



Daily Prayer  
in  
Ordinary Time  
Week 1

## 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 49

1 Hear this, all you peoples;

give ear, all inhabitants of the world,

2 both low and high,

rich and poor together.

3 My mouth shall speak wisdom;

the meditation of my heart shall be understanding.

4 I will incline my ear to a proverb;

I will solve my riddle to the music of the harp.

5 Why should I fear in times of trouble,  
when the iniquity of my persecutors surrounds me,  
6 those who trust in their wealth  
and boast of the abundance of their riches?  
7 Truly, no ransom avails for one's life,  
there is no price one can give to God for it.  
8 For the ransom of life is costly,  
and can never suffice,  
9 that one should live on for ever  
and never see the grave.  
10 When we look at the wise, they die;  
fool and dolt perish together  
and leave their wealth to others.  
11 Their graves are their homes for ever,  
their dwelling-places to all generations,  
though they named lands their own.  
12 Mortals cannot abide in their pomp;  
they are like the animals that perish.  
13 Such is the fate of the foolhardy,  
the end of those who are pleased with their lot.  
Selah  
14 Like sheep they are appointed for Sheol;  
Death shall be their shepherd;  
straight to the grave they descend,  
and their form shall waste away;  
Sheol shall be their home.  
15 But God will ransom my soul from the power of Sheol,  
for he will receive me.  
Selah  
16 Do not be afraid when some become rich,  
when the wealth of their houses increases.  
17 For when they die they will carry nothing away;  
their wealth will not go down after them.  
18 Though in their lifetime they count themselves happy  
—for you are praised when you do well for yourself—  
19 they will go to the company of their ancestors,  
who will never again see the light.  
20 Mortals cannot abide in their pomp;  
they are like the animals that perish.

## Reading

The Lord called me before I was born, while I was in my mother's womb he named me. He made my mouth like a sharp sword, in the shadow of his hand he hid me; he made me a polished arrow, in his quiver he hid me away. And he said to me, 'You are my servant, Israel, in whom I will be glorified.'

But I said, 'I have laboured in vain, I have spent my strength for nothing and vanity; yet surely my cause is with the Lord, and my reward with my God.'

*Isaiah 49.1b-4*

## 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 bless the work of our hands.

**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 16

- 1 Protect me, O God, for in you I take refuge.
- 2 I say to the Lord, 'You are my Lord;  
I have no good apart from you.'
- 3 As for the holy ones in the land, they are the noble,  
in whom is all my delight.
- 4 Those who choose another god multiply their sorrows;  
their drink-offerings of blood I will not pour out  
or take their names upon my lips.
- 5 The Lord is my chosen portion and my cup;  
you hold my lot.
- 6 The boundary lines have fallen for me in pleasant places;  
I have a goodly heritage.
- 7 I bless the Lord who gives me counsel;  
in the night also my heart instructs me.
- 8 I keep the Lord always before me;  
because he is at my right hand, I shall not be moved.
- 9 Therefore my heart is glad, and my soul rejoices;  
my body also rests secure.
- 10 For you do not give me up to Sheol,  
or let your faithful one see the Pit.
- 11 You show me the path of life.  
In your presence there is fullness of joy;  
in your right hand are pleasures for evermore.

## Reading

If you will only obey the Lord your God, by diligently observing all his commandments that I am commanding you today, the Lord your God will set you high above all the nations of the earth; all these blessings shall come upon you and overtake you, if you obey the Lord your God: Blessed shall you be in the city, and blessed shall you be in the field. Blessed shall be the fruit of your womb, the fruit of your ground, and the fruit of your livestock, both the increase of your cattle and the issue of your flock. Blessed shall be your basket and your kneading-bowl. Blessed shall you be when you come in, and blessed shall you be when you go out. *Deuteronomy 28.1-6*

## 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 2**

- 1 Why do the nations conspire,  
and the peoples plot in vain?
- 2 The kings of the earth set themselves,  
and the rulers take counsel together,  
against the Lord and his anointed, saying,
- 3 'Let us burst their bonds asunder,  
and cast their cords from us.'
- 4 He who sits in the heavens laughs;  
the Lord has them in derision.

5 Then he will speak to them in his wrath,  
and terrify them in his fury, saying,  
6 'I have set my king on Zion, my holy hill.'  
7 I will tell of the decree of the Lord:  
He said to me, 'You are my son;  
today I have begotten you.  
8 Ask of me, and I will make the nations your heritage,  
and the ends of the earth your possession.  
9 You shall break them with a rod of iron,  
and dash them in pieces like a potter's vessel.'  
10 Now therefore, O kings, be wise;  
be warned, O rulers of the earth.  
11 Serve the Lord with fear,  
with trembling 12kiss his feet,  
or he will be angry, and you will perish in the way;  
for his wrath is quickly kindled.  
Happy are all who take refuge in him.

## Reading

The spirit of the Lord God is upon me, because the Lord has anointed me; he has sent me to bring good news to the oppressed, to bind up the broken-hearted, to proclaim liberty to the captives, and release to the prisoners; to proclaim the year of the Lord's favour, and the day of vengeance of our God; to comfort all who mourn; to provide for those who mourn in Zion – to give them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a faint spirit.

