

Fourth Week in Lent 19th March - 25th March 2023 Prayer in the Middle of the Day

Lent Daily Prayer

O God, make speed to save us.

O Lord, make haste to help us.

Hear my prayer, O Lord, and give ear to my cry; hold not your peace at my tears.

Praise

Jesus, like a mother you gather your people to you; you are gentle with us as a mother with her children. Despair turns to hope through your sweet goodness; through your gentleness we find comfort in fear. Your warmth gives life to the dead, your touch makes sinners righteous. Lord Jesus, in your mercy heal us; in your love and tenderness remake us. In your compassion bring grace and forgiveness, for the beauty of heaven may your love prepare us.

Anselm (1109)

The Word of God Psalm

Reading

Response

Silence Blessed are the merciful, for they will receive mercy.

Matthew 5.7

Prayer

Prayers are offered followed by the prayer of the Season

Prayer of the Season God of wilderness and water, your Son was baptized and tempted as we are. Guide us through this season, that we may not avoid struggle, but open ourselves to blessing, through the cleansing depths of repentance and the heaven-rending words of the Spirit. Amen.

Closing Prayer

Teach us, good Lord, to serve you as you deserve; to give and not to count the cost; to fight and not to heed the wounds; to toil and not to seek for rest; to labour and not to seek for any reward, save that of knowing that we do your will. **Amen.**

Ignatius of Loyola (1556)

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 us and show us compassion and mercy. **Amen.**

Sunday 19 March

Psalm 148.1-6, 15

- 1 Praise the Lord, praise the Lord from heaven: O praise him in the heights.
- 2 Praise him, all his angels: O praise him, all his host.
- 3 Praise him, sun and moon: praise him, all you stars of light.
- 4 Praise him, you highest heaven: and you waters that are above the heavens.
- 5 Let them praise the name of the Lord: for he commanded and they were made.
- 6 He established them for ever and ever: he made an ordinance which shall not pass away.
- 15 Therefore he is the praise of all his servants: of the children of Israel, a people that is near him. Praise the Lord.

2 Samuel 23.1b-4

¹ The oracle of David, son of Jesse,

the oracle of the man whom God exalted,

the anointed of the God of Jacob,

the favourite of the Strong One of Israel:

- ² The spirit of the Lord speaks through me, his word is upon my tongue.
- ³ The God of Israel has spoken, the Rock of Israel has said to me:
- One who rules over people justly,
- ruling in the fear of God,
- ⁴ is like the light of morning,
 like the sun rising on a cloudless morning,
 gleaming from the rain on the grassy land.

Monday 20 March

Psalm 112.1-9

- 1 O praise the Lord. Blessed are they that fear the Lord: and greatly delight in his commandments.
- 2 Their children shall be mighty in the land: an upright race who will be blessed.
- 3 Riches and plenty shall be in their house: and their righteousness shall stand for ever.
- 4 Light arises in darkness for the upright: gracious and merciful are the righteous.
- 5 It goes well with those who act generously and lend: who guide their affairs with justice.
- 6 Surely they shall never be moved: the righteous shall be held in everlasting remembrance.
- 7 They will not fear bad tidings: their hearts are steadfast, trusting in the Lord.
- 8 Their hearts are confident and will not fear: they will see the downfall of their enemies.
- 9 They give freely to the poor: their righteousness stands for ever, their head is uplifted in glory.

Sirach 14.20, 15.1-4, 6

- ²⁰ Happy is the person who meditates on wisdom and reasons intelligently,
- ¹Whoever fears the Lord will do this,
- and whoever holds to the law will obtain wisdom.
- ² She will come to meet him like a mother, and like a young bride she will welcome him.
- ³ She will feed him with the bread of learning, and give him the water of wisdom to drink.
- ⁴ He will lean on her and not fall, and he will rely on her and not be put to shame.
- ⁶ He will find gladness and a crown of rejoicing, and will inherit an everlasting name.

Tuesday 21 March

Psalm 33.8-12, 18-21

- 8 Let the whole earth fear the Lord: and let all the inhabitants of the world stand in awe of him.
- 9 For he spoke, and it was done: he commanded, and it stood fast.
- 10 The Lord frustrates the counsels of the nations: he brings to nothing the devices of the peoples.
- 11 But the counsels of the Lord shall endure for ever: the purposes of his heart from generation to generation.
- 12 Blessed is that nation whose God is the Lord: the people he chose to be his own possession.
- 18 To deliver them from death: and to feed them in the time of dearth.
- 19 We have waited eagerly for the Lord: for he is our help and our shield.
- 20 Surely our hearts shall rejoice in him: for we have trusted in his holy name.
- 21 Let your merciful kindness be upon us, O Lord: even as our hope is in you.

