

# prayer

A rhythm of prayer throughout our day





# A Daily Prayer

From earliest times, Christians have gathered at regular hours during each day and night to respond to God's word with praise and prayer.

These times of prayer bring a rhythm to the day, with regular opportunities to pause and reflect. They help us to look from ourselves and our tasks to a refocus on God.

You can say these prayers on your own, or in a household. They will be the prayers we use online for Facebook live.

If you are saying them with others choose who will say the light grey words and others can join in with the **bold** words.

# Morning Prayer

You might like to light a candle as you begin.

**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.**

**The Psalm for today is to be read  
followed by:**

**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.**

**One or more readings from the Bible  
(The reading(s) may be followed by a time of silence)**

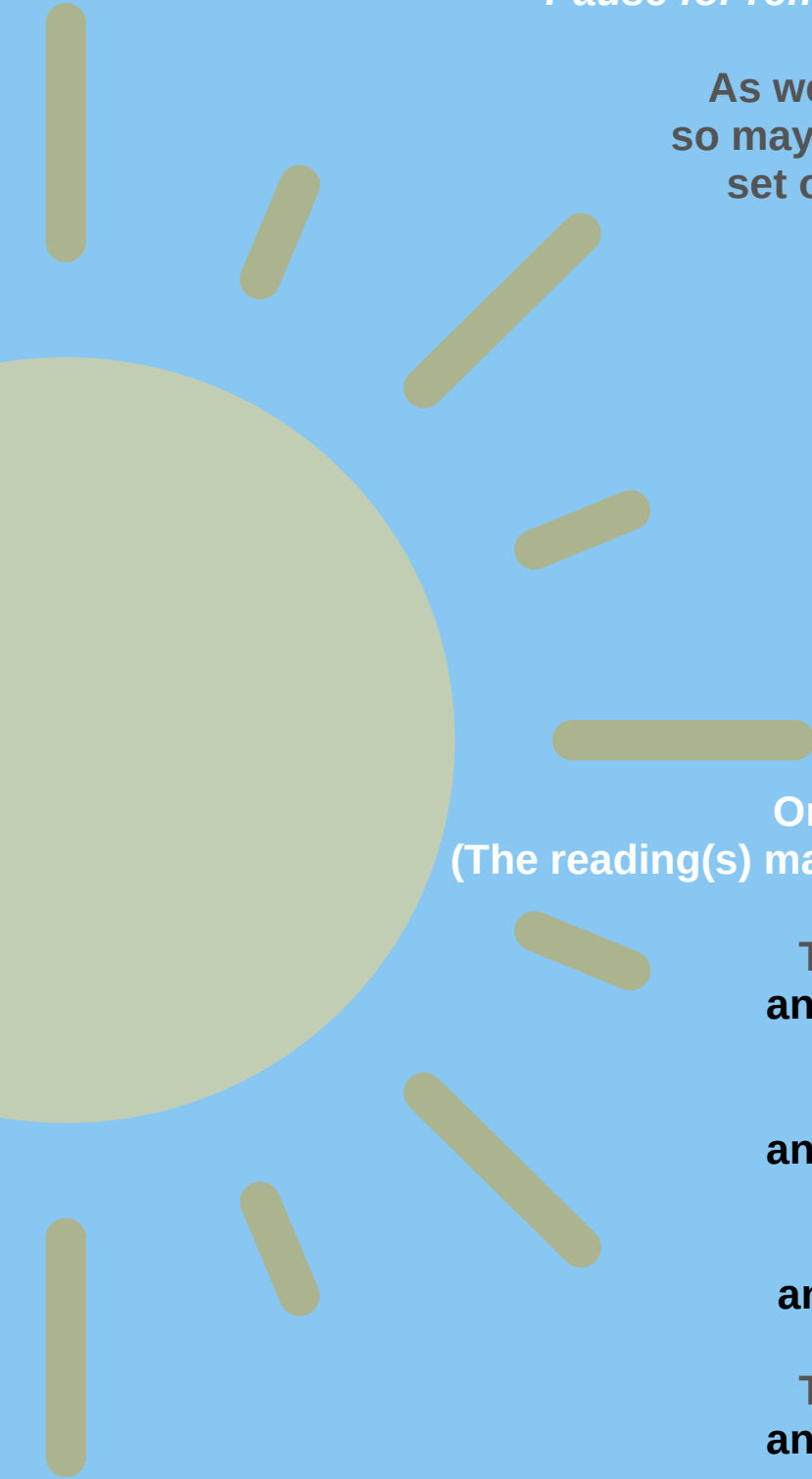
**Trust in the Lord with all your heart  
and do not be wise in your own sight**

