

Being Church at Home
Prayer During the Day
Ordinary Time – Week 4



United Benefice of Shedfield and Wickham

Prayer During the Day is taken from the Church of England's 'Common Worship: Daily Prayer' and follows a pattern of prayer will be used by people throughout the world.

- You may wish to pray them on your own or with someone else at home. As we are currently unable to meet in groups you may wish to choose a time when you agree to pray with friends in your own homes.*
- You can pray them at any time of day. Although you may be on your own remember that you are praying with others. This is why the prayers are written using the plural.*
- The leader's part and congregational responses are left in in case you are using this in a group. If you are praying on your own please use all the phrases.*
- As is traditional in these daily services, whilst you are reading the psalms you might choose to pause for a few seconds at each red diamond (♦).*

Preparation

O God, make speed to save us.

All O Lord, make haste to help us.

Teach me to do what pleases you, for you are my God;

All 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

We read a psalm and a short Bible reading. Each psalm or group of psalms may end with:

All 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.

Psalms during Ordinary Time

Monday

Psalm 50 1-15

- 1 The Lord, the most mighty God, has spoken ♦
and called the world from the rising of the sun to its
setting.
- 2 Out of Zion, perfect in beauty, God shines forth; ♦
our God comes and will not keep silence.
- 3 Consuming fire goes out before him ♦
and a mighty tempest stirs about him.
- 4 He calls the heaven above, ♦
and the earth, that he may judge his people:
- 5 'Gather to me my faithful, ♦
who have sealed my covenant with sacrifice.'

- 6 Let the heavens declare his righteousness, ♦
for God himself is judge.
- 7 Hear, O my people, and I will speak: ♦
'I will testify against you, O Israel; for I am God, your
God.
- 8 'I will not reprove you for your sacrifices, ♦
for your burnt offerings are always before me.
- 9 'I will take no bull out of your house, ♦
nor he-goat out of your folds,
- 10 'For all the beasts of the forest are mine, ♦
the cattle upon a thousand hills.
- 11 'I know every bird of the mountains ♦
and the insect of the field is mine.
- 12 'If I were hungry, I would not tell you, ♦
for the whole world is mine and all that fills it.
- 13 'Do you think I eat the flesh of bulls, ♦
or drink the blood of goats?
- 14 'Offer to God a sacrifice of thanksgiving ♦
and fulfil your vows to God Most High.
- 15 'Call upon me in the day of trouble; ♦
I will deliver you and you shall honour me.'

Tuesday

Psalm 39

- 1 I said, 'I will keep watch over my ways, ♦
so that I offend not with my tongue.
- 2 'I will guard my mouth with a muzzle, ♦
while the wicked are in my sight.'
- 3 So I held my tongue and said nothing; ♦
I kept silent but to no avail.
- 4 My distress increased, my heart grew hot within me; ♦
while I mused, the fire was kindled and I spoke out with
my tongue:
- 5 'Lord, let me know my end and the number of my
days, ♦
that I may know how short my time is.
- 6 'You have made my days but a handsbreadth, and my
lifetime is as nothing in your sight; ♦
truly, even those who stand upright are but a breath.
- 7 'We walk about like a shadow and in vain we are in
turmoil; ♦
we heap up riches and cannot tell who will gather them.
- 8 'And now, what is my hope? ♦
Truly my hope is even in you.

- 9 'Deliver me from all my transgressions ♦
and do not make me the taunt of the fool.'
- 10 I fell silent and did not open my mouth, ♦
for surely it was your doing.
- 11 Take away your plague from me; ♦
I am consumed by the blows of your hand.
- 12 With rebukes for sin you punish us; like a moth you
consume our beauty; ♦
truly, everyone is but a breath.
- 13 Hear my prayer, O Lord, and give ear to my cry; ♦
hold not your peace at my tears.
- 14 For I am but a stranger with you, ♦
a wayfarer, as all my forebears were.
- 15 Turn your gaze from me, that I may be glad again, ♦
before I go my way and am no more.

Wednesday

Psalm 72 1-8

- 1 Give the king your judgements, O God, ♦
and your righteousness to the son of a king.
- 2 Then shall he judge your people righteously ♦
and your poor with justice.

