts  
you have apportioned to each of us  
for the good of all.**

Bless then the works of our hands  
and minds and hearts, O God, that they might  
bear fruit for you greater purposes.

**May our work this day be rendered  
first as service to you, that the benefits of it  
might be eternal.**

Receive this, the offering of our labors.

**Amen.**

If our hearts have already been tempted this day  
to believe anything about ourselves or others  
that does not take into account your creation,  
your mercy, your sacrifice, your grace,  
your forgiveness, your redemption,  
and your unshakeable love, O God,  
**remind us again of these truths,  
giving us faith enough to believe  
and hope enough to choose  
to embrace them again and again.**

Or if we have been swayed from the place  
of resting in your grace today—  
swayed by shame, by error, by vanity,  
by pride, or by love of the praise of people,  
act, O Holy Spirit!

**Reveal our error, convict conscience,  
and bring us to quick repentance.**

**Rekindle our affections, restoring them again  
to their one worthy object, who is Christ,  
and who alone holds the words of eternal life.**

Let us now consider such words.

**Shape our thoughts O God, by your truth,  
Even as you shape our hearts by your love.**

*The short passage of scripture below, chosen for the day's contemplation, is here read aloud by one of the participants. A moment of silence is then taken for reflection.*

Let your work be shown to your servants,  
and your glorious power to their children.  
Let the favor of the lord our God be upon us,  
and establish the work of our hands upon us;  
yes, establish the work of our hands!  
~ Psalm 90:16-17

Now grant us strength and grace, O God,  
sufficient to the remains of the day,  
that we might move through its unfolding  
in humble obedience to your will  
and in sensitivity to your Spirit  
and in joyful expectancy of your coming kingdom.  
**May the light of that eternal city  
illuminate our hearts, our paths, our vision  
through these next hours, O God.**

**Amen.**

Adapted from A Liturgy of the Hours: Midday by Douglas McKelvey, [www.everymomentholy.com](http://www.everymomentholy.com)