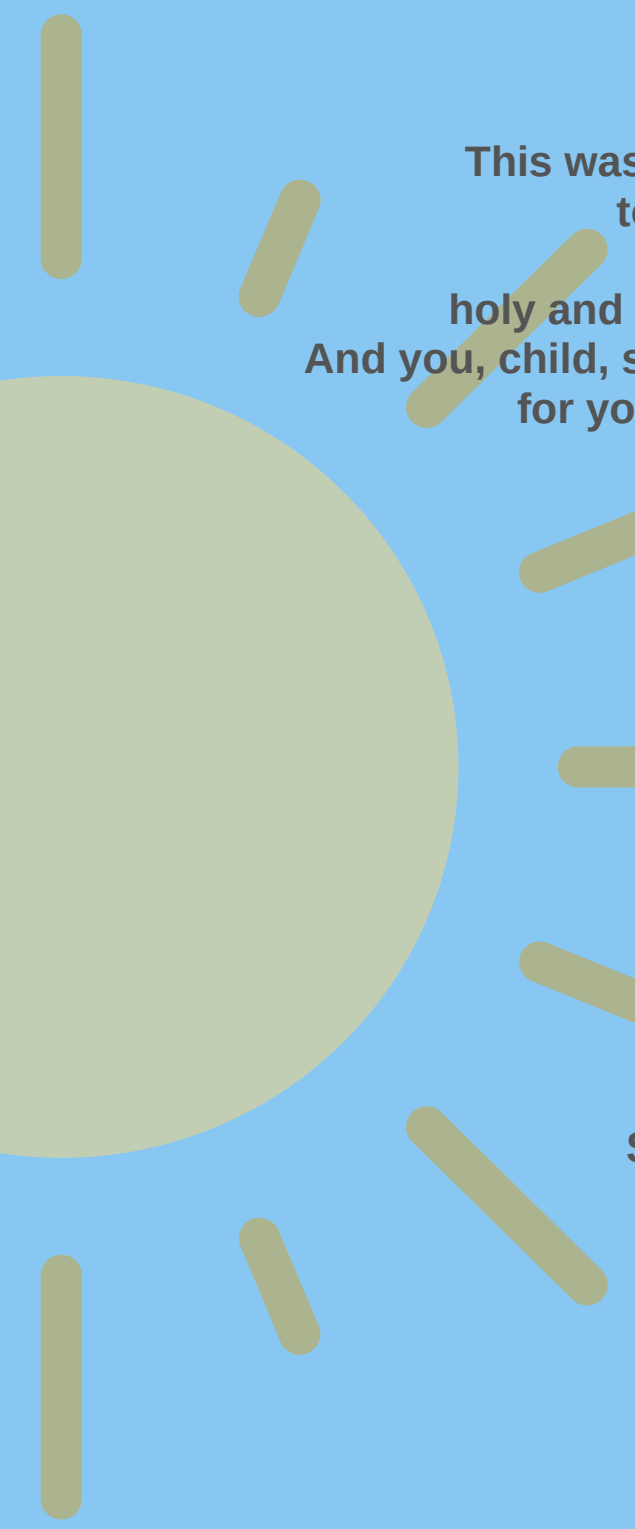
**Ask for his wisdom  
and do not be wise in your own sight**

**In all your ways follow him  
and he will make your paths straight**

**Trust in the Lord with all your heart  
and do not be wise in your own sight**

You can find daily readings at  
[www.churchofengland.org/prayer-and-worship/join-us-daily-prayer](http://www.churchofengland.org/prayer-and-worship/join-us-daily-prayer)





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

### A time of Prayer

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.**

### The Lord's Prayer

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.**



## Midday Prayer

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

**A short reflection or prayer may be said**

**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.**

**May Christ our redeemer bring us healing and wholeness.  
Amen.**

# Evening Prayer

You might like to light a candle as you begin.

