



# Prayer during the Day

Many people have evolved a daily Quiet Time, for reading Scripture and for praying. With this in mind, Prayer During the Day is offered as a framework for personal devotion; it follows a pattern which would be shared with others.

## Preparation

O God, make speed to save us.  
O Lord, make haste to help us.

My heart tells of your word, 'Seek my face.'  
Your face, Lord, will I seek.

*Psalm 27.10*

## Praise

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*

## The Word of God *Psalmody*

*On any Sunday Psalm 19*  
*On any Monday Psalm 126*  
*On any Tuesday Psalm 17: 1-8*  
*On any Wednesday Psalm 48*  
*On any Thursday Psalm 133*  
*On any Friday Psalm 23*  
*On any Saturday Psalm 63: 1-8*

**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

(Select reading appropriate for the week of the month or another of your choice)

### **Week One**

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, 'Let there be light'; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

*Genesis 1.1-5*

### **Week Two**

If anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself.

*2 Corinthians 5.17-19a*

### **Week Three**

The man went away and told the Jews that it was Jesus who had made him well. Therefore the Jews started persecuting Jesus, because he was doing such things on the sabbath. But Jesus answered them, 'My Father is still working, and I also am working.' For this reason the Jews were seeking all the more to kill him, because he was not only breaking the sabbath, but was also calling God his own Father, thereby making himself equal to God.

*John 5.15-18*

### **Week Four**

I, John, saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, 'See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.'

*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.' *Proverbs 8.30,31*

## Response

*Silence*

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

**Whoever eats of this bread will live for ever.**

*John 6.51a*

## Prayers

*Prayers may include these concerns:*

*The universal Church*

*Bishops, synods and all who lead the Church*

*The leaders of the nations*

*The natural world and the resources of the earth*

*All who are in any kind of need*

*and/or the following prayer may be said:*

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.

**All Amen.**

*From St Patrick's Breastplate*

*The Lord's Prayer is said.*

## The Conclusion

May God who made both heaven and earth bless us.

**Amen.**