



Daily Prayer
in
Ordinary Time
Week 2

Sunday Daily Prayer

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Your words have I hidden within my heart;

that I should not sin against you.

Psalm 119.11

Praise

Saviour eternal,

life of the world unfailing,

light everlasting

and our true redemption.

Taking our humanity

in your loving freedom,

you rescued our lost earth

and filled the world with joy.

By your first advent justify us,

by your second, set us free:

that when the great light dawns

and you come as judge of all,

we may be robed in immortality

and ready, Lord, to follow

in your footsteps blest,

wherever they may lead.

Salus Aeterna

The Word of God

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.

Reading

Where can we find the strength to praise him?

For he is greater than all his works.

29 Awesome is the Lord and very great,
and marvelous is his power.

30 Glorify the Lord and exalt him as much as you can,
for he surpasses even that.

When you exalt him, summon all your strength,
and do not grow weary, for you cannot praise him enough.

31 Who has seen him and can describe him?
Or who can extol him as he is?

Response

Silence

Blessed are those who hunger and thirst for righteousness,

for they will be filled.

Matthew 5.6

Prayer

Concluding Prayer

Keep us, O Lord,

while we tarry on this earth,

in a serious seeking after you,

and in an affectionate walking with you,

every day of our lives;

that when you come,

we may be found not hiding our talent,

nor serving the flesh,

nor yet asleep with our lamp unfurnished,

but waiting and longing for our Lord,

our glorious God for ever. **Amen.**

Richard Baxter (1691)

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 Lord make us ready for his coming in glory.

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 65

1 You are to be praised, O God, in Zion:

to you shall vows be paid, you that answer prayer.

- 2 To you shall all flesh come to confess their sins:
when our misdeeds prevail against us,
you will purge them away.
- 3 Blessed are those whom you choose and take to yourself
to dwell within your courts:
we shall be filled with the good things of your house,
of your holy temple.
- 4 You will answer us in your righteousness
with terrible deeds, O God our saviour:
you that are the hope of all the ends of the earth
and of the distant seas;
- 5 Who by your strength made fast the mountains:
you that are girded with power;
- 6 Who stilled the raging of the seas,
the roaring of the waves:
and the tumult of the peoples.
- 7 Those who dwell at the ends of the earth
are afraid at your wonders:
the dawn and the evening sing your praises.
- 8 You tend the earth and water it:
you make it rich and fertile.
- 9 The river of God is full of water:
and so providing for the earth,
you provide grain for us all.
- 10 You drench its furrows, you level the ridges between:
you soften it with showers and bless its early growth.

- 11 You crown the year with your goodness:
and the tracks where you have passed drip with fatness.
- 12 The pastures of the wilderness run over:
and the hills are girded with joy.
- 13 The meadows are clothed with sheep:
and the valleys stand so thick with corn,
they shout for joy and sing.

Reading

Do not be wise in your own eyes; fear the Lord, and turn away from evil. It will be a healing for your flesh and a refreshment for your body. Honour the Lord with your substance and with the first fruits of all your produce; then your barns will be filled with plenty, and your vats will be bursting with wine. My child, do not despise the Lord's discipline or be weary of his reproof, for the Lord reproves the one he loves, as a father the son in whom he delights.

Proverbs 3.7-12

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 25

- 1 In you, O Lord my God, have I put my hope:
in you have I trusted, let me not be ashamed,
nor let my enemies triumph over me.
- 2 Let none who wait for you be put to shame:
but let those that break faith
be confounded and gain nothing.
- 3 Show me your ways, O Lord:
and teach me your paths.
- 4 Lead me in the ways of your truth, and teach me:
for you are the God of my salvation.
- 5 In you have I hoped all the day long:
because of your goodness, O Lord.
- 6 Call to mind your compassion and your loving-kindness:
for they are from of old.
- 7 Remember not the sins of my youth,
nor my transgressions:
but according to your mercy think on me.
- 8 Good and upright is the Lord:
therefore will he direct sinners in the way.
- 9 The meek he will guide in the path of justice:
and teach the humble his ways.
- 10 All the paths of the Lord are faithful and true:
for those who keep his covenant and his commandments.
- 11 For your name's sake, O Lord:
be merciful to my sin, though it is great.
- 12 Who are they that fear the Lord?:
them will the Lord direct
in the way that they should choose.
- 13 Their souls shall dwell at ease:
and their children shall inherit the land.

- 14 The confidences of God belong to those that fear him:
and his covenant shall give them understanding.
- 15 My eyes are ever looking to the Lord:
for he will bring my feet out of the net.
- 16 Turn your face toward me and be gracious:
for I am alone and in misery.
- 17 O free my heart from pain:
and bring me out of my distress.
- 18 Give heed to my affliction and adversity:
and forgive me all my sins.
- 19 Consider my enemies, how many they are:
and they bear a violent hate against me.
- 20 O keep my life, and deliver me:
put me not to shame, for I come to you for refuge.
- 21 Let innocence and integrity be my guard:
for in you have I hoped.
- 22 O God, deliver Israel:
out of all their tribulation.

Reading

They shall see the glory of the Lord, the majesty of our God. Strengthen the weak hands, and make firm the feeble knees. Say to those who are of a fearful heart, 'Be strong, do not fear! Here is your God. He will come with vengeance, with terrible recompense. He will come and save you.' Then the eyes of the blind shall be opened, and the ears of the deaf unstopped; then the lame shall leap like a deer, and the tongue of the speechless sing for joy. For waters shall break forth in the wilderness, and streams in the desert.