- 3 May the mountains bring forth peace, ♦
and the little hills righteousness for the people.
- 4 May he defend the poor among the people, ♦
deliver the children of the needy and crush the
oppressor.
- 5 May he live as long as the sun and moon endure, ♦
from one generation to another.
- 6 May he come down like rain upon the mown grass, ♦
like the showers that water the earth.
- 7 In his time shall righteousness flourish, ♦
and abundance of peace till the moon shall be no more.
- 8 May his dominion extend from sea to sea ♦
and from the River to the ends of the earth.

Thursday

Psalm 107 1-16

- 1 O give thanks to the Lord, for he is gracious, ♦
for his steadfast love endures for ever.
- 2 Let the redeemed of the Lord say this, ♦
those he redeemed from the hand of the enemy,
- 3 And gathered out of the lands from the east and from
the west, ♦
from the north and from the south.

- 4 Some went astray in desert wastes ♦
and found no path to a city to dwell in.
- 5 Hungry and thirsty, ♦
their soul was fainting within them.
- 6 So they cried to the Lord in their trouble ♦
and he delivered them from their distress.
- 7 He set their feet on the right way ♦
till they came to a city to dwell in.
- 8 *Let them give thanks to the Lord for his goodness ♦
and the wonders he does for his children.*
- 9 *For he satisfies the longing soul ♦
and fills the hungry soul with good.*
- 10 Some sat in darkness and in the shadow of death, ♦
bound fast in misery and iron,
- 11 For they had rebelled against the words of God ♦
and despised the counsel of the Most High.
- 12 So he bowed down their heart with heaviness; ♦
they stumbled and there was none to help them.
- 13 Then they cried to the Lord in their trouble, ♦
and he delivered them from their distress.

- 14 He brought them out of darkness and out of the shadow of death, ♦
and broke their bonds asunder.
- 15 *Let them give thanks to the Lord for his goodness ♦
and the wonders he does for his children.*
- 16 *For he has broken the doors of bronze ♦
and breaks the bars of iron in pieces.*

Friday

Psalm 124

- 1 If the Lord himself had not been on our side, ♦
now may Israel say;
- 2 If the Lord had not been on our side, ♦
when enemies rose up against us;
- 3 Then would they have swallowed us alive ♦
when their anger burned against us;
- 4 Then would the waters have overwhelmed us and the
torrent gone over our soul; ♦
over our soul would have swept the raging waters.
- 5 But blessed be the Lord ♦
who has not given us over to be a prey for their teeth.

- 6 Our soul has escaped as a bird from the snare of the fowler; ♦
the snare is broken and we are delivered.
- 7 Our help is in the name of the Lord, ♦
who has made heaven and earth.

Saturday

Psalm 139

- 1 O Lord, you have searched me out and known me; ♦
you know my sitting down and my rising up; you discern
my thoughts from afar.
- 2 You mark out my journeys and my resting place ♦
and are acquainted with all my ways.
- 3 For there is not a word on my tongue, ♦
but you, O Lord, know it altogether.
- 4 You encompass me behind and before ♦
and lay your hand upon me.
- 5 Such knowledge is too wonderful for me, ♦
so high that I cannot attain it.
- 6 Where can I go then from your spirit? ♦
Or where can I flee from your presence?
- 7 If I climb up to heaven, you are there; ♦
if I make the grave my bed, you are there also.

- 8 If I take the wings of the morning ♦
and dwell in the uttermost parts of the sea,
- 9 Even there your hand shall lead me, ♦
your right hand hold me fast.
- 10 If I say, 'Surely the darkness will cover me ♦
and the light around me turn to night,'
- 11 Even darkness is no darkness with you; the night is as
clear as the day; ♦
darkness and light to you are both alike.
- 12 For you yourself created my inmost parts; ♦
you knit me together in my mother's womb.
- 13 I thank you, for I am fearfully and wonderfully made; ♦
marvellous are your works, my soul knows well.
- 14 My frame was not hidden from you, ♦
when I was made in secret and woven in the depths of
the earth.
- 15 Your eyes beheld my form, as yet unfinished; ♦
already in your book were all my members written,
- 16 As day by day they were fashioned ♦
when as yet there was none of them.

