





# Daily Prayer in Ordinary Time

and on Saints Days



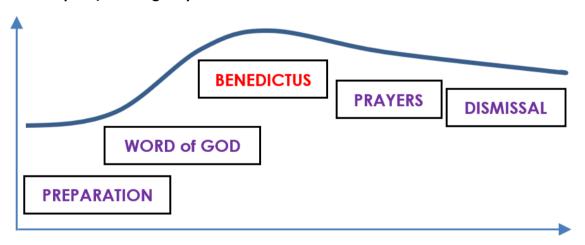
## **Introduction to Daily Prayer**

The patterns of daily prayer in this booklet embrace the three key elements of **praise**, **intercession** and engagement with **Scripture** which form the heart of the daily praying tradition of the Church.

Daily Prayer provides ways of punctuating each day with praise, prayer and attention to Scripture. Thus, as George Herbert once put it, 'seven whole days, not one in seven' will we praise God, pray for God's world and allow ourselves to be formed and re-formed by God's word.

Although these are flexible orders of prayer that can be used in different ways according to the needs of particular praying people and communities, they will also, through common structures, texts and patterns of Scripture reading, unite those using them into one larger community of prayer. This community extends to all of those who, through the ages and across the nations, have sought to do as Jesus taught us and pray together for the hallowing of God's name and the coming of God's kingdom.

## The 'shape' of Morning Prayer



From the earliest times, Christians have gathered at regular hours to respond to God's word with praise on behalf of the world, and with prayers of intercession for its many needs.

The Gospel Canticle (the BENEDICTUS) is usually the spiritual and scriptural focus of Morning Prayer.

## **Morning Prayer on Mondays**

## **Preparation**

In the name of God: &Creator, Redeemer, and Sanctifier

All Amen.

O Lord, open our lips

All that we may glorify your holy name.

This day is a gift to us from the Lord; let us pray with one heart and mind:

## A moment of silence is kept for personal prayer

All O God, as we rejoice in the gift of this new day, so may the light of your presence set our hearts on fire with love for you and for one another, now and always. Amen.

Blessed are you, creator of all, to you be praise and glory for ever. Your dawn renews the face of the earth, bringing light and life to all creation. As we awake refreshed from rest and sleep, open our eyes to behold your presence and strengthen our hands to do your will, that the world may rejoice and give you praise. Blessed be God, Father, Son, and Holy Spirit.

All Blessed be God for ever.

## The Word of God

The Psalm set for the day

Each psalm ends 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.

## **BENEDICTUS:** The Song of Zechariah

The Song of Zechariah is the song of praise uttered by Zechariah at the birth of his son, John the Baptist. The first part (verses 1-6) celebrates the realisation of the hopes for a Messiah for the Jewish people. In the second part (verses 7-10) Zechariah addresses his own son who was to take an important part in preparing the way for Jesus.

- All Lord, you have raised up for us a mighty Saviour, born of the house of your servant David.
- 1 Blessed be the Lord the God of Israel, who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour, born of the house of his servant David.
- 3 Through his holy prophets God promised of old to save us from our enemies, from the hands of all that hate us,
- 4 To show mercy to our ancestors, and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham: to set us free from the hands of our enemies.
- 6 Free to worship him without fear, holy and righteous in his sight all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation by the forgiveness of all their sins.
- 9 In the tender compassion of our God the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

  Luke 1.68-79
- 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.

Lord, you have raised up for us a mighty Saviour, born of the house of your servant David.

## **Prayers of Intercession**

The Prayer of St Benedict of Nursia (c.550AD)

All O Gracious and holy Father,
give us wisdom to perceive you,
diligence to seek you, patience to wait for you,
and a life to proclaim you,
through the power of the Spirit of Jesus Christ our Lord. Amen.

We unite our prayers in the words Jesus gave us:
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.
Lead us not into temptation but deliver us from evil.
For the kingdom, the power,
and the glory are yours now and for ever. Amen.

