



Last Week of Epiphany and Lent
19th February - 25th February 2023

Prayer in the Middle of the Day

Epiphany Daily Prayer
(for Sunday to Tuesday)

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 19 February

Psalm 118.5-9, 13-14

- 5 In my danger I called to the Lord:
he answered and set me free.
- 6 The Lord is on my side, I shall not fear:
what can flesh and blood do to me?
- 7 The Lord is at my side as my helper:
I shall see the downfall of my enemies.
- 8 It is better to take refuge in the Lord:
than to trust to flesh and blood:
- 9 It is better to take refuge in the Lord:
than to put your trust in princes.
- 13 I was pressed so hard that I almost fell:
but the Lord was my helper.
- 14 The Lord is my strength and my song:
and has become my salvation.

Deuteronomy 26.17-19

¹⁷Today you have obtained the Lord's agreement: to be your God; and for you to walk in his ways, to keep his statutes, his commandments, and his ordinances, and to obey him. ¹⁸Today the Lord has obtained your agreement: to be his treasured people, as he promised you, and to keep his commandments; ¹⁹for him to set you high above all nations that he has made, in praise and in fame and in honour; and for you to be a people holy to the Lord your God, as he promised.

Monday 20 February

Psalm 61

- 1 Hear my loud crying, O God:
and give heed to my prayer.
- 2 From the ends of the earth I call to you
when my heart faints:
O set me on the rock that is higher than I.
- 3 For you have been my refuge:
and my strong tower against the enemy.
- 4 I will dwell in your tent for ever:
and find shelter in the covering of your wings.
- 5 For you have heard my vows, O God:
you have granted the desire of those that fear your name.
- 6 You will give the king long life:
and his years shall endure through many generations.
- 7 He shall dwell before God for ever:
loving-kindness and truth shall be his guard.
- 8 So will I ever sing praises to your name:
while I daily perform my vows.

Baruch 3.15, 29-32a, 36

- ¹⁵ Who has found her place?
And who has entered her storehouses?
- ²⁹ Who has gone up into heaven, and taken her,
and brought her down from the clouds?
- ³⁰ Who has gone over the sea, and found her,
and will buy her for pure gold?
- ³¹ No one knows the way to her,
or is concerned about the path to her.
- ³² But the one who knows all things knows her,
he found her by his understanding.
- ³⁶ He found the whole way to knowledge,
and gave her to his servant Jacob
and to Israel, whom he loved.

Tuesday 21 February

Psalm 28.1-2, 7-10

- 1 To you will I cry, O Lord my rock,
be not deaf to my prayer:
lest, if you turn away silent,
I become like those that go down to the grave.
- 2 Hear the voice of my supplication
when I cry to you for help:
when I lift up my hands
toward the holiest place of your sanctuary.
- 7 Let the Lord's name be praised:
for he has heard the voice of my supplication.
- 8 The Lord is my strength and my shield,
in him my heart trusts and I am helped:
therefore my heart dances for joy,
and in my song will I praise him.
- 9 The Lord is the strength of his people:
and a sure refuge for his anointed king.
- 10 O save your people and give your blessing to your own:
be their shepherd, and bear them up for ever.

Isaiah 50.7-10

- ⁷ The Lord God helps me;
therefore I have not been disgraced;
therefore I have set my face like flint,
and I know that I shall not be put to shame;
- ⁸ he who vindicates me is near.
Who will contend with me?
Let us stand up together.
Who are my adversaries?
Let them confront me.
- ⁹ It is the Lord God who helps me;
who will declare me guilty?
All of them will wear out like a garment;
the moth will eat them up.
- ¹⁰ Who among you fears the Lord
and obeys the voice of his servant,

who walks in darkness
and has no light,
yet trusts in the name of the Lord
and relies upon his God?

Ash Wednesday 22 February
(use Lent Daily Prayer on next page)

Psalm 6.1-5, 8-10

- 1 O Lord, rebuke me not in your indignation:
nor chasten me in your fierce displeasure.
- 2 Have mercy upon me, O Lord, for I am weak:
O Lord, heal me, for my very bones are afraid.
- 3 My soul also is greatly troubled:
and you, Lord—how long will you delay?
- 4 Turn again, O Lord, and deliver my soul:
O save me for your mercy's sake.
- 5 For in death no one remembers you:
and who can give you thanks from the grave?
- 8 Away from me, all you that do evil:
for the Lord has heard the voice of my weeping.
- 9 The Lord has heard my supplication:
the Lord will receive my prayer.
- 10 All my enemies shall be put to shame and
greatly dismayed:
they shall turn back and be confounded in a moment.

