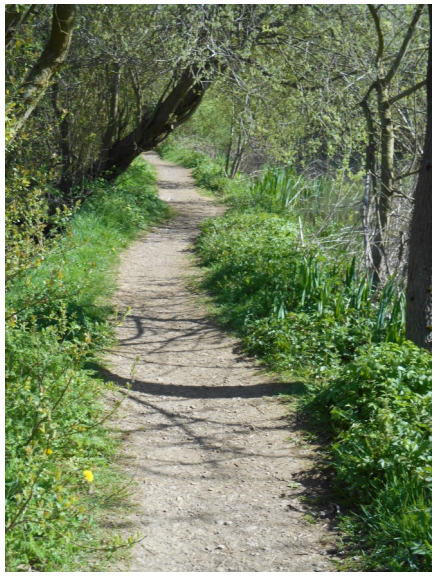
The Conclusion

In peace we will lie down and sleep; for you alone, Lord, make us dwell in safety.

The Lord bless us and watch over us; The Lord make his face to shine upon us and be gracious to us; The Lord look kindly upon us and give us peace. Amen.

Materials in this booklet are drawn from Common Worship: Services and Prayers for the Church of England, Common Worship: Pastoral Services, and Common Worship: Daily Prayer, all of which are copyright © The Archbishops' Council of the Church of England.

Prayer for daily use during this time of pandemic



Your word is a lamp to my feet
and a light to my path-Psalm 119.105

The following prayers have been taken from the Church of England's Daily Prayer resources as well as its special prayers to these troubled times.

Sunday

Preparation

O God, make speed to save us.

All **O Lord, make haste to help us.**

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

All **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

On any Sunday Psalm 19

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.

Short readings

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

Prayers

Merciful God, we entrust to your unfailing and tender care this night those who are ill or in pain, knowing that whenever danger threatens your everlasting arms are there to hold us safe. Comfort and heal them, and restore them to health and strength; through Jesus Christ our Lord. Amen.

Be present, O merciful God, and protect us through the silent hours of this night, so that we who are wearied by the changes and chances of this fleeting world, may rest upon your eternal changelessness; through Jesus Christ our Lord. Amen.

Visit this place, O Lord, we pray, and drive far from it the snares of the enemy; may your holy angels dwell with us in peace, and may your blessing be always upon us; through Jesus Christ our Lord. Amen.

The Lord's Prayer

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.

Monday Evening

Thus said the Lord God, the Holy One of Israel: In returning and rest you shall be saved; in quietness and in trust shall be your strength. Isaiah 30.15

Tuesday Evening

Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. Matthew 11.28-end

Wednesday Evening

Humble yourselves under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. 1 Peter 5.6,7

Thursday Evening

Jesus said, 'I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!' John 16.33

Friday Evening

God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him.
1 Thessalonians 5.9,10

Saturday Evening

Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'
John 8.12

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

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

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

John 6.51a

Prayer

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*

arrow that flies by day;

6. Of the pestilence that stalks in darkness, nor of the sickness that destroys at noonday.
7. Though a thousand fall at your side and ten thousand at your right hand, yet it shall not come near you.
8. Your eyes have only to behold to see the reward of the wicked.
9. Because you have made the Lord your refuge and the Most High your stronghold,
10. There shall no evil happen to you, neither shall any plague come near your tent.
11. For he shall give his angels charge over you, to keep you in all your ways.
12. They shall bear you in their hands, lest you dash your foot against a stone.
13. You shall tread upon the lion and adder; the young lion and the serpent you shall trample underfoot.
14. Because they have set their love upon me, therefore will I deliver them; I will lift them up, because they know my name.
15. They will call upon me and I will answer them; I am with them in trouble, I will deliver them and bring them to honour.
16. With long life will I satisfy them and show them my salvation.

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 may wish to use one of the following short readings or choose a passage of your own.

Sunday Evening

You, O Lord, are in the midst of us, and we are called by your name; leave us not, O Lord our God. Jeremiah 14.9

Night Prayer

You may wish to light a candle and have some reflective music playing in the background.

The eternal God is your refuge, and underneath are the everlasting arms. Deuteronomy 33.27

Opening Sentences

The Lord almighty grant us a quiet night and a perfect end. Amen.