Or this alternative form:

Most loving God, you are our Father in heaven;
may we honour and praise your name;
may we work with you to establish your new order
of justice, peace, and love.
Give us today what we need for growth,
and help us - through forgiving others, to accept forgiveness.
Strengthen us in the time of testing, that we may resist all evil.
For all the tenderness, strength, and love are yours
now and for ever. Amen.

## **Conclusion and Dismissal**

Lord God, you have brought us in safety to the beginning of this new day: preserve us with your mighty power that we might not fall into sin or be overcome by adversity; guide and strengthen us by your Spirit, that we may give ourselves to your service, and live this day in love to one another and to you, through Jesus Christ our Lord. Amen.

The Lord bless us, and preserve us from all evil and keep us in eternal life. **Amen.** 

Let us bless the Lord.

## **Morning Prayer on Tuesdays**

## **Preparation**

In the name of God: &Creator, Redeemer, and Sanctifier

All Amen.

O Lord, open our lips

All and our mouth shall proclaim your praise.

The night has passed and the day lies open before us; let us pray with one heart and mind:

## A moment of silence is kept for personal prayer

All O God, as we rejoice in the gift of this new day, so may the light of your presence set our hearts on fire with love for you and for one another, now and always. Amen.

Blessed are you, creator of all, to you be praise and glory for ever.
Your reign of love makes all things new:
Plant seeds of confidence and gladness in our hearts so that, trusting in your word, we may live no longer for ourselves but for him who died and was raised for us, Jesus Christ our Lord. Blessed be God, Father, Son, and Holy Spirit.

All Blessed be God for ever.

## The Word of God The Psalm set for the day

Each psalm ends with,

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

#### **BENEDICTUS:** The Song of Zechariah

The Song of Zechariah is the song of praise uttered by Zechariah at the birth of his son, John the Baptist. The first part (verses 1-6) celebrates the realisation of the hopes for a Messiah for the Jewish people. In the second part (verses 7-10) Zechariah addresses his own son who was to take an important part in preparing the way for Jesus.

- All You have set us free to worship you without fear, holy and righteous in your sight.
- ■Blessed be the Lord the God of Israel,
  who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour, born of the house of his servant David.
- 3 Through his holy prophets God promised of old to save us from our enemies, from the hands of all that hate us,
- 4 To show mercy to our ancestors, and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham: to set us free from the hands of our enemies,
- 6 Free to worship him without fear, holy and righteous in his sight all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation by the forgiveness of all their sins.
- 9 In the tender compassion of our God the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

  Luke 1.68-79
- 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.

You have set us free to worship you without fear, holy and righteous in your sight.

## **Prayers of Intercession**

The Prayer of St Benedict of Nursia (c.550AD)

All O Gracious and holy Father,
give us wisdom to perceive you,
diligence to seek you, patience to wait for you,
and a life to proclaim you,
through the power of the Spirit of Jesus Christ our Lord. Amen.

We unite our prayers in the words Jesus gave us:

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.
Lead us not into temptation but deliver us from evil.
For the kingdom, the power,
and the glory are yours now and for ever. Amen.

Or this alternative form:

Most loving God, you are our Father in heaven;
may we honour and praise your name;
may we work with you to establish your new order
of justice, peace, and love.
Give us today what we need for growth,
and help us - through forgiving others, to accept forgiveness.
Strengthen us in the time of testing, that we may resist all evil.
For all the tenderness, strength, and love are yours
now and for ever. Amen.

## **Conclusion and Dismissal**

Eternal God and Father, you create and redeem us by the power of your love: guide and strengthen us by your Spirit, that we may give ourselves in love and service to one another and to you; through Jesus Christ our Lord.

Amen.

The Lord bless us, and preserve us from all evil and keep us in eternal life.

Amen.

Let us bless the Lord.

## Morning Prayer on Wednesdays

## **Preparation**

In the name of God: +Creator, Redeemer, and Sanctifier

All Amen.

O Lord, open our lips

All and our mouth shall proclaim your praise.

The night has passed and the day lies open before us; let us pray with one heart and mind:

## A moment of silence is kept for personal prayer

All O God, as we rejoice in the gift of this new day, so may the light of your presence set our hearts on fire with love for you and for one another, now and always. Amen.