Isaiah 35.2c-6

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 44

- 1 We have heard with our ears, O God,
our forebears have told us:
what things you did in their time, in the days of old;
- 2 How by your own hand
you drove out the nations, and planted us in:
how you crushed the peoples,
but caused us to root and grow.
- 3 For it was not by their swords
that our fathers took possession of the land:
nor did their own arm get them the victory,

- 4 But your right hand, your arm,
and the light of your countenance:
because you delighted in them.
- 5 You are my king and my God:
who ordained victory for Jacob.
- 6 By your power we struck our enemies through:
in your name we trod down those that rose against us.
- 7 For I did not trust in my bow:
nor could my sword save me;
- 8 But it was you that delivered us from our enemies:
and put our adversaries to confusion.
- 9 In God we made our boast all the day long:
we gave thanks to your name without ceasing.
- 10 But now you have cast us off and brought us to shame:
you go not out with our armies.
- 11 You have caused us to show our backs to the enemy:
so that our foes plunder us at will.
- 12 You have given us like sheep to be butchered:
you have scattered us among the nations.
- 13 You have sold your people for nothing:
and made a profitless bargain.
- 14 You have made us a laughing-stock to our neighbours:
mocked and held in derision by those about us.
- 15 You have made us a byword among the nations:
so that the peoples toss their heads in scorn.
- 16 My disgrace is before me all the day:
and shame has covered my face,
- 17 At the voice of the slanderer and reviler:
at the sight of the enemy and avenger.
- 18 All this has come upon us,
though we have not forgotten you:
we have not betrayed your covenant.
- 19 Our hearts have not turned back:
nor have our steps strayed from your paths.

- 20 And yet you have crushed us in the haunt of jackals:
and covered us with the shadow of death.
- 21 If we had forgotten the name of our God:
or stretched out our hands in prayer to some strange god,
- 22 Would not God search it out?:
for he knows the very secrets of the heart.
- 23 But for your sake are we killed all the day long:
we are counted as sheep for the slaughter.
- 24 Rouse yourself, O Lord, why do you sleep?:
awake, do not cast us off for ever.
- 25 Why do you hide your face:
and forget our misery and our affliction?
- 26 Our souls are bowed to the dust:
our bellies cleave to the ground.
- 27 Arise, O Lord, to help us:
and redeem us for your mercy's sake.

Reading

In days to come the mountain of the Lord's house shall be established as the highest of the mountains, and shall be raised up above the hills. Peoples shall stream to it, and many nations shall come and say: 'Come, let us go up to the mountain of the Lord, to the house of the God of Jacob; that he may teach us his ways and that we may walk in his paths.' For out of Zion shall go forth instruction, and the word of the Lord from Jerusalem. He shall judge between many peoples, and shall arbitrate between strong nations far away; they shall beat their swords into ploughshares, and their spears into pruning-hooks; nation shall not lift up sword against nation, neither shall they learn war any more; but they shall all sit under their own vines and under their own fig trees, and no one shall make them afraid.

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 90

- 1 Lord, you have been our refuge:
from one generation to another.
- 2 Before the mountains were born
or the earth and the world were brought to be:
from eternity to eternity you are God.
- 3 You turn us back into dust:
saying 'Return to dust, O children of Adam.'
- 4 For a thousand years in your sight
are like yesterday passing:
or like one watch of the night.
- 5 You cut them short like a dream:
like the fresh grass of the morning;
- 6 In the morning it is green and flourishes:
at evening it is withered and dried up.
- 7 And we are consumed by your anger:
because of your indignation we cease to be.
- 8 You have brought our iniquities before you:
and our secret sins to the light of your countenance.
- 9 Our days decline beneath your wrath:
and our years pass away like a sigh.
- 10 The days of our life are three score years and ten,
or if we have strength, four score:
the pride of our labours is but toil and sorrow,
for it passes quickly away and we are gone.
- 11 Who can know the power of your wrath:
who can know your indignation like those that fear you?
- 12 Teach us so to number our days:
that we may apply our hearts to wisdom.
- 13 Relent, O Lord; how long will you be angry?:
take pity on your servants.

- 14 O satisfy us early with your mercy:
that all our days we may rejoice and sing.
- 15 Give us joy for all the days you have afflicted us:
for the years we have suffered adversity.
- 16 Show your servants your work:
and let their children see your glory.
- 17 May the gracious favour of the Lord our God be upon us:
prosper the work of our hands,
O prosper the work of our hands!

Reading

Do not fear, for I am with you; I will bring your offspring from the east,
and from the west I will gather you; I will say to the north, 'Give them up', and to the south,
'Do not withhold; bring my sons from far away and my daughters from the end of the earth –
everyone who is called by my name, whom I created for my glory,
whom I formed and made.'

Isaiah 43.5-7

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 93

- 1 The Lord is king, and has put on robes of glory:
the Lord has put on his glory,
he has girded himself with strength.
- 2 He has made the world so firm:
that it cannot be moved.
- 3 Your throne is established from of old:
you are from everlasting.
- 4 The floods have lifted up, O Lord,
the floods have lifted up their voice:
the floods lift up their pounding.
- 5 But mightier than the sound of many waters,
than the mighty waters or the breakers of the sea:
the Lord on high is mighty.
- 6 Your decrees are very sure:
and holiness, O Lord, adorns your house for ever.

Reading

²⁰ For in him every one of God's promises is a "Yes." For this reason it is through him that we say the "Amen," to the glory of God. ²¹ But it is God who establishes us with you in Christ and has anointed us, ²² by putting his seal on us and giving us his Spirit in our hearts as a first installment.

2 Corinthians 1.20-22

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 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.

Reading

For this reason I bow my knees before the Father, from whom every family in heaven and earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love.

I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Ephesians 3.14-19

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.