

# Prayer During the Day



## Preparation

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

Let the words of my mouth and the meditation of my heart  
**be acceptable in your sight, ○ Lord,  
my strength and my redeemer.**

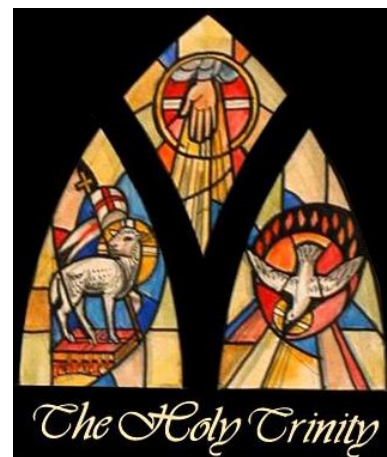
*Psalm 19.14*

## Praise

*A hymn, song, canticle, extempore praise or*

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*



## The Word of God

*You might like to read through one psalm (or part of a psalm) each day  
and then also work your way through one of the Gospels*

## Prayers

*This form of prayer may be used*

In peace, I / we pray to Jesus our Lord,  
who ever lives to make intercession for us.

Saviour of the world,  
be present in all places of suffering, violence and pain,  
and bring hope even in the darkest night.  
Inspire us to continue your work of reconciliation today.

Lord of the Church,  
empower by your Spirit all Christian people, [*especially .....*],  
and the work of your Church in every land.  
Give us grace to proclaim the gospel joyfully in word and deed.

Shepherd and Guardian of our souls,  
guide and enable all who lead and serve this community  
and those on whom we depend for our daily needs.  
Grant that we may seek the peace and welfare of this place.

Great Physician,  
stretch out your hand to bring comfort, wholeness and peace  
to [*.....*] all who suffer in body, mind, or spirit.  
Fill us with compassion, that we may be channels of your healing love.

Conqueror of death,  
remember for good those whom we love but see no longer.  
Help us to live this day in the sure and certain hope of your eternal victory.



*Cont... ..*

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

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.                      *Alcuin of York (804)*  
**Amen.**

*The Lord's Prayer: either*

**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*

**Our Father, who art in heaven,  
hallowed be thy 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 bless our lives this day.  
**Amen.**

