



*Prayer During the Day on Wednesday*

Wednesday, 5 February 2025

### **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 1 Psalm 2

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 2

Refrain: The Lord is the strength of his people, a safe refuge for his anointed.

1 Why are the nations in tumult, □  
and why do the peoples devise a vain plot?

2 The kings of the earth rise up,  
and the rulers take counsel together, □  
against the Lord and against his anointed:

3 'Let us break their bonds asunder □  
and cast away their cords from us.'

4 He who dwells in heaven shall laugh them to scorn; □  
the Lord shall have them in derision.

5 Then shall he speak to them in his wrath □  
and terrify them in his fury:

6 'Yet have I set my king □  
upon my holy hill of Zion.'

7 I will proclaim the decree of the Lord; □  
he said to me: 'You are my Son; this day have I begotten you.

8 'Ask of me and I will give you the nations for your inheritance □  
and the ends of the earth for your possession.

9 'You shall break them with a rod of iron □  
and dash them in pieces like a potter's vessel.'

10 Now therefore be wise, O kings; □  
be prudent, you judges of the earth.

11 Serve the Lord with fear, and with trembling kiss his feet, □  
lest he be angry and you perish from the way,  
for his wrath is quickly kindled.

12 Happy are all they □  
who take refuge in him.

Refrain: The Lord is the strength of his people, a safe refuge for his anointed.

Most high and holy God,  
lift our eyes to your Son  
enthroned on Calvary;

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 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*

*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,  
by whose grace alone we are accepted  
    and called to your service:  
strengthen us by your Holy Spirit  
and make us worthy of our calling;  
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.

AllAmen.

*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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**Source URL:** <https://www.churchofengland.org/prayer-and-worship/join-us-in-daily-prayer/prayer-during-day-contemporary-wednesday-5-february-2025>