Prayer During the Day on Monday

Monday, 28 February 2022

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 be acceptable in your sight, O 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

Psalmody

Either, on any Monday Psalm 126

Or, Week 1 Psalm 49

Alternatively, when Morning and Evening Prayer are also celebrated, one of these cycles may be followed.
Psalm 126

Refrain: The Lord has indeed done great things for us.

1 When the Lord restored the fortunes of Zion, then were we like those who dream.

2 Then was our mouth filled with laughter and our tongue with songs of joy.

3 Then said they among the nations, ‘The Lord has done great things for them.’

4 The Lord has indeed done great things for us, and therefore we rejoiced.

5 Restore again our fortunes, O Lord, as the river beds of the desert.

6 Those who sow in tears shall reap with songs of joy.

7 Those who go out weeping, bearing the seed, will come back with shouts of joy, bearing their sheaves with them.

Refrain: The Lord has indeed done great things for us.

Lord, as you send rain and flowers even to the wilderness, renew us by your Holy Spirit, help us to sow good seed in time of adversity and to live to rejoice in your good harvest of all creation; through Jesus Christ our Lord.

(or)
Psalm 49

Refrain: Blessed is the one who trusts in the Lord.

1 Hear this, all you peoples; listen, all you that dwell in the world,

2 You of low or high degree, both rich and poor together.

3 My mouth shall speak of wisdom and my heart shall meditate on understanding.

4 I will incline my ear to a parable; I will unfold my riddle with the lyre.

5 Why should I fear in evil days, when the malice of my foes surrounds me,

6 Such as trust in their goods and glory in the abundance of their riches?

7 For no one can indeed ransom another or pay to God the price of deliverance.

8 To ransom a soul is too costly; there is no price one could pay for it,

9 So that they might live for ever and never see the grave.

10 For we see that the wise die also; with the foolish and ignorant they perish and leave their riches to others.

11 Their tomb is their home for ever, their dwelling through all generations, though they call their lands after their own names.

12 Those who have honour, but lack understanding, are like the beasts that perish.

13 Such is the way of those who boast in themselves, the end of those who delight in their own words.

14 Like a flock of sheep they are destined to die; death is their shepherd.
Each psalm or group of psalms may end with

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 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

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.

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

A form of intercession found here may be used.
Either, the following prayer is said

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.

Amen.

Alcuin of York (804)

Or, the Collect of the day is said

Almighty Father,
whose Son was revealed in majesty
before he suffered death upon the cross:
give us grace to perceive his glory,
that we may be strengthened to suffer with him
and be changed into his likeness, from glory to glory;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen.

The Lord's Prayer is said.

(Either)

As our Saviour 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)

Let us pray with confidence as our Saviour has taught us

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 the work of our hands.

Amen.

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