*Isaiah 61.1-3a*

## 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*

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 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 81

- 1 Sing aloud to God our strength;  
shout for joy to the God of Jacob.
- 2 Raise a song, sound the tambourine,  
the sweet lyre with the harp.
- 3 Blow the trumpet at the new moon,  
at the full moon, on our festal day.
- 4 For it is a statute for Israel,  
an ordinance of the God of Jacob.
- 5 He made it a decree in Joseph,  
when he went out over the land of Egypt.  
I hear a voice I had not known:
- 6 'I relieved your shoulder of the burden;  
your hands were freed from the basket.
- 7 In distress you called, and I rescued you;  
I answered you in the secret place of thunder;  
I tested you at the waters of Meribah.  
Selah
- 8 Hear, O my people, while I admonish you;  
O Israel, if you would but listen to me!
- 9 There shall be no strange god among you;  
you shall not bow down to a foreign god.
- 10 I am the Lord your God,  
who brought you up out of the land of Egypt.  
Open your mouth wide and I will fill it.
- 11 'But my people did not listen to my voice;  
Israel would not submit to me.
- 12 So I gave them over to their stubborn hearts,  
to follow their own counsels.
- 13 O that my people would listen to me,  
that Israel would walk in my ways!
- 14 Then I would quickly subdue their enemies,  
and turn my hand against their foes.
- 15 Those who hate the Lord would cringe before him,  
and their doom would last for ever.
- 16 I would feed you with the finest of the wheat,  
and with honey from the rock I would satisfy you.'

## Reading

If there is among you anyone in need, a member of your community in any of your towns within the land that the Lord your God is giving you, do not be hard-hearted or tight-fisted towards your needy neighbour. You should rather open your hand, willingly lending enough to meet the need, whatever it may be. Give liberally and be ungrudging when you do so, for on this account the Lord your God will bless you in all your work and in all that you undertake. Since there will never cease to be some in need on the earth, I therefore command you, 'Open your hand to the poor and needy neighbour in your land.'

*Deuteronomy 5.7,8,10,11*

## 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.**  
(c.550)

*Benedict of Nursia*



*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 112

1 Praise the Lord!

Happy are those who fear the Lord,  
who greatly delight in his commandments.

2 Their descendants will be mighty in the land;  
the generation of the upright will be blessed.

3 Wealth and riches are in their houses,  
and their righteousness endures for ever.

4 They rise in the darkness as a light for the upright;  
they are gracious, merciful, and righteous.

5 It is well with those who deal generously and lend,  
who conduct their affairs with justice.

6 For the righteous will never be moved;  
they will be remembered for ever.

7 They are not afraid of evil tidings;  
their hearts are firm, secure in the Lord.

8 Their hearts are steady, they will not be afraid;  
in the end they will look in triumph on their foes.

9 They have distributed freely, they have given to the poor;  
their righteousness endures for ever;  
their horn is exalted in honour.

10 The wicked see it and are angry;  
they gnash their teeth and melt away;  
the desire of the wicked comes to nothing.

## Reading

When I shut up the heavens so that there is no rain, or command the locust to devour the land, or send pestilence among my people, if my people who are called by my name humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

*2 Chronicles 7.13,14*

## 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 130

- 1 Out of the depths I cry to you, O Lord.  
2 Lord, hear my voice!  
Let your ears be attentive  
to the voice of my supplications!  
3 If you, O Lord, should mark iniquities,  
Lord, who could stand?  
4 But there is forgiveness with you,  
so that you may be revered.  
5 I wait for the Lord, my soul waits,  
and in his word I hope;  
6 my soul waits for the Lord  
more than those who watch for the morning,  
more than those who watch for the morning.  
7 O Israel, hope in the Lord!  
For with the Lord there is steadfast love,  
and with him is great power to redeem.  
8 It is he who will redeem Israel  
from all its iniquities.

## Reading

The wolf shall live with the lamb, the leopard shall lie down with the kid, the calf and the lion and the fatling together, and a little child shall lead them. The cow and the bear shall graze, their young shall lie down together; and the lion shall eat straw like the ox. The nursing child shall play over the hole of the asp, and the weaned child shall put its hand on the adder's den. They will not hurt or destroy on all my holy mountain; for the earth will be full of the knowledge of the Lord as the waters cover the sea. *Isaiah 11.6-9*

## 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.**

Your words have I hidden within my heart,

**that I should not sin against you.**

*Psalm 119.11*

### **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 20

- 1 The Lord answer you in the day of trouble!  
The name of the God of Jacob protect you!
- 2 May he send you help from the sanctuary,  
and give you support from Zion.
- 3 May he remember all your offerings,  
and regard with favour your burnt sacrifices.  
Selah
- 4 May he grant you your heart's desire,  
and fulfil all your plans.
- 5 May we shout for joy over your victory,  
and in the name of our God set up our banners.  
May the Lord fulfil all your petitions.
- 6 Now I know that the Lord will help his anointed;  
he will answer him from his holy heaven  
with mighty victories by his right hand.
- 7 Some take pride in chariots, and some in horses,  
but our pride is in the name of the Lord our God.
- 8 They will collapse and fall,  
but we shall rise and stand upright.
- 9 Give victory to the king, O Lord;  
answer us when we call.

## Reading

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, 'Let there be light'; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

## Response

*Silence*

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

**Whoever eats of this bread will live for ever.**

*John 6.51a*

## 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.**