Blessed are you, creator of all, to you be praise and glory for ever.

Set for us this day the banquet of your word; invite us to feast on the genius and beauty all around us.

Then, turn us in humility toward the poor, the oppressed and the weak, that we may truly serve you in one another.

Blessed be God, Father, Son, and Holy Spirit.

All Blessed be God for ever.

## The Word of God

The Psalm set for the day

Each psalm ends 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.

## **BENEDICTUS:** The Song of Zechariah

The Song of Zechariah is the song of praise uttered by Zechariah at the birth of his son, John the Baptist. The first part (verses 1-6) celebrates the realisation of the hopes for a Messiah for the Jewish people. In the second part (verses 7-10) Zechariah addresses his own son who was to take an important part in preparing the way for Jesus.

- All You show mercy to our ancestors, and remember your holy covenant
- 1 Blessed be the Lord the God of Israel, who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour, born of the house of his servant David.
- 3 Through his holy prophets God promised of old to save us from our enemies, from the hands of all that hate us,
- 4 To show mercy to our ancestors, and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham: to set us free from the hands of our enemies,
- 6 Free to worship him without fear, holy and righteous in his sight all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation by the forgiveness of all their sins.
- 9 In the tender compassion of our God the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

  Luke 1.68-79
- 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.

You show mercy to our ancestors, and remember your holy covenant

## **Prayers of Intercession**

The Prayer of St Benedict of Nursia (c.550AD)

All O Gracious and holy Father,
give us wisdom to perceive you,
diligence to seek you, patience to wait for you,
and a life to proclaim you,
through the power of the Spirit of Jesus Christ our Lord. Amen.

We unite our prayers in the words Jesus gave us:

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.
Lead us not into temptation but deliver us from evil.
For the kingdom, the power,
and the glory are yours now and for ever. Amen.

Or this alternative form:

Most loving God, you are our Father in heaven;
may we honour and praise your name;
may we work with you to establish your new order
of justice, peace, and love.
Give us today what we need for growth,
and help us - through forgiving others, to accept forgiveness.
Strengthen us in the time of testing, that we may resist all evil.
For all the tenderness, strength, and love are yours
now and for ever. Amen.

## **Conclusion and Dismissal**

Lord God, you have brought us in safety to the beginning of this new day: preserve us with your mighty power that we might not fall into sin or be overcome by adversity; guide and strengthen us by your Spirit, that we may give ourselves to your service, and live this day in love to one another and to you, through Jesus Christ our Lord. **Amen.** 

The Lord bless us, and preserve us from all evil and keep us in eternal life. Amen.

Let us bless the Lord.

## **Morning Prayer on Thursdays**

## **Preparation**

In the name of God: &Creator, Redeemer, and Sanctifier

All Amen.

O Lord, open our lips

All and our mouth shall proclaim your praise.

The night has passed and the day lies open before us; let us pray with one heart and mind:

#### A moment of silence is kept for personal prayer

All O God, as we rejoice in the gift of this new day, so may the light of your presence set our hearts on fire with love for you and for one another, now and always. Amen.

Blessed are you, creator of all, to you be praise and glory for ever.
You are the God of surprises; throughout the ages you have made known your love and power in expected ways and places: May we daily perceive the joy and wonder of your abiding presence and offer our lives in love and service to one another and to you. Blessed be God, Father, Son, and Holy Spirit.

All Blessed be God for ever.

## The Word of God

The Psalm set for the day

Each psalm ends with,

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

### **BENEDICTUS:** The Song of Zechariah

The Song of Zechariah is the song of praise uttered by Zechariah at the birth of his son, John the Baptist. The first part (verses 1-6) celebrates the realisation of the hopes for a Messiah for the Jewish people. In the second part (verses 7-10) Zechariah addresses his own son who was to take an important part in preparing the way for Jesus.

