



Fifth Week of Epiphany

5th February - 11th February 2023

Prayer in the Middle of the Day

Epiphany Daily Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

With you, O God, is the well of life
and in your light shall we see light.

cf Psalm 36.9

Praise

Christ Jesus was revealed in the flesh
and vindicated in the spirit.

He was seen by angels
and proclaimed among the nations.

Believed in throughout the world,
he was taken up in glory.

This will be made manifest at the proper time
by the blessed and only Sovereign,
Who alone has immortality,
and dwells in unapproachable light.

To the King of kings and Lord of lords
be honour and eternal dominion. Amen.

1 Timothy 3.16; 6.15,16

The Word of God

Psalm

Reading

Response

Silence

Blessed are the meek,
for they will inherit the earth.

Matthew 5.5

Prayer

Prayers are offered for the day ahead

Prayer of the Season

Eternal Lord,
our beginning and our end:
bring us with the whole creation
to your glory, hidden through past ages
and made known
in Jesus Christ our Lord.

followed by

O good Jesus,
Word of the Father and
brightness of his glory,
whom angels desire to behold:
teach me to do your will
that, guided by your Spirit,
I may come to that blessed city of
everlasting day,
where all are one in heart and mind,
where there is safety and eternal peace,
happiness and delight,
where you live with the Father and the Holy Spirit,
world without end. **Amen.**

after Gregory the Great (604)

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 the light of Christ our Lord shine in all our hearts. **Amen.**

Sunday 5 February

Psalm 100

- 1 O shout to the Lord in triumph, all the earth:
serve the Lord with gladness,
and come before his face with songs of joy.
- 2 Know that the Lord he is God:
it is he who has made us and we are his;
we are his people and the sheep of his pasture.
- 3 Come into his gates with thanksgiving,
and into his courts with praise:
give thanks to him, and bless his holy name.
- 4 For the Lord is good, his loving mercy is for ever:
his faithfulness throughout all generations.

Ezekiel 18.5, 7-9

⁵ If a man is righteous and does what is lawful and right— ⁷ does not oppress anyone, but restores to the debtor his pledge, commits no robbery, gives his bread to the hungry and covers the naked with a garment, ⁸ does not take advance or accrued interest, withholds his hand from iniquity, executes true justice between contending parties, ⁹ follows my statutes, and is careful to observe my ordinances, acting faithfully—such a one is righteous; he shall surely live, says the Lord God.

Monday 6 February

Psalm 120

- 1 I call to the Lord in my trouble:
that he may answer me.
- 2 O Lord, deliver me from lying lips:
and from the treacherous tongue.
- 3 What will he do to you,
and what more will he do to you,
O treacherous tongue?:
you are sharp as the arrows of a warrior,
that are tempered in coals of juniper.
- 4 Alas for me, I am like a stranger in Meshech:
like one who dwells amidst the tents of Kedar.
- 5 My soul has been too long:
among those who are enemies to peace.
- 6 I am for peace, but when I speak of it:
they make themselves ready for war.

Sirach 43.1-5

- ¹The pride of the higher realms is the clear vault of the sky,
as glorious to behold as the sight of the heavens.
- ²The sun, when it appears, proclaims as it rises
what a marvellous instrument it is, the work of the Most High.
- ³At noon it parches the land,
and who can withstand its burning heat?
- ⁴A man tending a furnace works in burning heat,
but three times as hot is the sun scorching the mountains;
it breathes out fiery vapours,
and its bright rays blind the eyes.
- ⁵Great is the Lord who made it;
at his orders it hurries on its course.

Tuesday 7 February

Psalm 71.17-22

- 17 O God, you have taught me from my youth upward:
and to this day, I proclaim your marvellous works.
- 18 Forsake me not, O God, in my old age,
when I am grey-headed:
till I have shown the strength of your arm
to future generations,
and your might to those that come after.
- 19 Your righteousness, O God, reaches to the heavens:
great are the things that you have done;
O God, who is like you?
- 20 You have burdened me with many and bitter troubles,
O turn and renew me:
and raise me up again from the depths of the earth.
- 21 Bless me beyond my former greatness:
O turn to me again, and comfort me.
- 22 Then will I praise you upon the lute
for your faithfulness, O my God:
and sing your praises to the harp, O Holy One of Israel.

Ecclesiastes 5.1, 3-4

¹ Guard your steps when you go to the house of God; to draw near to listen is better than the sacrifice offered by fools; for they do not know how to keep from doing evil. ³ For dreams come with many cares, and a fool's voice with many words. ⁴ When you make a vow to God, do not delay fulfilling it; for he has no pleasure in fools. Fulfil what you vow.

