



Prayer During the Day

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

On Sunday

My heart tells of your word, 'Seek my face.'

Your face, Lord, will I seek.

Psalm 27.10

On Monday

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

On Tuesday

To you, O Lord, I lift up my soul.

O my God, in you I trust.

Psalm 25.1a

On Wednesday

Make me to know your ways, O Lord,

and teach me your paths.

Psalm 25.3

On Thursday

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

On Friday

Make me a clean heart, O God,

and renew a right spirit within me.

Psalm 51.11

On Saturday

Your love, O Lord, reaches to the heavens

and your faithfulness to the clouds.

Psalm 36.5

Praise

A hymn, song, canticle, extempore praise or

On Sunday

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

On Monday

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

On Tuesday

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)*

On Wednesday

You, Christ, are the King of glory,
the eternal Son of the Father.

meditating on a verse of scripture. A Form of Penitence may be used here or in the Prayers.

2. Praise

Praise may include a hymn, song, canticle, extempore praise or the text provided. *Hymns for Prayer and Praise*, the *New English Hymnal* and other collections contain 'office hymns' which may be used here.

3. Psalmody

At least one psalm should be included on each occasion.

A daily or seasonal psalm and a four-week cycle are provided.

Or any section of Psalm 119 may be chosen.

4. Readings

One of the following is used:

¶ The short reading printed in the order.

¶ On weekdays one or more of the readings appointed for Morning or Evening Prayer or Holy Communion in the *Common Worship Weekday Lectionary*.

¶ On Sundays and Principal Holy Days one or both of the readings appointed for the Third Service are used (if not used at another service that day). Personal or corporate Bible Study might also take place at this point.

5. Response

A versicle and response are provided for use after the reading. Other appropriate responses include silence, group discussion, responsive prayer and singing.

6. Prayers

The Prayers may include a litany, extempore prayer, or a pattern of intercessions. Forms of intercession may be found pages 366-409 of *Common Worship: Daily Prayer*. A General Thanksgiving may also be used. This section should also include the Lord's Prayer and the prayer provided in the text, the Collect of the day, or some other prayer.

7. The Conclusion

The Office concludes with a dismissal, a closing prayer, the Peace

The peace of the Lord be always with you

and also with you

These words may be added

Let us offer one another a sign of peace,

God's seal on our prayers.

or another ending.

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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 is said.

The Conclusion

On Sunday

May God who made both heaven and earth bless us.
Amen.

On Monday

May God bless the work of our hands.
Amen.

On Tuesday

May Christ our redeemer bring us healing and wholeness.
Amen.

On Wednesday

May God grant to the world justice, truth and peace.
Amen.

On Thursday

May God kindle in us the fire of love.
Amen.

On Friday

May Christ our Saviour give us peace.
Amen.

On Saturday

May Christ dwell in our hearts by faith.
Amen.

[Selected] Notes to Prayer During the Day

A pattern for Prayer During the Day is provided for each day of the week.
This may be used on that day of the week at any time of year.

1. Preparation

A versicle and response is the conventional opening for a short order of prayer of this kind. Alternatively people may like to begin by quietly

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

On Thursday

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)

On Friday

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.

10.11

On Saturday

Jesus said, I am the resurrection and the life.

Those who believe in me will never die.

cf John 11.25,26

Prayers

Open prayer may be offered and silence is kept.

The Collect of the day or the following prayer is said

On Sunday

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

On Monday

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)

On Tuesday

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,

On any Thursday

Psalm 133

(or) *Week 1* Psalm 81

Week 3 Psalm 101

Week 2 Psalm 90

Week 4 Psalm 107.1-16

On any Friday

Psalm 23

(or) *Week 1* Psalm 112

Week 3 Psalm 123

Week 2 Psalm 120

Week 4 Psalm 124

On any Saturday

Psalm 63.1-8

(or) *Week 1* Psalm 130

Week 3 Psalm 138

Week 2 Psalm 131

Week 4 Psalm 139

Each psalm or group of psalms may end with

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

Short readings

On Sunday

Week 1 Genesis 1.1-5

Week 2 2 Corinthians 5.17-19a

Week 3 John 5.15-18

Week 4 Revelation 21.1-4

Or, on any Sunday

Wisdom says, 'I was beside him, like a master worker;
and I was daily his delight, rejoicing before him always,
rejoicing in his inhabited world and delighting in the
human race.'
8.30,31

Proverbs

On Monday

Week 1 Isaiah 49 1b-4

Week 2 Proverbs 3.7-12

Week 3 Mark 4.26-29

Week 4 Matthew 25.19-21

Or, on any Monday

Jesus said, 'Come to me, all you that are weary and are
carrying heavy burdens, and I will give you rest.'

Matthew 11.28

On Tuesday

Week 1 Deuteronomy 28.1-6

Week 2 Isaiah 35.2c-6

Week 3 John 9.1-5

Week 4 Revelation 22.1,2

Or, on any Tuesday

Great crowds came to Jesus, bringing with them the lame, the maimed, the blind, the mute, and many others. They put them at his feet, and he cured them. *Matthew 15.30*

On Wednesday

Week 1 Isaiah 61.1-3a

Week 2 Micah 4.1-4a

Week 3 Matthew 9.35-end

Week 4 John 18.33,36-38

Or, on any Wednesday

The earth will be filled with the knowledge of the glory of the Lord, as the waters cover the sea. *Habakkuk 2.14*

On Thursday

Week 1 Deuteronomy 15.7,8,10,11

Week 2 Isaiah 43.5-7

Week 3 1 Peter 2.9,10

Week 4 John 17.18-23

Or, on any Thursday

Just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body. *1 Corinthians 12.12,13a*

On Friday

Week 1 2 Chronicles 7.13,14

Week 2 Isaiah 57.15-19

Week 3 Ephesians 2.13-18

Week 4 Luke 9.22-25

Or, on any Friday

Jesus said, 'Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you.' *Luke 6.27b,28*

On Saturday

Week 1 Isaiah 11.6-9

Week 2 Ephesians 3.14-19

Week 3 John 11.17-26a

Week 4 Revelation 5.8-10

Or, on any Saturday

We look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal. *2 Corinthians 4.18*

Response

Silence, study, song, or words from Scripture, such as

On Sunday

Jesus said, I am the living bread that came down from heaven.

Whoever eats of this bread will live for ever.

John 6.51a

On Monday

Jesus said, I am the true vine.

My Father is glorified by this, that you bear much fruit.

John

15.1a,8

On Tuesday

Jesus said, I am the light of the world.

Whoever follows me will have the light of life.

John

8.12

On Wednesday

Jesus said, I am the way, and the truth, and the life.

No one comes to the Father except through me.

John 14.6

On Thursday

Jesus said, I am the gate for the sheep.

I came that they may have life, and have it abundantly.

John

10.7,10b

On Friday

Jesus said, I am the good shepherd.

The good shepherd lays down his life for the sheep.

John