Our help is in the name of the Lord who made heaven and earth.

Pause and reflect on the day that is past.

Save us, O Lord, while waking, and guard us while sleeping, that awake we may watch with Christ and asleep may rest in peace.

Bible Reading

You may wish to say here the psalm given below, or Psalm 27, or another chosen psalm.

Psalm 91

1. Whoever dwells in the shelter of the Most High and abides under the shadow of the Almighty,
2. Shall say to the Lord, 'My refuge and my stronghold, my God, in whom I put my trust.'
3. For he shall deliver you from the snare of the fowler and from the deadly pestilence.
4. He shall cover you with his wings and you shall be safe under his feathers; his faithfulness shall be your shield and buckler.
5. You shall not be afraid of any terror by night, nor of the

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.
All **Amen.**

Monday

Preparation

O God, make speed to save us.

All **O Lord, make haste to help us.**

Let the words of my mouth and the meditation of my heart

All **be acceptable in your sight, O Lord,**
my strength and my redeemer.

Psalm 19.14

Praise

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

Psalmody

On any Monday Psalm 126

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.

Short readings

The Lord's Prayer

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

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

Let us bless the Lord. Thanks be to God.

Saturday Morning

He said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.

Luke 12.22-31

Prayers

Almighty and everlasting God, we thank you that you have brought us safely to the beginning of this day. Keep us from falling into sin or running into danger; order us in all our doings and guide us to do always what is righteous in your sight; through Jesus Christ our Lord. Amen.

Keep us, good Lord, under the shadow of your mercy in this time of uncertainty and distress. Sustain and support the anxious and fearful, and lift up all who are brought low; that we may rejoice in your comfort knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen.

Week One

The Lord called me before I was born, while I was in my mother's womb he named me. He made my mouth like a sharp sword, in the shadow of his hand he hid me; he made me a polished arrow, in his quiver he hid me away. And he said to me, 'You are my servant, Israel, in whom I will be glorified.' But I said, 'I have laboured in vain, I have spent my strength for nothing and vanity; yet surely my cause is with the Lord, and my reward with my God.'

Isaiah 49.1b-4

Week Two

Do not be wise in your own eyes; fear the Lord, and turn away from evil. It will be a healing for your flesh and a refreshment for your body. Honour the Lord with your substance and with the first fruits of all your produce; then your barns will be filled with plenty, and your vats will be bursting with wine. My child, do not despise the Lord's discipline or be weary of his reproof, for the Lord reproves the one he loves, as a father the son in whom he delights.

Proverbs 3.7-12

Week Three

Jesus said, 'The kingdom of God is as if someone would scatter seed on the ground, and would sleep and rise night and day, and the seed would sprout and grow, he does not know how. The earth produces of itself, first the stalk, then the head, then the full grain in the head. But when the grain is ripe, at once he goes in with his sickle, because the harvest has come.'

Mark 4.26-29

Week Four

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 25.19-21

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

Response

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

Jesus said, I am the true vine.

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

John 15.1a,8

Prayers

Prayers may include these concerns:

¶ *The media and the arts*

¶ *Farming and fishing*

¶ *Commerce and industry*

¶ *Those whose work is unfulfilling, stressful or fraught with danger*

¶ *All who are unemployed*

Tuesday Morning

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you. Philippians 4.8-9

Wednesday Morning

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3.16,17

Thursday Morning

You are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God. Ephesians 2.19-22

Friday Morning

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Romans 19.9-12

trouble me; you have anointed my head with oil and my cup shall be full.

6. Surely goodness and loving mercy shall follow me all the days of my life, and I will dwell in the house of the Lord for ever.
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 may wish to use the weekly pattern of short readings given below, or choose a passage of your own.

Sunday Morning

But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: Do not fear, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Saviour. Isaiah 43.1-3a

Monday Morning

'Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.' Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me. John 14.1-6

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.

All **Amen.**

Alcuin of York (804)

The Lord's Prayer is said

The Conclusion

May God bless the work of our hands.

All **Amen.**

Tuesday

Preparation

O God, make speed to save us.

All **O Lord, make haste to help us.**

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

All **O my God, in you I trust.**

Psalm 25.1a

Praise

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)

Psalmody

On any Tuesday Psalm 17.1-8

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.

