



Daily Prayer
in
Ordinary Time
Week 4

Monday Daily Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Let the words of my mouth and the meditation of my heart

be acceptable in your sight,

O Lord, my strength and my redeemer.

Psalm 19.14

Praise

I bind unto myself today

the strong name of the Trinity,

by invocation of the same,

the Three in One, and One in Three.

Of whom all nature hath creation;

eternal Father, Spirit, Word:

Praise to the Lord of my salvation,

salvation is of Christ the Lord.

from St Patrick's Breastplate

The Word of God

Psalm 50 1-15

- 1 The Lord our God, the Mighty One, has spoken:
and summoned the earth,
from the rising of the sun to its setting in the west.
- 2 From Zion, perfect in beauty:
God has shone out in glory.
- 3 Our God is coming, he will not keep silent:
before him is devouring fire,
and tempest whirls about him.
- 4 He calls to the heavens above:
and to the earth, so he may judge his people.
- 5 'Gather to me my faithful ones:
those who by sacrifice made a covenant with me.'
- 6 The heavens shall proclaim his righteousness:
for God himself is judge.
- 7 'Listen my people, and I will speak:
O Israel, I am God your God,
and I will give my testimony.
- 8 'It is not for your sacrifices that I reprove you:
for your burnt-offerings are always before me.
- 9 'I will take no bull from your farms:
or he-goat from your pens.
- 10 'For all the beasts of the forest belong to me:
and so do the cattle upon the mountains.
- 11 'I know all the birds of the air:
and the grasshoppers of the field are in my sight.
- 12 'If I were hungry, I would not tell you:
for the whole world is mine, and all that is in it.
- 13 'Do I eat the flesh of bulls:
or drink the blood of goats?
- 14 'Offer to God a sacrifice of thanksgiving:
and pay your vows to the Most High.

15 'Call upon me in the day of trouble:
I will bring you out, and you shall glorify me.'

Reading

After a long time the master of those slaves came and settled accounts with them. Then the one who had received the five talents came forward, bringing five more talents, saying, 'Master, you handed over to me five talents; see, I have made five more talents.' His master said to him, 'Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.'

Matthew 25.19-21

Response

Silence

Jesus said, I am the true vine.

My Father is glorified by this, that you bear much fruit.

John 15.1a,8

Prayer

Concluding Prayer

Eternal light, shine into our hearts,
eternal goodness, deliver us from evil,
eternal power, be our support,
eternal wisdom, scatter the darkness of our ignorance,
eternal pity, have mercy upon us;
that with all our heart and mind and soul and strength
we may seek your face and be brought by your infinite mercy
to your holy presence;
through Jesus Christ our Lord. **Amen.**

Alcuin of York (804)

The Lord's Prayer

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done
on earth as in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those who sin against us.**

**Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power and the glory are yours,
now and forever. Amen.**

The Conclusion

**May God who made both heaven and earth bless us.
Amen.**

Tuesday Daily Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

To you, O Lord, I lift up my soul.

O my God, in you I trust.

Psalm 25. 1a

Praise

I am giving you worship with all my life,

I am giving you obedience with all my power,

I am giving you praise with all my strength,

I am giving you honour with all my speech.

I am giving you love with all my heart,

I am giving you affection with all my sense,

I am giving you my being with all my mind,

I am giving you my soul, O most high and holy God.

Praise to the Father,

Praise to the Son,

Praise to the Spirit,

The Three in One.

adapted from Alexander Carmichael, Carmina Gadelica (1900)