Zechariah 14.6-9

⁶ On that day there shall not be either cold or frost. ⁷And there shall be continuous day (it is known to the Lord), not day and not night, for at evening time there shall be light. ⁸ On that day living waters shall flow out from Jerusalem, half of them to the eastern sea and half of them to the western sea; it shall continue in summer as in winter. ⁹And the Lord will become king over all the earth; on that day the Lord will be one and his name one.

Wednesday 22 March

Psalm 104.26-33

- 26 Lord, how various are your works: in wisdom you have made them all, and the earth is full of your creatures.
- 27 There is the wide, immeasurable sea: there move living things without number, great and small;
- 28 There go the ships, to and fro: and there is that Leviathan whom you formed to sport in the deep.
- 29 These all look to you: to give them their food in due season.
- 30 When you give it to them, they gather it: when you open your hand they are satisfied with good things.
- 31 When you hide your face, they are troubled: when you take away their breath, they die and return to their dust.
- 32 When you send forth your spirit they are created: and you renew the face of the earth.
- 33 May the glory of the Lord endure for ever: may the Lord rejoice in his works.

Deuteronomy 32.36-37, 38b-39

³⁶ Indeed the Lord will vindicate his people, have compassion on his servants,

when he sees that their power is gone,

neither bond nor free remaining.

- ³⁷ Then he will say: Where are their gods, the rock in which they took refuge?
- ³⁸ Let them rise up and help you, let them be your protection!
- ³⁹ See now that I, even I, am he; there is no god besides me.

I kill and I make alive;

I wound and I heal;

and no one can deliver from my hand.

Thursday 23 March

Psalm 86.11-17

- 11 Show me your way, O Lord, and I will walk in your truth: let my heart delight to fear your name.
- 12 I will praise you, O Lord my God, with all my heart: and I will glorify your name for ever.
- 13 For great is your abiding love toward me: and you have delivered my life from the lowest depths of the grave.
- 14 The insolent, O God, have risen against me: a ruthless band seek my life, they have not set God before their eyes.
- 15 But you, Lord, are a God gracious and compassionate: slow to anger, full of goodness and truth.
- 16 Turn to me and be merciful, give your strength to your servant: and save the child of your handmaid.
- 17 Show me some token of your goodness: that those who hate me may see it and be ashamed, because you, Lord, are my helper and my comforter.

Numbers 14.13-14a, 15-16, 19

¹³ But Moses said to the Lord, 'Then the Egyptians will hear of it, for in your might you brought up this people from among them, ¹⁴and they will tell the inhabitants of this land. ¹⁵Now if you kill this people all at one time, then the nations who have heard about you will say, ¹⁶"It is because the Lord was not able to bring this people into the land he swore to give them that he has slaughtered them in the wilderness." ¹⁹Forgive the iniquity of this people according to the greatness of your steadfast love, just as you have pardoned this people, from Egypt even until now.'

Friday 24 March

Psalm 88.10-19

- 10 Lord, I call to you every day: I stretch out my hands toward you.
- 11 Will you work wonders for the dead: or will the shades rise up again to praise you?
- 12 Shall your love be declared in the grave: or your faithfulness in the place of destruction?
- 13 Will your wonders be made known in the dark: or your righteousness in the land where all things are forgotten?
- 14 But to you, Lord, will I cry: early in the morning my prayer shall come before you.
- 15 O Lord, why have you rejected me: why do you hide your face from me?
- 16 I have been afflicted and wearied from my youth upward: I am tossed high and low, I cease to be.
- 17 Your fierce anger has overwhelmed me: and your terrors have put me to silence.
- 18 They surround me like a flood all the day long: they close upon me from every side.
- 19 Friend and acquaintance you have put far from me: and kept my companions from my sight.

Genesis 37.17b-20, 23-24a

¹⁷ So Joseph went after his brothers, and found them at Dothan. ¹⁸They saw him from a distance, and before he came near to them, they conspired to kill him. ¹⁹They said to one another, 'Here comes this dreamer. ²⁰Come now, let us kill him and throw him into one of the pits; then we shall say that a wild animal has devoured him, and we shall see what will become of his dreams.' ²³So when Joseph came to his brothers, they stripped him of his robe, the long robe with sleeves that he wore; ²⁴and they took him and threw him into a pit.

Saturday 25 March

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.
- 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.

Zephaniah 3.14, 15b-18a

¹⁴ Sing aloud, O daughter Zion; shout, O Israel!

Rejoice and exult with all your heart,

O daughter Jerusalem!

- ¹⁵ The king of Israel, the Lord, is in your midst; you shall fear disaster no more.
- ¹⁶ On that day it shall be said to Jerusalem:

Do not fear, O Zion;

do not let your hands grow weak.

- ¹⁷ The Lord, your God, is in your midst,
 - a warrior who gives victory;

he will rejoice over you with gladness,

he will renew you in his love;

he will exult over you with loud singing

¹⁸ as on a day of festival.