Wednesday 8 February

Psalm 147.1-7, 10-11

- 1 O praise the Lord,
for it is good to sing praises to our God:
and to praise him is joyful and right.
- 2 The Lord is rebuilding Jerusalem:
he is gathering together the scattered outcasts of Israel.
- 3 He heals the broken in spirit:
and binds up their wounds.
- 4 He counts the number of the stars:
and calls them all by name.
- 5 Great is our Lord, and great is his power:
there is no measuring his understanding.
- 6 The Lord restores the humble:
but he brings down the wicked to the dust.
- 7 O sing to the Lord a song of thanksgiving:
sing praises to our God upon the harp.
- 10 He takes no pleasure in the strength of a horse:
nor does he delight in anyone's legs,
- 11 But the Lord's delight is in those that fear him:
who wait in hope for his mercy.

Proverbs 3.13-18

- ¹³ Happy are those who find wisdom,
and those who get understanding,
- ¹⁴ for her income is better than silver,
and her revenue better than gold.
- ¹⁵ She is more precious than jewels,
and nothing you desire can compare with her.
- ¹⁶ Long life is in her right hand;
in her left hand are riches and honour.
- ¹⁷ Her ways are ways of pleasantness,
and all her paths are peace.
- ¹⁸ She is a tree of life to those who lay hold of her;
those who hold her fast are called happy.

Thursday 9 February

Psalm 25.12-18, 21-22

- 12 Who are they that fear the Lord?:
 them will the Lord direct
 in the way that they should choose.
- 13 Their souls shall dwell at ease:
 and their children shall inherit the land.
- 14 The confidences of God belong to those that fear him:
 and his covenant shall give them understanding.
- 15 My eyes are ever looking to the Lord:
 for he will bring my feet out of the net.
- 16 Turn your face toward me and be gracious:
 for I am alone and in misery.
- 17 O free my heart from pain:
 and bring me out of my distress.
- 18 Give heed to my affliction and adversity:
 and forgive me all my sins.
- 19 Consider my enemies, how many they are:
 and they bear a violent hate against me.
- 20 O keep my life, and deliver me:
 put me not to shame, for I come to you for refuge.
- 21 Let innocence and integrity be my guard:
 for in you have I hoped.
- 22 O God, deliver Israel:
 out of all their tribulation.

Tobit 8.4b, 5b-7

⁴ Tobias got out of bed and said to Sarah, 'Sister, get up, and let us pray and implore our Lord that he grant us mercy and safety.' ⁵Tobias began by saying,

'Blessed are you, O God of our ancestors,
and blessed is your name in all generations for ever.
Let the heavens and the whole creation bless you for ever.

⁶ You made Adam, and for him you made his wife Eve
as a helper and support.

From the two of them the human race has sprung.
You said, "It is not good that the man should be alone;
let us make a helper for him like himself."

⁷ I now am taking this kinswoman of mine,
not because of lust,
but with sincerity.

Grant that she and I may find mercy
and that we may grow old together.'

Friday 10 February

Psalm 138.1-3, 6-8

- 1 I will give you thanks, O Lord, with my whole heart:
even before the gods will I sing your praises.
- 2 I will bow down toward your holy temple
and give thanks to your name:
because of your faithfulness and your loving-kindness,
for you have made your name and your word
supreme over all things.
- 3 At a time when I called to you, you gave me answer:
and put new strength within my soul.
- 4 All the kings of the earth shall praise you, O Lord:
for they have heard the words of your mouth;
- 5 And they shall sing of the ways of the Lord:
that the glory of the Lord is great.
- 6 For though the Lord is exalted, he looks upon the lowly:
and he comprehends the proud from afar.
- 7 Though I walk in the midst of danger,
yet will you preserve my life:
you will stretch out your hand against the fury of my
enemies, and your right hand shall save me.
- 8 The Lord will complete his purpose for me:
your loving-kindness, O Lord, endures for ever;
do not forsake the work of your own hands.

Isaiah 29.15-16

- ¹⁵ Ha! You who hide a plan too deep for the Lord,
whose deeds are in the dark,
and who say, 'Who sees us? Who knows us?'
- ¹⁶ You turn things upside down!
Shall the potter be regarded as the clay?
Shall the thing made say of its maker,
'He did not make me';
or the thing formed say of the one who formed it,
'He has no understanding'?

Saturday 11 February

Psalm 60.1-5, 11-12

- 1 O God, you have cast us off and broken us:
you were enraged against us—O restore us again!
- 2 You have caused the land to quake, you have rent it open:
heal the rifts, for the earth quivers and breaks.
- 3 You have steeped your people in a bitter draught:
you have given them a wine to make them stagger.
- 4 You have caused those that fear you to take flight:
so that they run from the bow.
- 5 O save us by your right hand, and answer us:
that those whom you love may be delivered.
- 11 Give us your help against the enemy:
for human help is vain.
- 12 By the power of our God we shall do valiantly:
for it is he that will tread down our enemies.

2 Kings 4.42-44

⁴² A man came from Baal-shalishah, bringing food from the first fruits to the man of God: twenty loaves of barley and fresh ears of grain in his sack. Elisha said, 'Give it to the people and let them eat.'⁴³ But his servant said, 'How can I set this before a hundred people?' So he repeated, 'Give it to the people and let them eat, for thus says the Lord, "They shall eat and have some left."' ⁴⁴ He set it before them, they ate, and had some left, according to the word of the Lord.