The Word of God

Psalm 39

- 1 I said 'I will keep watch over my ways,
lest I sin with my tongue:
I will keep a guard on my mouth
while the wicked are in my sight.'
- 2 I held my tongue and said nothing:
I kept silent, but found no comfort.
- 3 My pain was increased, my heart grew hot within me:
while I mused, the fire blazed,
and I spoke with my tongue;
- 4 'Lord, let me know my end:
and the number of my days,
- 5 'That I may know how short my time is:
for you have made my days but a handbreadth
and my whole span is as nothing before you.'
- 6 Surely everyone who stands secure is but breath:
we live as a passing shadow.
- 7 The riches we heap are but a puff of wind:
and we cannot tell who will gather them.
- 8 And now, Lord, what is my hope?:
truly my hope is in you.
- 9 O deliver me from all my transgressions:
do not make me the butt of fools.
- 10 I was dumb, I did not open my mouth:
for surely it was your doing.
- 11 Take away your plague from me:
I am brought to an end by the blows of your hand.
- 12 When with rebukes you chastise us for sin:
you cause our fair looks to dissolve in putrefaction—
surely everyone is but breath.
- 13 Hear my prayer, O Lord, and give ear to my cry:
be not silent at my tears.

- 14 For I am but a stranger with you:
a passing guest as all my forebears were.
- 15 Turn your eye from me, that I may smile again:
before I go hence and am no more.

Reading

Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city. On either side of the river is the tree of life with its twelve kinds of fruit, producing its fruit each month; and the leaves of the tree are for the healing of the nations.

Revelation 22.1,2

Response

Silence

Jesus said, I am the light of the world.

Whoever follows me will have the light of life.

John 8.12

Prayer

Concluding Prayer

Eternal God,
the light of the minds that know you,
the joy of the hearts that love you,
and the strength of the wills that serve you:
grant us so to know you
that we may truly love you,
so to love you that we may truly serve you,
whose service is perfect freedom;
through Jesus Christ our Lord. **Amen.**

after Augustine of Hippo (430)

The Lord's Prayer

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done
on earth as in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those who sin against us.**

**Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power and the glory are yours,
now and forever. Amen.**

The Conclusion

**May Christ our redeemer bring us healing and wholeness.
Amen.**

Wednesday Daily Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Make me to know your ways, O Lord,

and teach me your paths.

Psalm 25.3

Praise

You, Christ, are the King of glory,

the eternal Son of the Father.

When you took our flesh to set us free

you humbly chose the Virgin's womb.

You overcame the sting of death

and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory.

from Te Deum Laudamus

The Word of God

Psalm 72 1-8

- 1 Give the king your judgement, O God:
and your righteousness to the son of a king,
- 2 That he may judge your people rightly:
and the poor of the land with equity.
- 3 Let the mountains be laden with peace
because of his righteousness:
and the hills also with prosperity for his people.
- 4 May he give justice to the poor among the people:
and rescue the children of the needy,
and crush the oppressor.
- 5 May he live while the sun endures:
and while the moon gives light,
throughout all generations.
- 6 May he come down like rain upon the new-mown fields:
and as showers that water the earth.
- 7 In his time shall righteousness flourish:
and abundance of peace,
till the moon shall be no more.
- 8 His dominion shall stretch from sea to sea:
from the Great River to the ends of the earth.

Reading

Pilate entered the headquarters again, summoned Jesus, and asked him, 'Are you the King of the Jews?' Jesus answered, 'My kingdom is not from this world. If my kingdom were from this world, my followers would be fighting to keep me from being handed over to the Jews. But as it is, my kingdom is not from here.' Pilate asked him, 'So you are a king?' Jesus answered, 'You say that I am a king. For this I was born, and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice.' Pilate asked him, 'What is truth?'

John 18.33,36-38

Response

Silence

Jesus said, I am the way, and the truth, and the life.

No one comes to the Father except through me.

John 14.6

Prayer

Concluding Prayer

O Lord our God,
grant us grace to desire you with our whole heart;
that so desiring, we may seek and find you;
and so finding, may love you;
and so loving, may hate those sins from which
you have delivered us;
through Jesus Christ our Lord. **Amen.**

Anselm (1109)

The Lord's Prayer

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done
on earth as in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those who sin against us.**

**Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power and the glory are yours,
now and forever. Amen.**

The Conclusion

**May God grant to the world justice, truth and peace.
Amen.**

Thursday Daily Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Teach me to do what pleases you, for you are my God;

let your kindly spirit lead me on a level path.

