



Daily Prayer  
in  
Ordinary Time  
Week 3

# 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 116.1-9

1 I love the Lord, because he heard my voice:  
the voice of my supplication;

2 Because he inclined his ear to me:  
in the day that I called to him.

3 The cords of death encompassed me,  
the snares of the grave took hold on me:  
I was in anguish and sorrow.

4 Then I called upon the name of the Lord:  
'O Lord, I beseech you, deliver me!'

5 Gracious and righteous is the Lord:  
full of compassion is our God.

6 The Lord preserves the simple:  
when I was brought low, he saved me.

7 Return, O my soul, to your rest:  
for the Lord has rewarded you.

8 For you, O Lord, have delivered my soul from death:  
my eyes from tears and my feet from falling.

9 I will walk before the Lord:  
in the land of the living.

## **1 John 4.7-11**

Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love. God's love was revealed among us in this way: God sent his only Son into the world so that we might live through him. In this is love, not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins. Beloved, since God loved us so much, we also ought to love one another.

### **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 70

- 1 O God, be pleased to deliver me:  
O Lord, make haste to help me.
- 2 Let them be put to shame and confounded  
who seek my life:  
let them be turned back and disgraced who wish me evil.
- 3 Let them turn away for shame:  
who say to me 'Aha, aha!'
- 4 Let all who seek you be joyful and glad because of you:  
let those who love your salvation  
say always 'God is great.'
- 5 As for me, I am poor and needy:  
O God, be swift to save me.
- 6 You are my helper and my deliverer:  
O Lord, make no delay.

## Acts 26.13-16

When at midday along the road, your Excellency, I saw a light from heaven, brighter than the sun, shining around me and my companions. When we had all fallen to the ground, I heard a voice saying to me in the Hebrew language, "Saul, Saul, why are you persecuting me? It hurts you to kick against the goads." I asked, "Who are you, Lord?" The Lord answered, "I am Jesus whom you are persecuting. But get up and stand on your feet; for I have appeared to you for this purpose, to appoint you to serve and testify to the things in which you have seen me and to those in which I will appear to you.

## **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 131**

- 1 O Lord, my heart is not proud:  
nor are my eyes haughty.
- 2 I do not busy myself in great matters:  
or in things too wonderful for me.
- 3 But I have calmed and quieted my soul  
like a weaned child upon its mother's breast:  
like a child on its mother's breast is my soul within me.
- 4 O Israel, trust in the Lord:  
from this time forward and for ever.

### **1 Corinthians 12.4-11**

Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to

another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.

## **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 40.12-15b, 17-18

12 I have not hidden your righteousness in my heart:

I have spoken of your faithfulness and of your salvation.

13 I have not kept back your loving-kindness and your truth:

from the great congregation.

- 14 O Lord, do not withhold your mercy from me:  
let your loving-kindness and your truth  
ever preserve me.
- 15 For innumerable troubles have come upon me:  
my sins have overtaken me, and I cannot see.
- 17 Be pleased, O Lord, to deliver me:  
O Lord, make haste to help me.
- 18 Let those who seek my life to take it away:  
be put to shame and confounded altogether.

## **Romans 8.24-28**

For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

We know that all things work together for good for those who love God, who are called according to his purpose.

### **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 67**

- 1 Let God be gracious to us and bless us:  
and make his face shine upon us,
- 2 That your ways may be known on earth:  
your liberating power among all nations.
- 3 Let the peoples praise you, O God:  
let all the peoples praise you.
- 4 Let the nations be glad and sing:  
for you judge the peoples with integrity,  
and govern the nations upon earth.
- 5 Let the peoples praise you, O God:  
let all the peoples praise you.
- 6 Then the earth will yield its fruitfulness:  
and God, our God, will bless us.
- 7 God shall bless us:  
and all the ends of the earth will fear him.

### **1 John 5.11b-15**

And this is the testimony: God gave us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life.

I write these things to you who believe in the name of the Son of God, so that you may know that you have eternal life.

And this is the boldness we have in him, that if we ask anything according to his will, he hears us. And if we know that he hears us in whatever we ask, we know that we have obtained the requests made of him.

## **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 125**

- 1 Those who put their trust in the Lord  
shall be as Mount Zion:  
which cannot be shaken, but endures for ever.
- 2 As the mountains stand about Jerusalem,  
so stands the Lord about his people:  
from this time forward for evermore.
- 3 For the sceptre of wickedness shall have no sway  
over the land apportioned to the righteous:  
lest the righteous set their hands to do evil.
- 4 Do good, O Lord, to those who are good:  
to those that are upright in heart.
- 5 As for those who turn aside to crooked ways,  
let the Lord lead them away with the evildoers:  
and in Israel let there be peace.

## **Acts 19.11-13,17**

God did extraordinary miracles through Paul, so that when the handkerchiefs or aprons that had touched his skin were brought to the sick, their diseases left them, and the evil spirits came out of them. Then some itinerant Jewish exorcists tried to use the name of the Lord Jesus over those who had evil spirits, saying, 'I adjure you by the Jesus whom Paul proclaims.' When this became known to all residents of Ephesus, both Jews and Greeks, everyone was awestruck; and the name of the Lord Jesus was praised.

### **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 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.

## James 1.22-25

But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing.

## **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.**