



Daily Prayer  
in  
Ordinary Time  
Week 4

## **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 122**

- 1 I was glad when they said to me:  
    'Let us go to the house of the Lord.'
- 2 And now our feet are standing:  
    within your gates, O Jerusalem;
- 3 Jerusalem which is built as a city:  
    where the pilgrims gather in unity.
- 4 There the tribes go up, the tribes of the Lord:  
    as he commanded Israel,  
    to give thanks to the name of the Lord.
- 5 There are set thrones of judgement:  
    the thrones of the house of David.
- 6 O pray for the peace of Jerusalem:  
    may those who love you prosper.
- 7 Peace be within your walls:  
    and prosperity in your palaces.
- 8 For the sake of my kindred and companions:  
    I will pray that peace be with you.
- 9 For the sake of the house of the Lord our God:  
    I will seek for your good.

### **Deuteronomy 15.7-8, 10-11**

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.'

## **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.**

## 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 71.1-6**

- 1 To you, Lord, have I come for shelter:  
let me never be put to shame.
- 2 In your righteousness rescue and deliver me:  
incline your ear to me and save me.
- 3 Be for me a rock of refuge, a fortress to defend me:  
for you are my high rock, and my stronghold.
- 4 Rescue me, O my God, from the hand of the wicked:  
from the grasp of the pitiless and unjust.
- 5 For you, Lord, are my hope:  
you are my confidence, O God, from my youth upward.
- 6 On you have I leaned since my birth:  
you are he that brought me out of my mother's womb,  
and my praise is of you continually.

### **1 Kings 10.4-8**

When the queen of Sheba had observed all the wisdom of Solomon, the house that he had built, the food of his table, the seating of his officials, and the attendance of his servants, their clothing, his valets, and his burnt-offerings that he offered at the house of the LORD, there was no more spirit in her.

So she said to the king, 'The report was true that I heard in my own land of your accomplishments and of your wisdom, but I did not believe the reports until I came and my own eyes had seen it. Not even half had been told me; your wisdom and prosperity far surpass the report that I had heard. Happy are your wives! Happy are these your servants, who continually attend you and hear your wisdom!

## **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**

### **Psalms 142.1-4, 6-8**

- 1 I call to the Lord with a loud voice:  
with loud voice I entreat his favour.
- 2 I pour out my complaint before him:  
and tell him all my trouble.
- 3 When my spirit is faint within me, you know my path:  
in the way where I walk  
they have hidden a snare for me.
- 4 I look to my right hand and see:  
but no one will know me;
- 6 I call to you, O Lord, I say 'You are my refuge:  
you are my portion in the land of the living.'
- 7 Heed my loud crying, for I am brought very low:  
O save me from my persecutors,  
for they are too strong for me.
- 8 Bring me out of the prison-house:  
that I may praise your name.

### **Tobit 12.8-10**

Prayer 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. For almsgiving saves from death and purges away every sin. Those who give alms will enjoy a full life, but those who commit sin and do wrong are their own worst enemies.

## 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**

### **Psalms 135.1-6, 13-14**

- 1 Praise the Lord, praise the name of the Lord:  
praise him, you servants of the Lord,
- 2 Who stand in the house of the Lord:  
in the courts of the house of our God.
- 3 Praise the Lord, for the Lord is gracious:  
sing praises to his name, for it is good.
- 4 For the Lord has chosen Jacob for himself:  
and Israel as his own possession.
- 5 I know that the Lord is great:  
and that our Lord is above all gods.
- 6 He does whatever he wills, in heaven and upon the earth:  
in the seas and in the great depths.
- 13 O Lord, your name shall endure for ever:  
so shall your renown, throughout all generations.
- 14 For the Lord will vindicate his people:  
he will take pity on his servants.

### **Proverbs 24.17-20**

Do not rejoice when your enemies fall,  
and do not let your heart be glad when they stumble,  
or else the LORD will see it and be displeased,  
and turn away his anger from them.