Psalm 143.10

Praise

Come, my Way, my Truth, my Life:

Such a Way, as gives us breath:

Such a Truth, as ends all strife:

And such a Life, as killeth death.

Come, my Light, my Feast, my Strength:

Such a Light, as shows a Feast:

Such a Feast, as mends in length:

Such a Strength, as makes his guest.

Come, my Joy, my Love, my Heart:

Such a Joy, as none can move:

Such a Love, as none can part:

Such a Heart, as joys in Love.

George Herbert (1633)

The Word of God

Psalm 107 1-16

- 1 O give thanks to the Lord, for he is good:
for his loving mercy is for ever.
- 2 Let the Lord's redeemed say so:
whom he has redeemed from the hand of the enemy,
- 3 And gathered in from every land,
from the east and from the west:
from the north and from the south.
- 4 Some went astray in the wilderness and in the desert:
and found no path to an inhabited city;
- 5 They were hungry and thirsty:
and their heart fainted within them.
- 6 Then they cried to the Lord in their distress:
and he took them out of their trouble.
- 7 He led them by the right path:
till they came to an inhabited city.
- 8 *Let them thank the Lord for his goodness:
and for the wonders that he does
for the children of Adam;*
- 9 *For he satisfies the thirsty:
and fills the hungry with good things.*
- 10 Some sat in darkness and in deadly shadow:
bound fast in affliction and iron,
- 11 Because they had rebelled against the words of God:
and scorned the purposes of the Most High.
- 12 So he bowed down their hearts with affliction:
they tripped headlong, with none to help them.
- 13 Then they cried to the Lord in their distress:
and he took them out of their trouble.
- 14 He brought them out from darkness and deadly shadow:
and broke their chains in two.
- 15 *Let them thank the Lord for his goodness:
and for the wonders that he does
for the children of Adam;*
- 16 *For he shatters the doors of bronze:
and cleaves the bars of iron.*

Reading

As you have sent me into the world, so I have sent them into the world. And for their sakes I sanctify myself, so that they also may be sanctified in truth. I ask not only on behalf of these, but also on behalf of those who will believe in me through their word, that they may all be one. As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have s

ent me. The glory that you have given me I have given them, so that they may be one, as we are one, I in them and you in me, that they may become completely one, so that the world may know that you have sent me and have loved them even as you have loved me.

John 17.18-23

Response

Silence

Jesus said, I am the gate for the sheep.

I came that they may have life, and have it abundantly.

John 10.7,10b

Prayer

Concluding Prayer

O gracious and holy Father,
give us wisdom to perceive you,
diligence to seek you,
patience to wait for you,
eyes to behold you,
a heart to meditate upon you,
and a life to proclaim you,
through the power of the Spirit
of Jesus Christ our Lord. **Amen.**

Benedict of Nursia (c.550)

The Lord's Prayer

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done
on earth as in heaven.**

Give us today our daily bread.

Forgive us our sins

as we forgive those who sin against us.

Save us from the time of trial

and deliver us from evil.

For the kingdom, the power and the glory are yours,

now and forever. Amen.

The Conclusion

May God kindle in us the fire of love.

Amen.

Friday Daily Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Make me a clean heart, O God;

and renew a right spirit within me.

Psalm 51.11

Praise

Jesus, Saviour of the world,

come to us in your mercy:

we look to you to save and help us.

By your cross and your life laid down,

you set your people free:

we look to you to save and help us.

When they were ready to perish, you saved your disciples:

we look to you to come to our help.

In the greatness of your mercy, loose us from our chains,

forgive the sins of all your people.

Make yourself known as our Saviour and mighty deliverer;

save us and help us that we may praise you.

Come now and dwell with us, Lord Christ Jesus:

hear our prayer and be with us always.

And when you come in your glory:

make us to be one with you

and to share the life of your kingdom.