- 17 How deep are your counsels to me, O God! ♦
How great is the sum of them!
- 18 If I count them, they are more in number than the
sand, ♦
and at the end, I am still in your presence.
- 19 O that you would slay the wicked, O God, ♦
that the bloodthirsty might depart from me!
- 20 They speak against you with wicked intent; ♦
your enemies take up your name for evil.
- 21 Do I not oppose those, O Lord, who oppose you? ♦
Do I not abhor those who rise up against you?
- 22 I hate them with a perfect hatred; ♦
they have become my own enemies also.
- 23 Search me out, O God, and know my heart; ♦
try me and examine my thoughts.
- 24 See if there is any way of wickedness in me ♦
and lead me in the way everlasting.

Short Readings

Monday

After a long time the master of those slaves came and settled accounts with them. Then the one who had received the five talents came forward, bringing five more talents, saying, 'Master, you handed over to me five talents; see, I have made five more talents.' His master said to him, 'Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.'

Matthew 25.19-

Response

You may wish to spend a few moments in silence thinking about the readings and then say:

Jesus said, I am the true vine.

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

John 15.1a,8

Tuesday

Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city. On either side of the river is the tree of life with its twelve kinds of fruit, producing its fruit each month; and the leaves of the tree are for the healing of the nations.

Revelation 22.1,2

Response

You may wish to spend a few moments in silence thinking about the readings and then say:

Jesus said, I am the light of the world.

All **Whoever follows me will have the light of life.**

Wednesday

Pilate entered the headquarters again, summoned Jesus, and asked him, 'Are you the King of the Jews?' Jesus answered, 'My kingdom is not from this world. If my kingdom were from this world, my followers would be fighting to keep me from being handed over to the Jews. But as it is, my kingdom is not from here.' Pilate asked him, 'So you are a king?' Jesus answered, 'You say that I am a king. For this I was born, and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice.' Pilate asked him, 'What is truth?'

John 18.33,36-38

Response

You may wish to spend a few moments in silence thinking about the readings and then say:

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

All **No one comes to the Father except through me.**

John 14.6

Thursday

As you have sent me into the world, so I have sent them into the world. And for their sakes I sanctify myself, so that they also may be sanctified in truth. I ask not only on behalf of these, but also on behalf of those who will believe in me through their word, that they may all be one. As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me. The glory that you have given me I have given them, so that they may be one, as we are one, I in them and you in me, that they may become completely one, so that the world may know that you have sent me and have loved them even as you have loved me. *John 17.18-23*

Response

You may wish to spend a few moments in silence thinking about the readings and then say:

Jesus said, I am the gate for the sheep.

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

John 10.7,10b

Friday

Jesus said to the disciples, 'The Son of Man must undergo great suffering, and be rejected by the elders, chief priests, and scribes, and be killed, and on the third day be raised.' Then he said to them all, 'If any want to become my followers, let them deny themselves and take up their cross daily and follow me. For those who want to save their life will lose it, and those who

lose their life for my sake will save it. What does it profit them if they gain the whole world, but lose or forfeit themselves?’

Luke 9.22-25

Response

You may wish to spend a few moments in silence thinking about the readings and then say:

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

Saturday

When the Lamb had taken the scroll, the four living creatures and the twenty-four elders fell before the Lamb, each holding a harp and golden bowls full of incense, which are the prayers of the saints. They sing a new song: ‘You are worthy to take the scroll and to open its seals, for you were slaughtered and by your blood you ransomed for God saints from every tribe and language and people and nation; you have made them to be a kingdom and priests serving our God, and they will reign on earth.’

Revelation 5.8–10

Response

You may wish to spend a few moments in silence thinking about the readings and then say:

Jesus said, I am the resurrection and the life.

All Those who believe in me will never die.

cf John 11.25,26

Prayers

You may wish to spend some time praying for your day and for those around you. You can pray your own prayers or use the prayer below:

For the unity of the Church in witness and proclamation of the Gospel;
let us pray to the Lord.

For the peace and stability of all peoples
and for the leaders of the nations;
let us pray to the Lord.

For places of work, education and leisure;
let us pray to the Lord.

For a blessing on our homes;
for our relations and friends and all whom we love;
let us pray to the Lord.

For the sick and suffering and all who minister to their needs;
let us pray to the Lord.

Let us commend ourselves, and all for whom we pray,
to the mercy and protection of God. **Amen.**

Collect

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.

All Amen.

As our Saviour taught us we pray:

All Our Father, who art in heaven,
hallowed be your name;
thy kingdom come;
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power, and the glory,
for ever and ever. Amen.

The Conclusion

May God kindle in us the fire of love.

All Amen.