

**Worshiping and Praying With the BCP**  
**Week 2: History of the BCP + Morning Prayer Walkthrough**

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## **Morning Prayer Outline**

### **Scripture**

1. Opening sentence of Scripture - MANY options
2. Confession of Sin & Absolution
3. Invitatory Psalm - 3 options
4. Psalm(s)
5. The Lessons (with Canticles - options)
6. Apostles' Creed

### **Prayer**

7. Lord's Prayer
8. Suffrages - 2 options
9. Collects - a few options
10. Prayer for Mission - 3 options
11. (Thanksgivings and Intercessions)
12. Closing Prayers & Grace - 3 options

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**ASSIGNMENT:**

**Plan to pray morning prayer out loud every day this week.**

Resist the urge to critique or evaluate it. Just “say your prayers” every day.

(And then keep praying - I encourage a 3-6-month trial period before you think about changing anything. You need several months to notice how a practice is forming you.)

Come next week ready to share any noticings you had from this exercise.

And remember what you’re engaging in as you pray...

**“Prayer” by Scott Cairns**  
**(based on the writings of St. John of the Ladder)**

By its very nature, prayer  
avails both our conversation  
and our union with God.

Its sure effect is (notice now!) to hold  
the world together. Prayer  
is both the mother and the daughter

of our tears, and occasions  
expiation of all sin. It is a bridge  
across temptation and a wall

against affliction, both a future  
joy and a present act, endlessly  
opening to a flood of graces.

Scott Cairns, *Endless Life: Poems of the Mystics*, (Brewster, MA: Paraclete Press, 2014), 69.