The Word of God

Psalm 124

- 1 If the Lord had not been on our side,
now may Israel say:
if the Lord had not been on our side,
when our enemies rose against us,
- 2 Then they would have swallowed us alive:
when their anger was kindled against us.
- 3 Then the waters would have overwhelmed us,
and the torrent gone over us:
the raging waters would have gone clean over us.
- 4 But praised be the Lord:
who has not given us as a prey to their teeth.
- 5 We have escaped like a bird from the snare of the fowler:
the snare is broken, and we have gone free.
- 6 Our help is in the name of the Lord:
who has made heaven and earth.

Reading

Jesus said to the disciples, 'The Son of Man must undergo great suffering, and be rejected by the elders, chief priests, and scribes, and be killed, and on the third day be raised.'

Then he said to them all, 'If any want to become my followers, let them deny themselves and take up their cross daily and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will save it. What does it profit them if they gain the whole world, but lose or forfeit themselves?'

Luke 9.22-25

Response

Silence

Jesus said, I am the good shepherd.

The good shepherd lays down his life for the sheep.

John 10.11

Prayer

Concluding Prayer

Lord Jesus Christ, we thank you
for all the benefits that you have won for us,
for all the pains and insults that you have borne for us.
Most merciful redeemer,
friend and brother,
may we know you more clearly,
love you more dearly,
and follow you more nearly,
day by day. **Amen**

after Richard of Chichester (1253)

The Lord's Prayer

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done
on earth as in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those who sin against us.**

**Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power and the glory are yours,
now and forever. Amen.**

The Conclusion

May Christ our Saviour give us peace.

Amen.

Saturday Daily Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Your love, O Lord, reaches to the heavens;

and your faithfulness to the clouds.

Psalm 36.5

Praise

What shall I give you, Lord, in return for all your kindness?

Glory to you for your love.

Glory to you for your patience.

Glory to you for forgiving us all our sins.

Glory to you for coming to save our souls.

Glory to you for your incarnation in the virgin's womb.

Glory to you for your bonds.

Glory to you for receiving the cut of the lash.

Glory to you for accepting mockery.

Glory to you for your crucifixion.

Glory to you for your burial.

Glory to you for your resurrection.

Glory to you that you were preached to all.

Glory to you in whom they believed.

Ephrem the Syrian (373)

The Word of God

Psalm 139

- 1 O Lord, you have searched me out and known me:
you know when I sit or when I stand,
you comprehend my thoughts long before.
- 2 You discern my path and the places where I rest:
you are acquainted with all my ways.
- 3 For there is not a word on my tongue:
but you, Lord, know it altogether.
- 4 You have encompassed me behind and before:
and have laid your hand upon me.
- 5 Such knowledge is too wonderful for me:
so high that I cannot endure it.
- 6 Where shall I go from your spirit:
or where shall I flee from your presence?
- 7 If I ascend into heaven you are there:
if I make my bed in the grave you are there also.
- 8 If I spread out my wings towards the morning:
or dwell in the uttermost parts of the sea,
- 9 Even there your hand shall lead me:
and your right hand shall hold me.
- 10 If I say 'Surely the darkness will cover me:
and the night will enclose me',
- 11 The darkness is no darkness with you,
but the night is as clear as the day:
the darkness and the light are both alike.
- 12 For you have created my inward parts:
you knit me together in my mother's womb.
- 13 I will praise you, for you are to be feared:
fearful are your acts, and wonderful your works.
- 14 You knew my soul,

- and my bones were not hidden from you:
when I was formed in secret,
and woven in the depths of the earth.
- 15 Your eyes saw my limbs when they were yet imperfect:
and in your book were all my members written;
- 16 Day by day they were fashioned:
and not one was late in growing.
- 17 How deep are your thoughts to me, O God:
and how great is the sum of them!
- 18 Were I to count them,
they are more in number than the sand:
were I to come to the end, I would still be with you.
- 19 If only you would slay the wicked, O God:
if only the bloodthirsty would depart from me!
- 20 For they affront you by their evil:
and your enemies exalt themselves against you.
- 21 Do I not hate them, O Lord, that hate you:
do I not loathe those who rebel against you?
- 22 I hate them with a perfect hatred:
they have become my enemies.
- 23 Search me out, O God, and know my heart:
put me to the proof and know my thoughts.
- 24 Look well lest there be any way of wickedness in me:
and lead me in the way that is everlasting.

