



Advent

4<sup>th</sup> December - 10<sup>th</sup> December 2022

Prayer in the Middle of the Day

# 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.

## Malachi 3.1-4

<sup>1</sup>See, I am sending my messenger to prepare the way before me, and the Lord whom you seek will suddenly come to his temple. The messenger of the covenant in whom you delight—indeed, he is coming, says the Lord of hosts. <sup>2</sup>But who can endure the day of his coming, and who can stand when he appears? For he is like a refiner's fire and like fullers' soap; <sup>3</sup>he will sit as a refiner and purifier of silver, and he will purify the descendants of Levi and refine them like gold and silver, until they present offerings to the Lord in righteousness. <sup>4</sup>Then the offering of Judah and Jerusalem will be pleasing to the Lord as in the days of old and as in former years.

## 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,  
everyday 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*

*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.**

Your words have I hidden within my heart,  
**that I should not sin against you**

*Psalm 119.11*

## Praise

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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 61

- 1 Hear my loud crying, O God:  
and give heed to my prayer.
- 2 From the ends of the earth I call to you  
when my heart faints:  
O set me on the rock that is higher than I.
- 3 For you have been my refuge:  
and my strong tower against the enemy.
- 4 I will dwell in your tent for ever:  
and find shelter in the covering of your wings.
- 5 For you have heard my vows, O God:  
you have granted the desire of those that fear your name.
- 6 You will give the king long life:  
and his years shall endure through many generations.
- 7 He shall dwell before God for ever:  
loving-kindness and truth shall be his guard.
- 8 So will I ever sing praises to your name:  
while I daily perform my vows.

## Zechariah 9.14-15a, 16

- <sup>14</sup> Then the Lord will appear over them,  
and his arrow go forth like lightning;  
the Lord God will sound the trumpet  
and march forth in the whirlwinds of the south.
- <sup>15</sup> The Lord of hosts will protect them,  
and they shall devour and tread down the slingers.
- <sup>16</sup> On that day the Lord their God will save them,  
for they are the flock of his people;  
for like the jewels of a crown  
they shall shine on his land.

## 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,  
everyday 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*

*The Lord's Prayer*

**Our Father in heaven,  
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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.**

# Tuesday 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

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life of the world unfailing,  
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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 28.1-2, 7-10

- 1 To you will I cry, O Lord my rock,  
be not deaf to my prayer:  
lest, if you turn away silent,  
I become like those that go down to the grave.
- 2 Hear the voice of my supplication  
when I cry to you for help:  
when I lift up my hands  
toward the holiest place of your sanctuary.
- 7 Let the Lord's name be praised:  
for he has heard the voice of my supplication.
- 8 The Lord is my strength and my shield,  
in him my heart trusts and I am helped:  
therefore my heart dances for joy,  
and in my song will I praise him.
- 9 The Lord is the strength of his people:  
and a sure refuge for his anointed king.
- 10 O save your people and give your blessing to your own:  
be their shepherd, and bear them up for ever.

## Sirach 18.8-9, 11-14

- <sup>8</sup> What are human beings, and of what use are they?  
What is good in them, and what is evil?
- <sup>9</sup> The number of days in their life is great if they reach one hundred years.
- <sup>11</sup> That is why the Lord is patient with them  
and pours out his mercy upon them.
- <sup>12</sup> He sees and recognizes that their end is miserable;  
therefore he grants them forgiveness all the more.
- <sup>13</sup> The compassion of human beings is for their neighbours,  
but the compassion of the Lord is for every living thing.  
He rebukes and trains and teaches them,  
and turns them back, as a shepherd his flock.
- <sup>14</sup> He has compassion on those who accept his discipline  
and who are eager for his precepts.

## 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,  
everyday 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*

*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.**

# Wednesday 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

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life of the world unending,  
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and our true redemption.

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in your loving freedom,  
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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 119.145-152

- 145 I call with my whole heart:  
hear me, O Lord, I will keep your statutes.
- 146 I cry out to you; O save me:  
and I will heed your commands.
- 147 Before the morning light I rise and I call:  
for in your word is my hope.
- 148 Before the night watch my eyes wake:  
that I may meditate upon your words.
- 149 Hear my voice, O Lord, in your loving mercy:  
and according to your judgements, give me life.
- 150 They draw near to me who maliciously persecute me:  
but they are far from your law.
- 151 You, Lord, are close at hand:  
and all your commandments are true.
- 152 I have known long since from your commands:  
that you have founded them for ever.

