



*Prayer During the Day on Wednesday*

Wednesday, 8 February 2023

### **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**

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

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*

Either, on any Wednesday Psalm 48

Or, Week 2 Psalm 44

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

# Psalm 48

Refrain: We have waited on your loving-kindness, O God.

- 1 Great is the Lord and highly to be praised, □  
in the city of our God.
- 2 His holy mountain is fair and lifted high, □  
the joy of all the earth.
- 3 On Mount Zion, the divine dwelling place, □  
stands the city of the great king.
- 4 In her palaces God has shown himself □  
to be a sure refuge.
- 5 For behold, the kings of the earth assembled □  
and swept forward together.
- 6 They saw, and were dumbfounded; □  
dismayed, they fled in terror.
- 7 Trembling seized them there;  
they writhed like a woman in labour, □  
as when the east wind shatters the ships of Tarshish.
- 8 As we had heard, so have we seen  
in the city of the Lord of hosts, the city of our God: □  
God has established her for ever.
- 9 We have waited on your loving-kindness, O God, □  
in the midst of your temple.
- 10 As with your name, O God,  
so your praise reaches to the ends of the earth; □  
your right hand is full of justice.
- 11 Let Mount Zion rejoice and the daughters of Judah be glad, □  
because of your judgements, O Lord.
- 12 Walk about Zion and go round about her;  
count all her towers; □  
consider well her bulwarks; pass through her citadels,
- 13 That you may tell those who come after  
that such is our God for ever and ever. □

(or)

# Psalm 44

Refrain: Rise up, O Lord, to help us.

1 We have heard with our ears, O God, our forebears have told us, □  
all that you did in their days, in time of old;

2 How with your hand you drove out nations and planted us in, □  
and broke the power of peoples and set us free.

3 For not by their own sword did our ancestors take the land □  
nor did their own arm save them,

4 But your right hand, your arm, and the light of your countenance, □  
because you were gracious to them.

5 You are my King and my God, □  
who commanded salvation for Jacob.

6 Through you we drove back our adversaries; □  
through your name we trod down our foes.

7 For I did not trust in my bow; □  
it was not my own sword that saved me;

8 It was you that saved us from our enemies □  
and put our adversaries to shame.

9 We gloried in God all the day long, □  
and were ever praising your name.

10 But now you have rejected us and brought us to shame, □  
and go not out with our armies.

11 You have made us turn our backs on our enemies, □  
and our enemies have despoiled us.

12 You have made us like sheep to be slaughtered, □  
and have scattered us among the nations.

13 You have sold your people for a pittance □  
and made no profit on their sale.

14 You have made us the taunt of our neighbours, □  
the scorn and derision of those that are round about us.

15 You have made us a byword among the nations; □

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 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*

*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*

## **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*

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

*Either, the following prayer is said*

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)*

*Or, the Collect of the day is said*

Almighty God,  
who alone can bring order  
to the unruly wills and passions of sinful humanity:  
give your people grace  
so to love what you command  
and to desire what you promise,  
that, among the many changes of this world,  
our hearts may surely there be fixed  
where true joys are to be found;  
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.

*The Lord's Prayer is said.*

(Either)

As our Saviour taught us, so we pray

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.  
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

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.  
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 grant to the world justice, truth and peace.

All

**Amen.**

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