

# Prayer During the Day in Lent and Passiontide



*Prayer During the Day* is intended as a framework for personal prayer. It can be used as a sole act of prayer and praise or it can be used with *Night Prayer* in a simple pattern of prayer at the beginning and end of the day.

*Prayer During the Day* can also be used with *Morning and Evening Prayer* each day, when it becomes *Midday Prayer*.

Each of these patterns are variations on a common theme - praying the Bible together. A church in which people pray the Bible together becomes a church which is equipped for proclamation and service. It is in this hope that *Prayer During the Day* is offered as a starting point for common daily prayer.

# Prayer During the Day — Lent

## Preparation

O God, make speed to save us.

**O Lord, make hast to help us.**

Hear my prayer, O Lord, and give ear to my cry;

**hold not your peace at my tears.**

## Praise

Jesus, like a mother you gather your people to you;  
you are gentle with us as a mother with her children.

Despair turns to hope through your sweet goodness;  
through your gentleness we find comfort in fear.

Your warmth gives life to the dead,  
your touch makes sinners righteous.

Lord Jesus, in your mercy heal us;  
in your love and tenderness remake us.

In your compassion bring grace and forgiveness,  
for the beauty of heaven may your love prepare us

*Anselm (1109)*

## The Word of God

**On Ash Wednesday and any day**     *Psalm 51.1-10*

**Refrain: The sacrifice of God is a broken spirit.**

1. Have mercy on me, O God, in your great goodness; •  
according to the abundance of your compassion  
blot out my offences.
2. Wash me thoroughly from my wickedness •  
and cleanse me from my sin.
3. For I acknowledge my faults •  
and my sin is ever before me.
4. Against you only have I sinned •  
and done what is evil in your sight,

5. So that you are justified in your sentence • and righteous in your judgement.
6. I have been wicked even from my birth, • a sinner when my mother conceived me.
7. Behold, you desire truth deep within me • and shall make me understand wisdom in the depths of my heart.
8. Purge me with hyssop and I shall be clean; • wash me and I shall be whiter than snow.
9. Make me hear of joy and gladness, • that the bones you have broken may rejoice.
10. Turn your face from my sins • and blot out all my misdeeds.

***Refrain: The sacrifice of God is a broken spirit.***

*(or)*

***Sunday***      *Psalm 51.11-end*      ***Thursday***      *Psalm 12*

***Monday***      *Psalm 3*      ***Friday***      *Psalm 32*

***Tuesday***      *Psalm 6*      ***Saturday***      *Psalm 61*

***Wednesday***      *Psalm 11*

*The psalm may end with the doxology followed by the refrain.*

**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 Reading**

#### ***Any day in Lent***

Jesus said, 'There will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who need no repentance.'

*Luke 15.7*



## **Monday**

Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain-offering and a drink-offering for the Lord, your God?

*Joel 2.12-14*

## **Tuesday**

Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable garland, but we an imperishable one. So I do not run aimlessly, nor do I box as though beating the air; but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

*I Corinthians 9.24-end*

## **Wednesday**

I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

*Romans 7.21-25a*

## **Thursday**

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rearguard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say, Here I am.

### **Friday**

Jesus said to the disciples, 'Beware of practising your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.'

*Matthew 6.1-4*

### **Saturday**

Jesus entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to Jesus and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'

*Luke 10.38-end*

### **Response**

*Silence, study or words from Scriptures, such as:*

Blessed are the merciful,  
**for they will receive mercy.**

*Matthew 5.7*

### **Prayers**

*Prayers may include these concerns:*

*Those preparing for baptism and confirmation*

*Those serving through leadership*

*Those looking for forgiveness*

*Those misled by the false gods of this present age*

*All who are hungry*





*Or this form of prayer can be used:*

For your holy people,  
that they may triumph over evil and grow in grace,  
we pray to you, O Lord:  
Lord, hear us.

**Lord graciously hear us.**

For candidates for baptism and confirmation,  
that they may live by every word that proceeds from your mouth,  
we pray to you, O Lord:  
Lord, hear us.

**Lord graciously hear us.**

For the leaders of the nations,  
that you will guide them in the ways of mercy and truth,  
we pray to you, O Lord:  
Lord, hear us.

**Lord graciously hear us.**

For the needy,  
that they may not be forgotten,  
nor the hope of the poor be taken away,  
we pray to you, O Lord:  
Lord, hear us.

**Lord graciously hear us.**

For the sick in body, mind and spirit,  
that they may know your power to heal,  
we pray to you, O Lord:  
Lord, hear us.

**Lord graciously hear us.**

For the poor in spirit,  
that they may inherit the kingdom of heaven  
and see you face to face,  
we pray to you, O Lord:  
Lord, hear us.

**Lord graciously hear us.**

Let us commend the world, for which Christ suffered,  
to the mercy and protection of God.

*Open prayer may be offered and silence is kept.*

*The Collect of the day or the following prayer is said*

Teach us, good Lord, to serve you as you deserve;  
to give and not to count the cost;  
to fight and not to heed the wounds;  
to toil and not to seek for rest;  
to labour and not to seek for any reward,  
save that of knowing that we do your will.