- All You promised, O God, to save us from our enemies, from the hands of all that hate us.
- 1 Blessed be the Lord the God of Israel, who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour, born of the house of his servant David.
- 3 Through his holy prophets God promised of old to save us from our enemies, from the hands of all that hate us,
- 4 To show mercy to our ancestors, and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham: to set us free from the hands of our enemies,
- 6 Free to worship him without fear, holy and righteous in his sight all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation by the forgiveness of all their sins.
- 9 In the tender compassion of our God the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

  Luke 1.68-79
- 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.

You promised, O God, to save us from our enemies, from the hands of all that hate us.

## **Prayers of Intercession**

The Prayer of St Benedict of Nursia (c.550AD)

All O Gracious and holy Father, give us wisdom to perceive you, diligence to seek you, patience to wait for you, and a life to proclaim you, through the power of the Spirit of Jesus Christ our Lord. Amen.

We unite our prayers in the words Jesus gave us:

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.
Lead us not into temptation but deliver us from evil.
For the kingdom, the power,
and the glory are yours now and for ever. Amen.

Or this alternative form:

Most loving God, you are our Father in heaven;
may we honour and praise your name;
may we work with you to establish your new order
of justice, peace, and love.
Give us today what we need for growth,
and help us - through forgiving others, to accept forgiveness.
Strengthen us in the time of testing, that we may resist all evil.
For all the tenderness, strength, and love are yours
now and for ever. Amen.

### **Conclusion and Dismissal**

O God, the author of peace and lover of concord, to know you is eternal life, to serve you is perfect freedom. Defend us, your servants, for all assaults of our enemies; that we, surely trusting in your defense, may not fear the power of any adversaries; through Jesus Christ our Lord. Amen.

The grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit, be with us all evermore. Amen.

Let us bless the Lord.

Thanks be to God.

## **Morning Prayer on Saints Days**

## **Preparation**

O Lord, open our lips

All and our mouth shall proclaim your praise.

Your faithful servants bless you

All They make known the glory of your kingdom.

Blessed are you, Sovereign God, ruler and judge of all, to you be glory and praise for ever. In the darkness of this age that is passing away may the light of your presence, which the saints enjoy, surround our steps as we journey on.

May we reflect your glory this day and so be made ready to see your face in the heavenly city where night shall be no more.

Blessed be God, Father, Son, and Holy Spirit.

All Blessed be God for ever.

The night has passed and the day lies open before us; let us pray with one heart and mind:

## A moment of silence is kept for personal prayer

All O God, as we rejoice in the gift of this new day, so may the light of your presence set our hearts on fire with love for you and for one another, now and always. Amen.

The Word of God
The Psalm set for the day

Each psalm ends 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.

## **BENEDICTUS:** The Song of Zechariah

The Song of Zechariah is the song of praise uttered by Zechariah at the birth of his son, John the Baptist. The first part (verses 1-6) celebrates the realisation of the hopes for a Messiah for the Jewish people. In the second part (verses 7-10) Zechariah addresses his own son who was to take an important part in preparing the way for Jesus.

- All You will guide us with your counsel, O God, and afterwards receive us with glory
- 1 Blessed be the Lord the God of Israel, who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour, born of the house of his servant David.
- 3 Through his holy prophets God promised of old to save us from our enemies, from the hands of all that hate us,
- 4 To show mercy to our ancestors, and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham: to set us free from the hands of our enemies,
- 6 Free to worship him without fear, holy and righteous in his sight all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High, for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation by the forgiveness of all their sins.
- 9 In the tender compassion of our God the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

  Luke 1.68-79
- 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.

You will guide us with your counsel, O God, and afterwards receive us with glory

## **Prayers of Intercession**

The Prayer of St Benedict of Nursia (c.550AD)

All O Gracious and holy Father, give us wisdom to perceive you, diligence to seek you, patience to wait for you, and a life to proclaim you, through the power of the Spirit of Jesus Christ our Lord. Amen.

Uniting our prayers with the whole company of heaven, as our Savior taught us, so we pray:

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.

Lead us not into temptation but deliver us from evil.

For the kingdom, the power, and the glory are yours now and for ever. Amen.

