

# Holy Trinity Midday Prayer

**Breathing meditation on the Name of God** (minimum 5 minutes)

**Yod...Hey...Vav...Hey... (יהוה)**

## **Notes:**

- 1) *Be here, in the now, present to God's Spirit.*
- 2) *Become aware of your posture, tensions and stresses. Close eyes.*
- 3) *Breath deeply through nose and mouth, feeling the breath in your throat and lungs.*
- 4) *Clear your mind. Let your thoughts float by as if placed in boxes on a river.*
- 5) *Be gentle with yourself and return always to the breath.*
- 6) *When finished, return slowly at your own pace.*

-----  
(Midday Prayer from the Northumbria Community)

+ *indicates that you may make the sign of the cross.*

+ In the name of the Father,  
and of the Son,  
and of the Holy Spirit. Amen

## **Opening Sentences**

Let the beauty of the Lord our God be upon us.  
Establish Thou the work of our hands;  
establish Thou the work of our hands.

## **The Lord's Prayer**

Our Father, who art in heaven,  
hallowed be Thy name;  
Thy kingdom come;  
Thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread  
and forgive us our trespasses  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil. Amen

## **Declaration of faith**

We believe and trust in God the Father Almighty.  
We believe and trust in Jesus Christ His Son.  
We believe and trust in the Holy Spirit.  
We believe and trust in the Three in One.

## **Canticle**

Teach us, dear Lord, to number our days;  
that we may apply our hearts unto wisdom.  
Oh, satisfy us early with Thy mercy,  
that we may rejoice and be glad all of our days.  
And let the beauty of the Lord our God be upon us;  
and establish Thou the work of our hands.  
And let the beauty of the Lord our God be upon us;  
and establish Thou the work of our hands, dear Lord.

## **Blessing**

Let nothing disturb thee,  
nothing affright thee;  
all things are passing,  
God never changeth!  
Patient endurance attaineth to all things;  
who God possesseth  
in nothing is wanting;  
alone God sufficeth.

+ In the name of the Father,  
and of the Son,  
and of the Holy Spirit.

**Amen.**

*(Depart in the peace of Christ.)*