**Amen.**

*Ignatius of Loyola (1556)*

*(or)*

Almighty God,  
by the prayer and discipline of Lent  
may we enter into the mystery of Christ's sufferings,  
and by following in his way come to share in his glory;  
through Jesus Christ our Lord.

**Amen.**

*The Lord's Prayer is said:*

## **The Conclusion**

May God bless us and show us compassion and mercy.

**Amen.**



## **Prayer During the Day — Passiontide**

### **Preparation**

O God, make speed to save us.

**O Lord, make hast to help us.**

My trust is in you, O Lord.

**I have said 'You are my God.'**

*Psalm 31.14*

### **Praise**

We adore you, O Christ, and we bless you,  
because by your holy cross you have redeemed the world.

Holy God,  
holy and strong,  
holy and immortal,  
have mercy upon us.

We glory in your cross, O Lord,  
and praise and glorify your holy resurrection:  
for by virtue of the cross  
joy has come to the whole world.

*from the Liturgy of Good Friday*

### **The Word of God**

***On Good Friday and any day***

*Psalm 22.1-11*

**Refrain: Be not far from me, O Lord.**

1. My God, my God, why have you forsaken me, •  
and are so far from my salvation,  
from the words of my distress?
2. O my God, I cry in the daytime,  
but you do not answer; •  
and by night also, but I find no rest.
3. Yet you are the Holy One, •  
enthroned upon the praises of Israel.
4. Our forebears trusted in you; •  
they trusted, and you delivered them.
5. They cried out to you and were delivered; •  
they put their trust in you and were not confounded.
6. But as for me, I am a worm and no man, •  
scorned by all and despised by the people.
7. All who see me laugh me to scorn; •  
they curl their lips and wag their heads, saying,
8. 'He trusted in the Lord; let him deliver him; •  
let him deliver him, if he delights in him.'
9. But it is you that took me out of the womb •  
and laid me safe upon my mother's breast.
10. On you was I cast ever since I was born; •  
you are my God even from my mother's womb.
11. Be not far from me, for trouble is near at hand •  
and there is none to help.

**Refrain: Be not far from me, O Lord.**

*(or)*

**Sunday**

*Psalm 27.1-8*

**Thursday**

*Psalm 23*

**Monday**

*Psalm 43*

**Friday**

*Psalm 69.1-13*

**Tuesday** Psalm 142

**Saturday** Psalm 130

**Wednesday** Psalm 143

*The psalm may end with the doxology followed by the refrain.*

**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 Reading**

### ***Any day in Passiontide***

I have been crucified with Christ; and it is no longer I who live, but it is Christ who lives in me.

*Galatians 2.19b,20a*

### ***Sunday***

It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. For the one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to call them brothers and sisters, saying, 'I will proclaim your name to my brothers and sisters, in the midst of the congregation I will praise you.'

*Hebrews 2.10-12*

### ***Monday***

Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.' He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it.'

*Mark 8.31-35*

### ***Tuesday***

Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. All we like sheep have gone astray; we have all turned to our own way, and the Lord has laid on him the iniquity of us all.

*Isaiah 53.4-6*

### **Wednesday**

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling-block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

*1 Corinthians 1.18,22-25*

### **Thursday**

Christ himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed. For you were going astray like sheep, but now you have returned to the shepherd and guardian of your souls.

*1 Peter 2.24,25*

### **Friday**

While we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person - though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us.

*Romans 5.6-8*

### **Saturday**

Jesus answered Andrew and Philip, 'The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.'

*John 12.23-26*

### **Response**

Blessed are those who are persecuted for righteousness' sake,  
**for theirs is the kingdom of heaven.**

*Matthew 5.10*

## Prayers

*Prayers may include these concerns:*

*The suffering Church*

*The oppressed peoples of the world*

*All who are lonely*

*All who are near to death*

*All who are facing loss*

*Or this form of prayer can be used:*

Have mercy on your people,  
for whom your Son laid down his life:

Lord, hear us.

**Lord graciously hear us.**

Bring healing and wholeness to people and nations,  
and have pity on those torn apart by division:

Lord, hear us.

**Lord graciously hear us.**

Strengthen all who are persecuted for your name's sake,  
and deliver them from evil:

Lord, hear us.

**Lord graciously hear us.**

Look in mercy upon all who suffer,  
and hear those who cry out in pain and desolation:

Lord, hear us.

**Lord graciously hear us.**

Bring comfort to the dying,  
and gladden their hearts with the vision of your glory:

Lord, hear us.

**Lord graciously hear us.**

Give rest to the departed  
and bring them, with your saints, to glory everlasting:

Lord, hear us.

**Lord graciously hear us.**



Let us commend the world, for which Christ died,  
to the mercy and protection of God.

*Open prayer may be offered and silence is kept.*

*The Collect of the day or the following prayer is said*

Soul of Christ, sanctify me,  
body of Christ, save me,  
blood of Christ, inebriate me,  
water from the side of Christ, wash me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me:  
hide me within your wounds  
and never let me be separated from you.  
From the wicked enemy defend me,  
in the hour of my death, call me  
and bid me come to you,  
so that with your saints I may praise you  
for ever and ever.

**Amen.**

*Anima Christi (14th century)*

*The Lord's Prayer is said:*

## **The Conclusion**

May Christ our Saviour give us peace.

**Amen.**







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