## Micah 7.18-20

- <sup>18</sup> Who is a God like you, pardoning iniquity  
and passing over the transgression  
of the remnant of your possession?  
He does not retain his anger for ever,  
because he delights in showing clemency.
- <sup>19</sup> He will again have compassion upon us;  
he will tread our iniquities under foot.  
You will cast all our sins  
into the depths of the sea.
- <sup>20</sup> You will show faithfulness to Jacob  
and unswerving loyalty to Abraham,  
as you have sworn to our ancestors  
from the days of old.

## 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,  
everyday 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*

*The Lord's Prayer*

**Our Father in heaven,  
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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.**

# Thursday 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

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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 138.1-3, 6-8

- 1 I will give you thanks, O Lord, with my whole heart:  
even before the gods will I sing your praises.
- 2 I will bow down toward your holy temple  
and give thanks to your name:  
because of your faithfulness and your loving-kindness,  
for you have made your name and your word  
supreme over all things.
- 3 At a time when I called to you, you gave me answer:  
and put new strength within my soul.
- 6 For though the Lord is exalted, he looks upon the lowly:  
and he comprehends the proud from afar.
- 7 Though I walk in the midst of danger,  
yet will you preserve my life:  
you will stretch out your hand against the fury of my  
enemies, and your right hand shall save me.
- 8 The Lord will complete his purpose for me:  
your loving-kindness, O Lord, endures for ever;  
do not forsake the work of your own hands.

## Isaiah 61.10-11

- <sup>10</sup> I will greatly rejoice in the Lord,  
my whole being shall exult in my God;  
for he has clothed me with the garments of salvation,  
he has covered me with the robe of righteousness,  
as a bridegroom decks himself with a garland,  
and as a bride adorns herself with her jewels.
- <sup>11</sup> For as the earth brings forth its shoots,  
and as a garden causes what is sown in it to spring up,  
so the Lord God will cause righteousness and praise  
to spring up before all the nations.

## 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,  
everyday of our lives;  
that when you come,  
we may be found not hiding our talent,  
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**Amen.**

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**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.**



# Friday 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

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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 62.1-3, 5-8

- 1 My soul waits in silence for God:  
for from him comes my salvation.
- 2 He only is my rock and my salvation:  
my strong tower, so that I shall never be moved.
- 3 How long will you all plot against me to destroy me:  
as though I were a leaning fence or a buckling wall?
- 5 Nevertheless, my soul, wait in silence for God:  
for from him comes my hope.
- 6 He only is my rock and my salvation:  
my strong tower, so that I shall not be moved.
- 7 In God is my deliverance and my glory:  
God is my strong rock and my shelter.
- 8 Trust in him at all times, O my people:  
pour out your hearts before him, for God is our refuge.

## Deuteronomy 32.45-47

<sup>45</sup>When Moses had finished reciting all these words to all Israel, <sup>46</sup>he said to them: 'Take to heart all the words that I am giving in witness against you today; give them as a command to your children, so that they may diligently observe all the words of this law. <sup>47</sup>This is no trifling matter for you, but rather your very life; through it you may live long in the land that you are crossing over the Jordan to possess.'

## 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,  
everyday of our lives;  
that when you come,  
we may be found not hiding our talent,  
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**Amen.**

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*The Lord's Prayer*

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**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.**

# Saturday 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

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*Salus Aeterna*

# The Word of God

## Psalm 75.2-7, 10

- 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.
- 10 But I will sing praises to the God of Jacob:  
I will glorify his name for ever.

## 2 Kings 2.9b-12a

<sup>9</sup>Elijah said to Elisha, 'Tell me what I may do for you, before I am taken from you.' Elisha said, 'Please let me inherit a double share of your spirit.' <sup>10</sup>He responded, 'You have asked a hard thing; yet, if you see me as I am being taken from you, it will be granted you; if not, it will not.' <sup>11</sup>As they continued walking and talking, a chariot of fire and horses of fire separated the two of them, and Elijah ascended in a whirlwind into heaven. <sup>12</sup>Elisha kept watching and crying out, 'Father, father! The chariots of Israel and its horsemen!'

## Response

*Silence*

Blessed are those who hunger and thirst for righteousness,  
**for they will be filled.**

*Matthew 5.6*

## Prayer

*Concluding Prayer*

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**Amen.**

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*The Lord's Prayer*

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## The Conclusion

May the Lord make us ready for his coming in glory.

**Amen.**



