



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 150

- 1 Praise the Lord. O praise God in his sanctuary:
praise him in the firmament of his power.
- 2 Praise him for his mighty acts:
praise him according to his abundant goodness.
- 3 Praise him in the blast of the ram's horn:
praise him upon the lute and harp.
- 4 Praise him with the timbrel and dances:
praise him upon the strings and pipe.
- 5 Praise him on the high-sounding cymbals:
praise him upon the loud cymbals.
- 6 Let everything that has breath praise the Lord:
O praise the Lord!

Romans 13.8-10

Owe no one anything, except to love one another; for the one who loves another has fulfilled the law. The commandments, 'You shall not commit adultery; You shall not murder; You shall not steal; You shall not covet'; and any other commandment, are summed up in this word, 'Love your neighbour as yourself.' Love does no wrong to a neighbour; therefore, love is the fulfilling of the law.

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

Psalms 111.1-6, 9-10

- 1 O praise the Lord. I will praise the Lord
with my whole heart:
in the company of the upright
and among the congregation.
- 2 The works of the Lord are great:
and studied by all who take delight in them.
- 3 His deeds are majestic and glorious:
and his righteousness stands for ever.
- 4 His marvellous acts have won him a name
to be remembered:
the Lord is gracious and merciful.
- 5 He gives food to those that fear him:
he remembers his covenant for ever.
- 6 He showed his people the power of his acts:
in giving them the heritage of the heathen.
- 9 He sent redemption to his people,
he ordained his covenant for ever:
holy is his name and worthy to be feared.
- 10 The fear of the Lord is the beginning of wisdom,
and of good understanding are those
that keep his commandments:
his praise shall endure for ever.

Ephesians 4.1-6

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all.

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 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 Corinthians 15.51-55

Listen, I will tell you a mystery! We will not all die, but we will all be changed, in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we will be changed. For this perishable body must put on imperishability, and this mortal body must put on immortality. When this perishable body puts on imperishability, and this mortal body puts on immortality, then the saying that is written will be fulfilled:

‘Death has been swallowed up in victory.’

‘Where, O death, is your victory?’

Where, O death, is your sting?’

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 55.2-9

2 Give heed to me, and answer me:

I am restless in my complaining.

3 I am in turmoil at the voice of the enemy:

at the onslaught of the wicked.

4 For they bring down disaster upon me:
they persecute me with bitter fury.
5 My heart writhes within me:
and the terrors of death have fallen upon me.
6 Fear and trembling come upon me:
and horror overwhelms me.
7 And I said 'O for the wings of a dove:
that I might fly away and find rest.
8 'Then I would flee far off:
and make my lodging in the wilderness.
9 'I would hasten to find me a refuge:
out of the blast of slander,

Hebrews 13.5-8

Keep your lives free from the love of money, and be content with what you have; for he has said, 'I will never leave you or forsake you.' So we can say with confidence,

'The Lord is my helper;
I will not be afraid.

What can anyone do to me?'

Remember your leaders, those who spoke the word of God to you; consider the outcome of their way of life, and imitate their faith. Jesus Christ is the same yesterday and today and for ever.

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 68.4-6, 19-20

4 Those that hate me without cause
are more in number than the hairs of my head:
those that would destroy me are many,
they oppose me wrongfully—
for I must restore things that I never took.

5 O God, you know my foolishness:
and my sins are not hidden from you.

6 Let not those who wait for you
be shamed because of me, O Lord God of hosts:
let not those who seek you
be disgraced on my account, O God of Israel.

19 Draw near to me and redeem me:
O ransom me because of my enemies!

20 You know all their taunts:
my adversaries are all in your sight.

1 Peter 2.22-25

'He committed no sin,

and no deceit was found in his mouth.'

When he was abused, he did not return abuse; when he suffered, he did not threaten; but he entrusted himself to the one who judges justly. He himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed. For you were going astray like sheep, but now you have returned to the shepherd and guardian of your souls.

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 22.1-11

- 1 My God, my God, why have you forsaken me:
why are you so far from helping me
and from the words of my groaning?
- 2 My God, I cry to you by day, but you do not answer:
and by night also I take no rest.
- 3 But you continue holy:
you that are the praise of Israel.
- 4 In you our forebears trusted:
they trusted, and you delivered them;
- 5 To you they cried and they were saved:
they put their trust in you and were not confounded.
- 6 But as for me, I am a worm and no man:
the scorn of all and despised by the people.
- 7 Those that see me laugh me to scorn:
they shoot out their lips at me
and wag their heads, saying,
- 8 'He trusted in the Lord—let him deliver him:
let him deliver him, if he delights in him.'
- 9 But you are he that took me out of the womb:
that brought me to lie at peace on my mother's breast.
- 10 On you have I been cast since my birth:
you are my God, even from my mother's womb.
- 11 O go not from me, for trouble is hard at hand:
and there is none to help.

1 Peter 4.8-11

Above all, maintain constant love for one another, for love covers a multitude of sins. Be hospitable to one another without complaining. Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received. Whoever speaks must do so as one speaking the very words of God; whoever serves must do so with the strength that God supplies, so that God may be glorified in all things through Jesus Christ. To him belong the glory and the power for ever and ever. Amen.

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 48.8-13

- 8 As we have heard, so have we seen
in the city of the Lord of hosts:
in the city of our God,
which God has established for ever.
- 9 We have called to mind your loving-kindness, O God:
in the midst of your temple.
- 10 As your name is great, O God, so also is your praise:
even to the ends of the earth.
- 11 Your right hand is full of victory
—let Zion's hill rejoice:
let the daughters of Judah be glad,
because of your judgements.
- 12 Walk about Zion, go round about her,
and count all her towers:
consider well her ramparts, pass through her palaces;
- 13 That you may tell those who come after that such is God:
our God for ever and ever, and he will guide us eternally.

1 Timothy 6.17-19

As for those who in the present age are rich, command them not to be haughty, or to set their hopes on the uncertainty of riches, but rather on God who richly provides us with everything for our enjoyment. They are to do good, to be rich in good works, generous, and ready to share, thus storing up for themselves the treasure of a good foundation for the future, so that they may take hold of the life that really is life.

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.