Reading

When the Lamb had taken the scroll, the four living creatures and the twenty-four elders fell before the Lamb, each holding a harp and golden bowls full of incense, which are the prayers of the saints. They sing a new song: 'You are worthy to take the scroll and to open its seals, for you were slaughtered and by your blood you ransomed for God saints from every tribe and language and people and nation; you have made them to be a kingdom and priests serving our God, and they will reign on earth.'

Response

Silence

Jesus said, I am the resurrection and the life.

Those who believe in me will never die

cf John 11.25,26

Prayer

Concluding Prayer

God be in my head, and in my understanding;

God be in my eyes, and in my looking;

God be in my mouth, and in my speaking;

God be in my heart, and in my thinking;

God be at mine end, and at my departing. **Amen.**

Sarum Primer

The Lord's Prayer

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done
on earth as in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those who sin against us.**

**Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power and the glory are yours,
now and forever. Amen**

The Conclusion

May Christ dwell in our hearts by faith.

Amen.

Sunday Daily Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

My heart tells of your word, 'Seek my face.'

Your face, Lord, will I seek.

Psalm 27.10

Praise

We praise you, O God,
we acclaim you as the Lord;
all creation worships you,
the Father everlasting.

To you all angels, all the powers of heaven,
the cherubim and seraphim, sing in endless praise:
Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.

from Te Deum Laudamus

The Word of God

Psalm 116

1 I love the Lord, because he heard my voice:

- the voice of my supplication;
- 2 Because he inclined his ear to me:
in the day that I called to him.
- 3 The cords of death encompassed me,
the snares of the grave took hold on me:
I was in anguish and sorrow.
- 4 Then I called upon the name of the Lord:
'O Lord, I beseech you, deliver me!'
- 5 Gracious and righteous is the Lord:
full of compassion is our God.
- 6 The Lord preserves the simple:
when I was brought low, he saved me.
- 7 Return, O my soul, to your rest:
for the Lord has rewarded you.
- 8 For you, O Lord, have delivered my soul from death:
my eyes from tears and my feet from falling.
- 9 I will walk before the Lord:
in the land of the living.
- 10 I believed that I would perish, I was brought very low:
I said in my haste 'Everyone is a liar.'
- 11 How shall I repay the Lord:
for all his benefits to me?
- 12 I will take up the cup of salvation:
and call upon the name of the Lord.
- 13 I will pay my vows to the Lord:
in the presence of all his people.
- 14 Grievous in the sight of the Lord:
is the death of his faithful ones.
- 15 O Lord, I am your servant,
your servant and the child of your handmaid:
you have unloosed my bonds.
- 16 I will offer you a sacrifice of thanksgiving:
and call upon the name of the Lord.
- 17 I will pay my vows to the Lord:
in the presence of all his people,

18 In the courts of the house of the Lord:
even in your midst, O Jerusalem. Praise the Lord.

Reading

I, John, saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, 'See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.'

Revelation 21.1-4

Response

Silence

Jesus said, I am the living bread that came down from heaven.

Whoever eats of this bread will live for ever.

John 6.5 1a

Prayer

Concluding Prayer

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

Amen.

from St Patrick's Breastplate

The Lord's Prayer

**Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done
on earth as in heaven.**

Give us today our daily bread.

Forgive us our sins

as we forgive those who sin against us.

Save us from the time of trial

and deliver us from evil.

For the kingdom, the power and the glory are yours,

now and forever. Amen.

The Conclusion

May God who made both heaven and earth bless us.

Amen.