



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 112.1-8, 10**

- 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.
- 10 The wicked shall see it and be angry:  
they shall gnash their teeth and consume away;  
and the hope of the wicked shall fail.

### **Isaiah 11.1-4a, 5**

A shoot shall come out from the stock of Jesse,  
and a branch shall grow out of his roots.  
The spirit of the LORD shall rest on him,  
the spirit of wisdom and understanding,  
the spirit of counsel and might,  
the spirit of knowledge and the fear of the LORD.  
His delight shall be in the fear of the LORD.

He shall not judge by what his eyes see,  
or decide by what his ears hear;  
but with righteousness he shall judge the poor,  
and decide with equity for the meek of the earth;  
he shall strike the earth with the rod of his mouth,  
and with the breath of his lips he shall kill the wicked.  
Righteousness shall be the belt around his waist,  
and faithfulness the belt around his loins.

## **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,

### **Jonah 3.6-10**

When the news reached the king of Nineveh, he rose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes. Then he had a proclamation made in Nineveh: 'By the decree of the king and his nobles: No human being or animal, no herd or flock, shall taste anything. They shall not feed, nor shall they drink water. Human beings and animals shall be covered with sackcloth, and they shall cry mightily to God. All shall turn from their evil ways and from the violence that is in their hands. Who knows? God may relent and change his mind; he may turn from his fierce anger, so that we do not perish.'

When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.



## 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**

### **Psalm 142.1-5, 7-8**

- 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;
- 5 All escape is gone:  
and there is no one who cares for me.
- 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.

### **Wisdom 10.15, 17b-20**

A holy people and blameless race  
wisdom delivered from a nation of oppressors.  
She gave to holy people the reward of their labours;  
she guided them along a marvellous way,  
and became a shelter to them by day,  
and a starry flame through the night.  
She brought them over the Red Sea,  
and led them through deep waters;  
but she drowned their enemies,  
and cast them up from the depths of the sea.  
Therefore the righteous plundered the ungodly;  
they sang hymns, O Lord, to your holy name,  
and praised with one accord your defending hand;

## 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 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.

### **Sirach 6.18-22**

My child, from your youth choose discipline,  
and when you have grey hair you will still find wisdom.  
Come to her like one who ploughs and sows,  
and wait for her good harvest.  
For when you cultivate her you will toil but little,  
and soon you will eat of her produce.  
She seems very harsh to the undisciplined;  
fools cannot remain with her.  
She will be like a heavy stone to test them,  
and they will not delay in casting her aside.  
For wisdom is like her name;  
she is not readily perceived by many.



## 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

### Psalm 75.2-8

- 2 'I will surely appoint a time:  
when I, the Lord, will judge with equity.
- 3 'Though the earth shake, and all who dwell in it:  
it is I that have founded its pillars.
- 4 'I will say to the boasters "Boast no more":  
and to the wicked "Do not flaunt your horns;
- 5 "'Do not flaunt your horns so high:  
or speak so proud and stiff-necked.'"
- 6 For there is none from the east or from the west:  
or from the wilderness who can raise up;
- 7 But it is God who is the judge:  
who puts down one and exalts another.
- 8 For there is a cup in the Lord's hand:  
and the wine foams and is richly mixed;

### Proverbs 31.10, 25-26, 29-31

A capable wife who can find?  
She is far more precious than jewels.  
Strength and dignity are her clothing,  
and she laughs at the time to come.  
She opens her mouth with wisdom,  
and the teaching of kindness is on her tongue.  
'Many women have done excellently,  
but you surpass them all.'  
Charm is deceitful, and beauty is vain,  
but a woman who fears the LORD is to be praised.  
Give her a share in the fruit of her hands,  
and let her works praise her in the city gates.

## 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 51.3-9**

- 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.
- 7 Purge me with hyssop, and I shall be clean:  
wash me, and I shall be whiter than snow.
- 8 Make me hear of joy and gladness:  
let the bones which you have broken rejoice.
- 9 Hide your face from my sins:  
and blot out all my iniquities.

### **Sirach 6.32-37**

If you are willing, my child, you can be disciplined,  
and if you apply yourself you will become clever.  
If you love to listen you will gain knowledge,  
and if you pay attention you will become wise.  
Stand in the company of the elders.  
Who is wise? Attach yourself to such a one.  
Be ready to listen to every godly discourse,  
and let no wise proverbs escape you.  
If you see an intelligent person, rise early to visit him;  
let your foot wear out his doorstep.  
Reflect on the statutes of the Lord,  
and meditate at all times on his commandments.  
It is he who will give insight to your mind,  
and your desire for wisdom will be granted.



## **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.

## **Sirach 7.1-3, 8-11**

Do no evil, and evil will never overtake you.  
Stay away from wrong, and it will turn away from you.  
Do not sow in the furrows of injustice,  
and you will not reap a sevenfold crop.

Do not commit a sin twice;  
not even for one will you go unpunished.  
Do not say, 'He will consider the great number of my gifts,  
and when I make an offering to the Most High God, he will  
accept it.'  
Do not grow weary when you pray;  
do not neglect to give alms.  
Do not ridicule a person who is embittered in spirit,  
for there is One who humbles and exalts.

## **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.**