Morning Prayer

You may wish to light a candle and have some reflective music playing in the background.

The Lord is good, a strong refuge when trouble comes. God is close to those who trust in him. Nahum 1.7

Opening Sentences

O Lord, open our lips 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.

Pause for reflection as you offer the day to God.

As we rejoice in the gift of this new day, so may the light of your presence, O God, set our hearts on fire with love for you; now and for ever. Amen.

Bible Reading

You may wish to say Psalm 23 or another psalm here, such as Psalm 16 or Psalm 139.

Psalm 23

1. The Lord is my shepherd; therefore can I lack nothing.
2. He makes me lie down in green pastures; and leads me beside still waters.
3. He shall refresh my soul: and guide me in the paths of righteousness for his name's sake.
4. Though I walk through the valley of the shadow of death, I will fear no evil; for you are with me; your rod and your staff, they comfort me.
5. You spread a table before me in the presence of those who

For the Christian community

We are not people of fear:
we are people of courage.
We are not people who protect our own safety:
we are people who protect our neighbours' safety.
We are not people of greed:
we are people of generosity.
We are your people God,
giving and loving,
wherever we are,
whatever it costs
For as long as it takes
wherever you call us.

Short readings

Week One

If you will only obey the Lord your God, by diligently observing all his commandments that I am commanding you today, the Lord your God will set you high above all the nations of the earth; all these blessings shall come upon you and overtake you, if you obey the Lord your God: Blessed shall you be in the city, and blessed shall you be in the field. Blessed shall be the fruit of your womb, the fruit of your ground, and the fruit of your livestock, both the increase of your cattle and the issue of your flock. Blessed shall be your basket and your kneading-bowl. Blessed shall you be when you come in, and blessed shall you be when you go out.

Deuteronomy 28.1-6

Week Two

They shall see the glory of the Lord, the majesty of our God. Strengthen the weak hands, and make firm the feeble knees. Say to those who are of a fearful heart, 'Be strong, do not fear! Here is your God. He will come with vengeance, with terrible recompense. He will come and save you.' Then the eyes of the blind shall be opened, and the ears of the deaf unstopped; then the lame shall leap like a deer, and the tongue of the speechless sing for joy. For waters shall break forth in the wilderness, and streams in the desert.

Isaiah 35.2c-6

Week Three

As Jesus walked along, he saw a man blind from birth. His disciples asked him, 'Rabbi, who sinned, this man or his

parents, that he was born blind?' Jesus answered, 'Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world.'

John 9.1-5

Week Four

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

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*

Response

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

Jesus said, I am the light of the world.

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

John 8.12

For those who are ill

Merciful God,
we entrust to your tender care
those who are ill or in pain,
knowing that whenever danger threatens
your everlasting arms are there to hold them safe.
Comfort and heal them,
and restore them to health and strength;
through Jesus Christ our Lord.
Amen.

For hospital staff and medical researchers

Gracious God,
give skill, sympathy and resilience
to all who are caring for the sick,
and your wisdom to those searching for a cure.
Strengthen them with your Spirit,
that through their work many will be restored to health;
through Jesus Christ our Lord.
Amen.

From one who is ill or isolated

O God,
help me to trust you,
help me to know that you are with me,
help me to believe that nothing can separate me
from your love
revealed in Jesus Christ our Lord.
Amen.

Prayers for various occasions.

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort
knowing that nothing can separate us from your love
in Christ Jesus our Lord.
Amen.

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to tend the sick,
and to assure the isolated
of our love, and your love,
for your name's sake.
Amen.

God of compassion,
be close to those who are ill, afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord.
Amen.

Prayers

Prayers may include these concerns:

¶ *All who are sick in body, mind or spirit*
¶ *Those in the midst of famine or disaster*
¶ *Victims of abuse and violence, intolerance and prejudice*
¶ *Those who are bereaved*
¶ *All who work in the medical and healing professions*

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,
so to love you that we may truly serve you,
whose service is perfect freedom;
through Jesus Christ our Lord.

All **Amen.**

after Augustine of Hippo (430)

The Lord's Prayer is said

The Conclusion

May Christ our redeemer bring us healing and wholeness.

All **Amen.**

Wednesday

Preparation

O God, make speed to save us.