Do not fret because of evildoers.  
Do not envy the wicked;  
for the evil have no future;  
the lamp of the wicked will go out.

## 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**

### **Psalms 2.1-2, 4, 6-9**

- 1 Why are the nations in tumult:  
and why do the peoples cherish a vain dream?
- 2 The kings of the earth rise up  
and the rulers conspire together:  
against the Lord and against his anointed, saying,
- 4 He that dwells in heaven shall laugh them to scorn:  
the Lord will hold them in derision.
- 6 I will announce the Lord's decree,  
that which he has spoken:  
'You are my son, this day have I begotten you.
- 7 'Ask of me,  
and I will give you the nations for your inheritance:  
the uttermost parts of the earth for your possession.
- 8 'You may break them with a rod of iron:  
and shatter them in pieces like a potter's vessel.'
- 9 Now therefore be wise, O kings:  
be advised, you that are judges of the earth.

### **2 Chronicles 6.29-30a, 32-33a**

Whatever prayer, whatever plea from any individual or from all your people Israel, all knowing their own suffering and their own sorrows so that they stretch out their hands towards this house; may you hear from heaven your dwelling-place, forgive, and render to all whose heart you know, according to all their ways, for only you know the human heart.

'Likewise when foreigners, who are not of your people Israel, come from a distant land because of your great name, and your mighty hand, and your outstretched arm, when they come and pray towards this house, may you hear from heaven your dwelling-place, and do whatever the foreigners ask of you, in order that all the peoples of the earth may know your name and fear you, as do your people Israel, and that they may know that your name has been invoked on this house that I have built.

## **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 51.1-6**

- 1 Have mercy on me, O God, in your enduring goodness:  
according to the fulness of your compassion  
blot out my offences.
- 2 Wash me thoroughly from my wickedness:  
and cleanse me from my sin.
- 3 For I acknowledge my rebellion:  
and my sin is ever before me.
- 4 Against you only have I sinned  
and done what is evil in your eyes:  
so you will be just in your sentence  
and blameless in your judging.
- 5 Surely in wickedness I was brought to birth:  
and in sin my mother conceived me.
- 6 You that desire truth in the inward parts:  
O teach me wisdom in the secret places of the heart.

### **1 Maccabees 2.51-52, 57-58, 61, 64**

‘Remember the deeds of the ancestors, which they did in their generations; and you will receive great honour and an everlasting name. Was not Abraham found faithful when tested, and it was reckoned to him as righteousness? David, because he was merciful, inherited the throne of the kingdom for ever. Elijah, because of great zeal for the law, was taken up into heaven.

‘And so observe, from generation to generation, that none of those who put their trust in him will lack strength. My children, be courageous and grow strong in the law, for by it you will gain honour.

## **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 3**

- 1 Lord, how numerous are my enemies:  
many they are that rise against me.
- 2 Many there are that talk of me and say:  
'Here is one who has no help in God.'
- 3 But you, Lord, are about me as a shield:  
you are my glory, and the lifter up of my head.
- 4 I cry to the Lord with a loud voice:  
and he answers me from his holy hill.
- 5 I lay myself down and sleep:  
I wake again, because the Lord sustains me.
- 6 Therefore I will not be afraid  
of the multitudes of the nations:  
who have set themselves against me on every side.
- 7 Arise, Lord, and deliver me, O my God:  
for you will strike all my enemies upon the cheek,  
you will break the teeth of the ungodly.
- 8 Deliverance belongs to the Lord:  
O let your blessing be upon your people.

### **Genesis 15.2, 4-6**

But Abram said, 'O Lord GOD, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?' But the word of the LORD came to him, 'This man shall not be your heir; no one but your very own issue shall be your heir.' He brought him outside and said, 'Look towards heaven and count the stars, if you are able to count them.' Then he said to him, 'So shall your descendants be.' And he believed the LORD; and the LORD reckoned it to him as righteousness.

## **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.**