Or this alternative form:

Most loving God, you are our Father in heaven;
may we honour and praise your name;
may we work with you to establish your new order
of justice, peace, and love.
Give us today what we need for growth,
and help us - through forgiving others, to accept forgiveness.
Strengthen us in the time of testing, that we may resist all evil.
For all the tenderness, strength, and love are yours

## **Conclusion and Dismissal**

Almighty God, you have knit together your elect in one communion and fellowship in the mystical body of your Son Christ our Lord: give us grace so to follow your blessed saints in all virtuous and godly living that we may come to those inexpressible joys that you have prepared for those who truly love you; through Jesus Christ our Lord.

Amen.

May Christ, who has opened the kingdom of heaven, bring us to reign with him in glory.

Amen.

Let us bless the Lord.

## A Form of Evening Prayer

## **Preparation**

O God make speed to save us.

All O Lord, make haste to help us.

That this evening may be holy, good, and peaceful, let us pray with one heart and mind:

## A moment of silence is kept for personal prayer

All O God, as our evening prayer rises before you, so may your mercy come down upon us to cleanse our hearts and set us free to sing your praise now and for ever. Amen.

Blessed are you, creator of all, to you be praise and glory for ever.

At the setting of the sun, we place our trust in you.

As the night draws near, we give thanks for your presence with us. Help us entrust our lives to you with the delight and confidence of one who loves and is beloved. Blessed be God, Father, Son, and Holy Spirit.

All Blessed be God for ever.

# The Word of God The Psalm set for the day

Each psalm ends with,

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

## **MAGNIFICAT:** The Song of Mary

The Song of Mary (The Magnificat), taken from Luke's Gospel, contains the words of Mary upon her visitation to her cousin Elizabeth (the mother of John the Baptist). It is one of the eight most ancient Christian hymns, and perhaps the earliest of the Marian hymns. In Western Christianity it is traditionally the Biblical climax of Evening Prayer.

- All You have done great things, O God, and holy is your name.
- <sup>™</sup>My soul proclaims the greatness of the Lord,
   my spirit rejoices in God my Savior.

   He has looked with favor on his lowly servant.
- 2 From this day all generations will call me blessed; the Almighty has done great things for me and holy is his name.
- 3 He has mercy on those who fear him, from generation to generation.
- 4 He has shown strength with his arm and has scattered the proud in their conceit,
- 5 Casting down the might from their thrones and lifting up the lowly.
- 6 He has filled the hungry with good things and sent the rich empty away.
- 7 He has come to the aid of his servant Israel, to remember his promise of mercy,
- 8 The promise he made to our ancestors, to Abraham and his children for ever. Luke 1.47-55
- 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. You have done great things, O God, and holy is your name.

## **Prayers of Intercession**

A time of open or silent prayer follows

We unite our prayers in the words Jesus gave us:
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.
Lead us not into temptation but deliver us from evil.
For the kingdom, the power,
and the glory are yours now and for ever. Amen.

#### **Conclusion and Dismissal**

Lighten our darkness, Lord, we pray, and in your great mercy, defend us from all perils and dangers of this night, for the love of your only Son, our Savior Jesus Christ. Amen.

Let us bless the Lord. Thanks be to God.

#### Memorial of the Incarnation

The Angel brought good news to Mary:
The Holy Spirit will descend upon you

Greetings, Grace-full Mary, the Lord is with you, blessed are you among women:

For you conceived the Son of God, the Christ our Redeemer.

Behold the servant of the Lord: Let it be to me just as you have said

Greetings, Grace-full Mary, the Lord is with you, blessed are you among women:
For you conceived the Son of God, the Christ our Redeemer.

The Word became flesh: And lived among us

Greetings, Grace-full Mary, the Lord is with you, blessed are you among women:

For you conceived the Son of God, the Christ our Redeemer.

Blessed is she who believed:
Blessed are those
who hear the word of God and keep it.

Lord, fill our hearts with Your love, and as You revealed to us by an angel, the coming of Your Son in human flesh, so lead us through His suffering and death to the glory of His resurrection, for He lives and reigns with You and the Holy Spirit, One God. for ever and ever. **Amen.**