

¶ Prayer During the Day on Thursday

Thursday, 7 July 2022

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Teach me to do what pleases you, for you are my God;

let your kindly spirit lead me on a level path.

Psalm 143.10

Praise

A hymn, song, canticle, extempore praise, or

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

Â Â *Psalmody*

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Â Â Either, on any Thursday Psalm 133

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Â Â Or, Week 2 Psalm 90

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Â Â Alternatively, when Morning and Evening Prayer are also celebrated, [one of these cycles](#) may be followed.

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Psalm 133

Refrain: Mercy and truth are met together,
righteousness and peace have kissed each other.

1Â Â Behold how good and pleasant it isÂ â€¦!

Â Â Â to dwell together in unity.

2Â Â It is like the precious oil upon the head,Â â€¦!

Â Â Â running down upon the beard,

3Â Â Even on Aaron's beard,Â â€¦!

Â Â Â running down upon the collar of his clothing.

4Â Â It is like the dew of HermonÂ â€¦!

Â Â Â running down upon the hills of Zion.

5Â Â For there the Lord has promised his blessing:Â â€¦!

Â Â Â even life for evermore.

Refrain: Mercy and truth are met together,
righteousness and peace have kissed each other.

Grant to your people, good Lord,
the spirit of unity,
that they may dwell together in your love,
and so bear to the world
the ointment of your healing and the
dew of your blessing;
through Jesus Christ our Lord.

Â Â Â

Â Â (or)

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Psalm 90

Refrain: O Lord my God, in you I take refuge.

1 Lord, you have been our refuge

from one generation to another.

2 Before the mountains were brought forth,

or the earth and the world were formed,

from everlasting to everlasting you are God.

3 You turn us back to dust and say:

Turn back, O children of earth.

4 For a thousand years in your sight are but as yesterday,

which passes like a watch in the night.

5 You sweep them away like a dream;

they fade away suddenly like the grass.

6 In the morning it is green and flourishes;

in the evening it is dried up and withered.

7 For we consume away in your displeasure;

we are afraid at your wrathful indignation.

8 You have set our misdeeds before you

and our secret sins in the light of your countenance.

9 When you are angry, all our days are gone;

our years come to an end like a sigh.

10 The days of our life are three score years and ten,

or if our strength endures, even four score;

yet the sum of them is but labour and sorrow,

for they soon pass away and we are gone.

11 Who regards the power of your wrath

and your indignation like those who fear you?

12 So teach us to number our days

that we may apply our hearts to wisdom.

13 Turn again, O Lord; how long will you delay?

Have compassion on your servants.

14 Satisfy us with your loving-kindness in the morning

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Â Â Each psalm or group of psalms may end with

Â Â Â

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.**

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Â Â *Short readings* Â

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Â Â *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."

Â Â *Isaiah 43.5-7*

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Â Â *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.

Â Â *1 Corinthians 12.12,13a*

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Â Â **Response** Â

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

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Â Â Jesus said, I am the gate for the sheep.

All Â **I came that they may have life, and have it abundantly.**

Â Â *John 10.7,10b*

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Â Â **Prayers** Â

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Â Â *Prayers may include these concerns:*

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Â Â Â¶ *Local government, community leaders*

Â Â Â¶ *All who provide local services*

Â Â Â¶ *Those who work with young or elderly people*

Â Â Â¶ *Schools, colleges and universities*

Â Â Â¶ *Emergency and rescue organizations*

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Â Â *A form of intercession found [here](#) may be used.*

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Â Â *Either, the following prayer is said*

Â Â Â

Â Â O gracious and holy Father,

Â Â give us wisdom to perceive you,

Â Â diligence to seek you,

Â Â patience to wait for you,

Â Â eyes to behold you,

Â Â a heart to meditate upon you,

Â Â and a life to proclaim you,

Â Â through the power of the Spirit

Â Â of Jesus Christ our Lord.

All Â **Amen.**

Â Â *Benedict of Nursia (c.550)*

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Â Â *Or, the Collect of the day is said*

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Almighty God,

you have broken the tyranny of sin

and have sent the Spirit of your Son into our hearts

Â Â Â Â Â whereby we call you Father:

give us grace to dedicate our freedom to your service,

Â Â that we and all creation may be brought

Â Â Â Â Â to the glorious liberty of the children of God;

through Jesus Christ your Son our Lord,

who is alive and reigns with you,

in the unity of the Holy Spirit,

one God, now and for ever.

All Amen.

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Â Â *The Lord's Prayer is said.*

Â Â Â

Â Â (Either)

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Â Â As our Saviour taught us, so we pray

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All **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.**

Â **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.**

Â Â Â

Â Â (or)

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Â Â Let us pray with confidence as our Saviour has taught us

Â Â Â

All **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.**

Â **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.**

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Â Â **The Conclusion**

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Â Â May God kindle in us the fire of love.

All Â **Amen.**

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