



Prayer During the Day on Sunday

Sunday, 9 February 2025

The Fourth Sunday before Lent

Preparation

O God, make speed to save us.

All

O Lord, make haste to help us.

My heart tells of your word, 'Seek my face.'

All

Your face, Lord, will I seek.

Psalm 27.10

Praise

A hymn, song, canticle, extempore praise or

We praise you, O God,

we acclaim you as the Lord;

all creation worships you,

the Father everlasting.

To you all angels, all the powers of heaven,

the cherubim and seraphim, sing in endless praise:

Holy, holy, holy Lord, God of power and might,

heaven and earth are full of your glory.

from Te Deum Laudamus

The Word of God

Psalmody

Either, on any Sunday Psalm 19

Or, Week 2 Psalm 34

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

Psalm 19

Refrain: The commandment of the Lord is pure
and gives light to the eyes.

1 The heavens are telling the glory of God □
and the firmament proclaims his handiwork.

2 One day pours out its song to another □
and one night unfolds knowledge to another.

3 They have neither speech nor language □
and their voices are not heard,

4 Yet their sound has gone out into all lands □
and their words to the ends of the world.

5 In them has he set a tabernacle for the sun, □
that comes forth as a bridegroom out of his chamber
and rejoices as a champion to run his course.

6 It goes forth from the end of the heavens
and runs to the very end again, □
and there is nothing hidden from its heat.

7 The law of the Lord is perfect, reviving the soul; □
the testimony of the Lord is sure
and gives wisdom to the simple.

8 The statutes of the Lord are right and rejoice the heart; □
the commandment of the Lord is pure
and gives light to the eyes.

9 The fear of the Lord is clean and endures for ever; □
the judgements of the Lord are true
and righteous altogether.

10 More to be desired are they than gold,
more than much fine gold, □
sweeter also than honey,
dripping from the honeycomb.

11 By them also is your servant taught □
and in keeping them there is great reward.

12 Who can tell how often they offend? □

(or)

Psalm 34

Refrain: O taste and see that the Lord is gracious.

1 I will bless the Lord at all times; □
his praise shall ever be in my mouth.

2 My soul shall glory in the Lord; □
let the humble hear and be glad.

3 O magnify the Lord with me; □
let us exalt his name together.

4 I sought the Lord and he answered me □
and delivered me from all my fears.

5 Look upon him and be radiant □
and your faces shall not be ashamed.

6 This poor soul cried, and the Lord heard me □
and saved me from all my troubles.

7 The angel of the Lord encamps around those who fear him □
and delivers them.

8 O taste and see that the Lord is gracious; □
blessed is the one who trusts in him.

9 Fear the Lord, all you his holy ones, □
for those who fear him lack nothing.

10 Lions may lack and suffer hunger, □
but those who seek the Lord
lack nothing that is good.

11 Come, my children, and listen to me; □
I will teach you the fear of the Lord.

12 Who is there who delights in life □
and longs for days to enjoy good things?

13 Keep your tongue from evil □
and your lips from lying words.

14 Turn from evil and do good; □
seek peace and pursue it.

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

If anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself.

2 Corinthians 5.17-19a

Or, on any Sunday

Wisdom says, 'I was beside him, like a master worker; and I was daily his delight, rejoicing before him always, rejoicing in his inhabited world and delighting in the human race.'

Proverbs 8.30,31

Response

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

Jesus said, I am the living bread that came down from heaven.

All

Whoever eats of this bread will live for ever.

John 6.51a

Prayers

Prayers may include these concerns:

- ¶ *The universal Church*
- ¶ *Bishops, synods and all who lead the Church*
- ¶ *The leaders of the nations*
- ¶ *The natural world and the resources of the earth*
- ¶ *All who are in any kind of need*

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

Either, the following prayer is said

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

All

Amen.

from St Patrick's Breastplate

Or, the Collect of the day is said

O God,
you know us to be set
in the midst of so many and great dangers,
that by reason of the frailty of our nature
we cannot always stand upright:
grant to us such strength and protection
as may support us in all dangers
and carry us through all temptations;
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 who made both heaven and earth bless us.

All

Amen.

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