Zechariah 7.4-5, 9-10

⁴Then the word of the Lord of hosts came to me: ⁵Say to all the people of the land and the priests: When you fasted and lamented in the fifth month and in the seventh, for these seventy years, was it for me that you fasted? ⁹Thus says the Lord of hosts: Render true judgements, show kindness and mercy to one another; ¹⁰do not oppress the widow, the orphan, the alien, or the poor; and do not devise evil in your hearts against one another.

Lent Daily Prayer
(for Wednesday onwards)

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.

Thursday 23 February

Psalm 27.1-5

- 1 The Lord is my light and my salvation;
whom then shall I fear?:
the Lord is the stronghold of my life;
of whom shall I be afraid?
- 2 When the wicked, even my enemies and my foes,
come upon me to devour me:
they shall stumble and fall.
- 3 If an army encamp against me,
my heart shall not be afraid:
and if war should rise against me, yet will I trust.
- 4 One thing I have asked from the Lord,
which I will require:
that I may dwell in the house of the Lord
all the days of my life,
- 5 To see the fair beauty of the Lord:
and to seek his will in his temple.

Wisdom 1.12-15

- ¹² Do not invite death by the error of your life,
or bring on destruction by the works of your hands;
- ¹³ because God did not make death,
and he does not delight in the death of the living.
- ¹⁴ For he created all things so that they might exist;
the generative forces of the world are wholesome,
and there is no destructive poison in them,
and the dominion of Hades is not on earth.
- ¹⁵ For righteousness is immortal.

Friday 24 February

Psalm 32.1-8

- 1 Blessed are those whose sin is forgiven:
whose iniquity is put away.
- 2 Blessed are those to whom the Lord imputes no blame:
and in whose spirit there is no guile.
- 3 For whilst I held my tongue:
my bones wasted away with my daily complaining.
- 4 Your hand was heavy upon me day and night:
and my moisture was dried up like a drought in summer.
- 5 Then I acknowledged my sin to you:
and my iniquity I did not hide;
- 6 I said 'I will confess my transgressions to the Lord':
and so you forgave the wickedness of my sin.
- 7 For this cause shall everyone that is faithful
make their prayer to you in the day of trouble:
and in the time of the great water-flood,
it shall not come near them.
- 8 You are a place to hide me in,
you will preserve me from trouble:
you will surround me with deliverance on every side.

Tobit 12.8-10

⁸Prayer with fasting is good, but better than both is almsgiving with righteousness. A little with righteousness is better than wealth with wrongdoing. It is better to give alms than to lay up gold. ⁹For almsgiving saves from death and purges away every sin. Those who give alms will enjoy a full life, ¹⁰but those who commit sin and do wrong are their own worst enemies.

Saturday 25 February

Psalm 84.8-12

- 8 O Lord God of hosts, hear my prayer:
give ear, O God of Jacob.
- 9 Behold, O God, him who reigns over us:
and look upon the face of your anointed.
- 10 One day in your courts is better than a thousand:
I would rather stand at the threshold
of the house of my God
than dwell in the tents of ungodliness.
- 11 For the Lord God is a light and a shield,
the Lord gives favour and honour:
and no good thing will he withhold
from those who walk in innocence.
- 12 O Lord God of hosts:
blessed are those who put their trust in you.

Deuteronomy 5.13-15

¹³For six days you shall labour and do all your work. ¹⁴But the seventh day is a sabbath to the Lord your God; you shall not do any work—you, or your son or your daughter, or your male or female slave, or your ox or your donkey, or any of your livestock, or the resident alien in your towns, so that your male and female slave may rest as well as you. ¹⁵Remember that you were a slave in the land of Egypt, and the Lord your God brought you out from there with a mighty hand and an outstretched arm; therefore the Lord your God commanded you to keep the sabbath day.