All **O Lord, make haste to help us.**

Make me to know your ways, O Lord,

All **and teach me your paths.**

Psalm 25.3

Praise

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

The Word of God

Psalmody

On any Wednesday Psalm 48

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.

Short readings

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

Jesus said, I am the resurrection and the life.

All **Those who believe in me will never die.**

cf John 11.25,26

Prayers

Prayers may include these concerns:

¶ *Our homes, families, friends and all whom we love*
¶ *Those whose time is spent caring for others*
¶ *Those who are close to death*
¶ *Those who have lost hope*
¶ *The worship of the Church*

God be in my head, and in my understanding;
God be in my eyes, and in my looking;
God be in my mouth, and in my speaking;
God be in my heart, and in my thinking;
God be at mine end, and at my departing.

All **Amen.** *Sarum Primer*

The Lord's Prayer is said

The Conclusion

May Christ dwell in our hearts by faith.

All **Amen.**

surpasses knowledge, so that you may be filled with all the fullness of God.

Ephesians 3.14–19

Week Three

When Jesus arrived, he found that Lazarus had already been in the tomb for four days. Now Bethany was near Jerusalem, some two miles away, and many of the Jews had come to Martha and Mary to console them about their brother. When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. Martha said to Jesus, 'Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of him.' Jesus said to her, 'Your brother will rise again.' Martha said to him, 'I know that he will rise again in the resurrection on the last day.' Jesus said to her, 'I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die.'

John 11.17–26a

Week Four

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*

Week One

The spirit of the Lord God is upon me, because the Lord has anointed me; he has sent me to bring good news to the oppressed, to bind up the broken-hearted, to proclaim liberty to the captives, and release to the prisoners; to proclaim the year of the Lord's favour, and the day of vengeance of our God; to comfort all who mourn; to provide for those who mourn in Zion – to give them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a faint spirit.

Isaiah 61.1-3a

Week Two

In days to come the mountain of the Lord's house shall be established as the highest of the mountains, and shall be raised up above the hills. Peoples shall stream to it, and many nations shall come and say: 'Come, let us go up to the mountain of the Lord, to the house of the God of Jacob; that he may teach us his ways and that we may walk in his paths.' For out of Zion shall go forth instruction, and the word of the Lord from Jerusalem. He shall judge between many peoples, and shall arbitrate between strong nations far away; they shall beat their swords into ploughshares, and their spears into pruning-hooks; nation shall not lift up sword against nation, neither shall they learn war any more; but they shall all sit under their own vines and under their own fig trees, and no one shall make them afraid.

Micah 4.1-4a

Week Three

Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom,

and curing every disease and every sickness. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, 'The harvest is plentiful, but the labourers are few; therefore ask the Lord of the harvest to send out labourers into his harvest.'

Matthew 9.35-end

Week Four

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

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

Response

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

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

The Word of God

Psalmody *On any Saturday* Psalm 63.1–8

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.

Short readings

Week One

The wolf shall live with the lamb, the leopard shall lie down with the kid, the calf and the lion and the fatling together, and a little child shall lead them. The cow and the bear shall graze, their young shall lie down together; and the lion shall eat straw like the ox. The nursing child shall play over the hole of the asp, and the weaned child shall put its hand on the adder's den. They will not hurt or destroy on all my holy mountain; for the earth will be full of the knowledge of the Lord as the waters cover the sea.

Isaiah 11.6–9

Week Two

For this reason I bow my knees before the Father, from whom every family in heaven and earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that

Saturday

Preparation

O God, make speed to save us.

All **O Lord, make haste to help us.**

Your love, O Lord, reaches to the heavens

All **and your faithfulness to the clouds.**

Psalm 36.5

Praise

What shall I give you, Lord, in return for all your kindness?
Glory to you for your love.
Glory to you for your patience.
Glory to you for forgiving us all our sins.
Glory to you for coming to save our souls.
Glory to you for your incarnation in the virgin's womb.
Glory to you for your bonds.
Glory to you for receiving the cut of the lash.
Glory to you for accepting mockery.
Glory to you for your crucifixion.
Glory to you for your burial.
Glory to you for your resurrection.
Glory to you that you were preached to all.
Glory to you in whom they believed.