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

The following words or suitable worship music may be used

**Bless the Lord O my soul  
and worship His Holy name  
Let us sing like never before  
and worship His Holy name.**

**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.**

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

**Silence is kept**

**As our evening prayer rises before you, O God,  
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.**

**The Psalm for today may be read  
followed by the refrain above:  
Glory to the Father...**

**One or more readings from the Bible**

**(The reading(s) may be followed by a time of silence)**

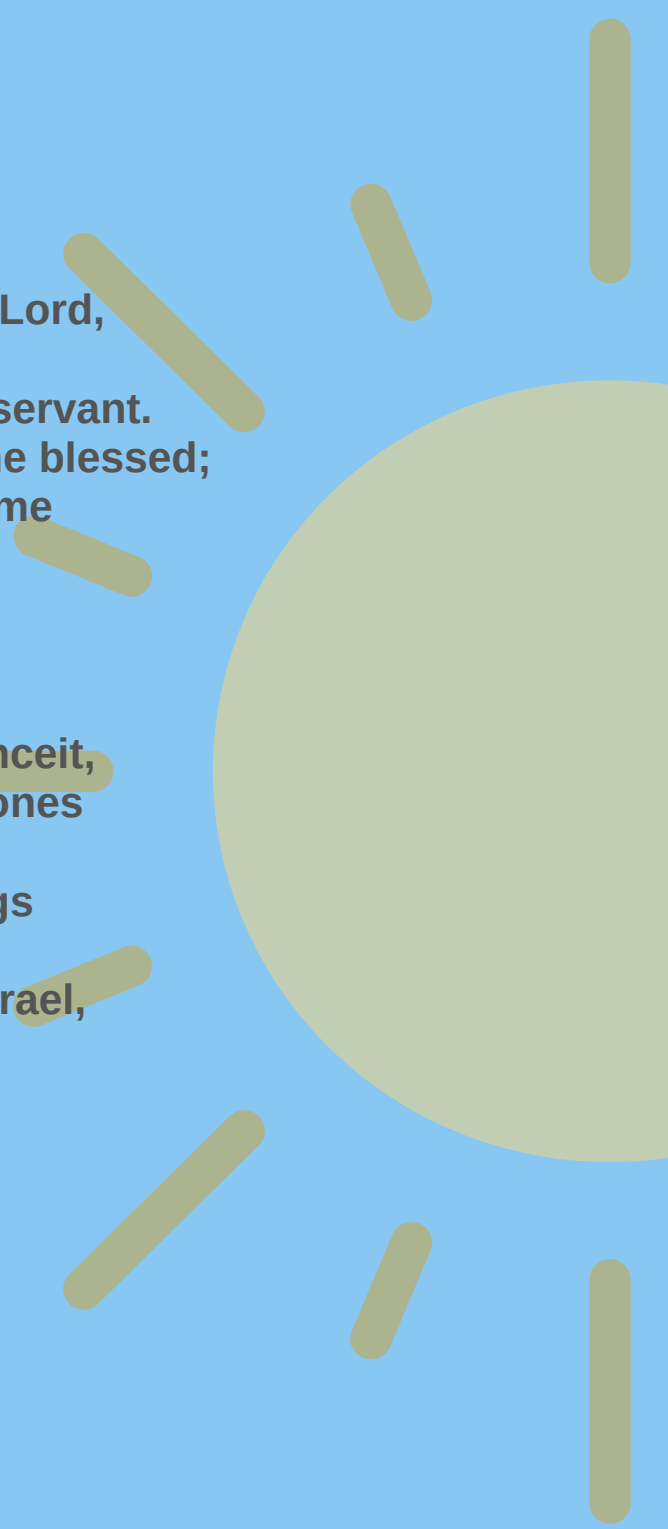
**The Lord is my light and my salvation;  
the Lord is the strength of my life.  
The Lord is my light and my salvation;  
the Lord is the strength of my life.  
The light shines in the darkness  
and the darkness has not overcome it.  
The Lord is the strength of my life.  
Glory to the Father and to the Son  
and to the Holy Spirit.  
The Lord is my light and my salvation;  
the Lord is the strength of my life.**

**My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Saviour;  
he has looked with favour on his lowly servant.  
From this day all generations will call me blessed;  
the Almighty has done great things for me  
and holy is his name.  
He has mercy on those who fear him,  
from generation to generation.  
He has shown strength with his arm  
and has scattered the proud in their conceit,  
Casting down the mighty from their thrones  
and lifting up the lowly.  
He has filled the hungry with good things  
and sent the rich away empty.  
He has come to the aid of his servant Israel,  
to remember his promise of mercy,  
The promise made to our ancestors,  
to Abraham and his children for ever.  
Glory to the Father...**

**A time for Prayer  
ending with the Lord's Prayer**

**The grace of our Lord Jesus Christ,  
and 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.**



# Night Prayer

You might like to light a candle as you begin.

**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.*

**Most Merciful God,  
we confess to you,  
before the whole company of heaven and one another,  
that we have sinned in thought, word and deed,  
and in what we have failed to do.  
Forgive us our sins,  
heal us by your spirit  
and raise us to new life in Christ,  
Amen**

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

**Before the ending of the day,  
Creator of the world, we pray  
That you, with steadfast love, would keep  
Your watch around us while we sleep.**

**From evil dreams defend our sight,  
From fears and terrors of the night:  
Tread under foot our deadly foe  
That we no sinful thought may know.**

**O Father, that we ask be done  
Through Jesus Christ, your only Son;  
And Holy Spirit, by whose breath  
Our souls are raised to life from death.  
Amen.**



**The Psalm for today is read  
followed by:**

**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**

**This or another suitable reading:**

**Thus says 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.**

**Now, Lord, you let your servant go in peace:  
your word has been fulfilled.  
My own eyes have seen the salvation  
which you have prepared in the sight of every people:  
A light to reveal you to the nations  
and the glory of your people Israel.  
Glory to the Father...**

**A time for Prayer  
including:**

**Lighten our darkness,  
Lord, we pray;  
and in your mercy defend us,  
from all perils and dangers of this night;  
for the love of your only Son,  
Amen**

**Followed by the Lords Prayer**

**In peace, we will lie down and sleep;  
for you alone, Lord, make us dwell in safety.  
Abide with us, Lord Jesus,  
for the night is at hand and the day is now past.  
As the night-watch looks for the morning,  
so do we look for you, O Christ.**

**The Lord bless us and watch over us,  
the Lord make his face shine upon us  
and be gracious to us,  
the Lord look kindly on us and give us his peace  
Amen**

Thanks be to you,  
my Lord Jesus Christ,  
for all the benefits which  
you have given me,  
for all the pains and insults  
you have borne for me.  
O most merciful redeemer,  
friend and brother,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day.  
Amen.

A Prayer of St Richard



**St Mary's and St Richard's**  
Loving God, Loving Northolt