Ephrem the Syrian (373)

Prayers

Prayers may include these concerns:

¶ *The social services*
¶ *All who work in the criminal justice system*
¶ *Victims and perpetrators of crime*
¶ *The work of aid agencies throughout the world*
¶ *Those living in poverty or under oppression*

O Lord our God,
grant us grace to desire you with our whole heart;
that so desiring, we may seek and find you;
and so finding, may love you;
and so loving, may hate those sins from which you have delivered us;
through Jesus Christ our Lord.

All **Amen.**

Anselm (1109)

The Lord's Prayer is said

The Conclusion

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

All **Amen.**

Thursday

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

Psalmody *On any Thursday* Psalm 133

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.

Response

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

Jesus said, I am the good shepherd.

All **The good shepherd lays down his life for the sheep.**

John 10.11

Prayers

Prayers may include these concerns:

¶ *The Queen, members of parliament and the armed forces*
¶ *Peace and justice in the world*
¶ *Those who work for reconciliation*
¶ *All whose lives are devastated by war and civil strife*
¶ *Prisoners, refugees and homeless people*

Lord Jesus Christ, we thank you
for all the benefits that you have won for us,
for all the pains and insults that you have borne for us.
Most merciful redeemer,
friend and brother,
may we know you more clearly,
love you more dearly,
and follow you more nearly,
day by day.

All **Amen.**

after Richard of Chichester (1253)

The Lord's Prayer is said

The Conclusion

May Christ our Saviour give us peace.

All **Amen.**

and repay them with comfort, creating for their mourners the fruit of the lips. Peace, peace, to the far and the near, says the Lord; and I will heal them. *Isaiah 57.15-19*

Week Three

Now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, so that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. *Ephesians 2.13-18*

Week Four

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*

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*

Short readings

Week One

If there is among you anyone in need, a member of your community in any of your towns within the land that the Lord your God is giving you, do not be hard-hearted or tight-fisted towards your needy neighbour. You should rather open your hand, willingly lending enough to meet the need, whatever it may be. Give liberally and be ungrudging when you do so, for on this account the Lord your God will bless you in all your work and in all that you undertake. Since there will never cease to be some in need on the earth, I therefore command you, 'Open your hand to the poor and needy neighbour in your land.'

Deuteronomy 15.7,8,10,11

Week Two

Do not fear, for I am with you; I will bring your offspring from the east, and from the west I will gather you; I will say to the north, 'Give them up', and to the south, 'Do not withhold; bring my sons from far away and my daughters from the end of the earth – everyone who is called by my name, whom I created for my glory, whom I formed and made.'

Isaiah 43.5-7

Week Three

You are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvellous light. Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy. *I Peter 2.9,10*

Week Four

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*

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. *I Corinthians 12.12,13a*

Response

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

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

The Word of God

Psalmody

On any Friday Psalm 23*.*

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.

Short readings

Week One

When I shut up the heavens so that there is no rain, or command the locust to devour the land, or send pestilence among my people, if my people who are called by my name humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

2 Chronicles 7.13,14

Week Two

Thus says the high and lofty one who inhabits eternity, whose name is Holy: I dwell in the high and holy place, and also with those who are contrite and humble in spirit, to revive the spirit of the humble, and to revive the heart of the contrite. For I will not continually accuse, nor will I always be angry; for then the spirits would grow faint before me, even the souls that I have made. Because of their wicked covetousness I was angry; I struck them, I hid and was angry; but they kept turning back to their own ways. I have seen their ways, but I will heal them; I will lead them

Prayers

Prayers may include these concerns:

¶ *Local government, community leaders*
¶ *All who provide local services*
¶ *Those who work with young or elderly people*
¶ *Schools, colleges and universities*
¶ *Emergency and rescue organizations*

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.**

Benedict of Nursia (c.550)

The Lord's Prayer is said

The Conclusion

May God kindle in us the fire of love.

All **Amen.**

Friday

Preparation

O God, make speed to save us.

All **O Lord, make haste to help us.**

Make me a clean heart, O God,

All **and renew a right spirit within me.**

Psalm 51.11

Praise

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.
Make yourself known as our Saviour and mighty deliverer;
save us and help us that we may praise you.
Come now and dwell with us, Lord Christ Jesus:
hear our prayer and be with us always.
And when you come in your glory:
make us to be one with you
and to share the life of your kingdom.