

Prayer During the Day on Tuesday

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

To you, O Lord, I lift up my soul.

O my God, in you I trust. *Psalm 25.1a*

Praise

I am giving you worship with all my life,
I am giving you obedience with all my power,
I am giving you praise with all my strength,
I am giving you honour with all my speech.
I am giving you love with all my heart,
I am giving you affection with all my sense,
I am giving you my being with all my mind,
I am giving you my soul, O most high and holy God.
Praise to the Father, Praise to the Son,
Praise to the Spirit, The Three in One.
adapted from Alexander Carmichael, Carmina Gadelica (1900)

The Word of God

Psalmody

On any Tuesday Psalm 17.1-8 or

Week 1 Psalm 16

Week 2 Psalm 25

Week 3 Psalm 36

Week 4 Psalm 39

Each psalm or group of psalms may end with

**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

If you will only obey the Lord your God, by diligently observing all his commandments that I am commanding you today, the Lord your God will set you high above all the nations of the earth; all these blessings shall come upon you and overtake you, if you obey the Lord your God: Blessed shall you be in the city, and blessed shall you be in the field. Blessed shall be the fruit of your womb, the fruit of your ground, and the fruit of your livestock, both the increase of your cattle and the issue of your flock. Blessed shall be your basket and your kneading-bowl. Blessed shall you be when you come in, and blessed shall you be when you go out. *Deuteronomy 28.1-6*

Week Two

They shall see the glory of the Lord, the majesty of our God. Strengthen the weak hands, and make firm the feeble knees. Say to those who are of a fearful heart, 'Be strong, do not fear! Here is your God. He will come with vengeance, with terrible recompense. He will come and save you.' Then the eyes of the

blind shall be opened, and the ears of the deaf unstopped; then the lame shall leap like a deer, and the tongue of the speechless sing for joy. For waters shall break forth in the wilderness, and streams in the desert. *Isaiah 35.2c-6*

Week Three

As Jesus walked along, he saw a man blind from birth. His disciples asked him, 'Rabbi, who sinned, this man or his parents, that he was born blind?' Jesus answered, 'Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him. We must work the works of him who sent me while it is day; night is coming when no one can work. As long as I am in the world, I am the light of the world.' *John 9.1-5*

Week Four

Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city. On either side of the river is the tree of life with its twelve kinds of fruit, producing its fruit each month; and the leaves of the tree are for the healing of the nations. *Revelation 22.1,2*

Or, on any Tuesday

Great crowds came to Jesus, bringing with them the lame, the maimed, the blind, the mute, and many others. They put them at his feet, and he cured them. *Matthew 15.30*

Response

Jesus said, I am the light of the world.

Whoever follows me will have the light of life.
John 8.12

Prayers

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

Eternal God,
the light of the minds that know you,
the joy of the hearts that love you,
and the strength of the wills that serve you:
grant us so to know you
that we may truly love you,
so to love you that we may truly serve you,
whose service is perfect freedom;
through Jesus Christ our Lord. **Amen.**
after Augustine of Hippo (430)

The Lord's Prayer is said

The Conclusion

May Christ our redeemer bring us healing and wholeness. **Amen.**

Prayer During the Day on Thursday

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

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

Psalmody

On any Thursday Psalm 133 or

Week 1 Psalm 81

Week 2 Psalm 90

Week 3 Psalm 101

Week 4 Psalm 107.1-16

Each psalm or group of psalms may end with

**Glorify 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

If there is among you anyone in need, a member of your community in any of your towns within the land that the Lord your God is giving you, do not be hard-hearted or tight-fisted towards your needy neighbour. You should rather open your hand, willingly lending enough to meet the need, whatever it may be. Give liberally and be ungrudging when you do so, for on this account the Lord your God will bless you in all your work and in all that you undertake. Since there will never cease to be some in need on the earth, I therefore command you, 'Open your hand to the poor and needy neighbour in your land.'

Deuteronomy 15.7,8,10,11

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.' *Isaiah 43.5-7*

Week Three

You are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvellous light. Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy.

1 Peter 2.9,10

Week Four

As you have sent me into the world, so I have sent them into the world. And for their sakes I sanctify myself, so that they also may be sanctified in truth. I ask not only on behalf of these, but also on behalf of those who will believe in me through their word, that they may all be one. As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me. The glory that you have given me I have given them, so that they may be one, as we are one, I in them and you in me, that they may become completely one, so that the world may know that you have sent me and have loved them even as you have loved me.

John 17.18-23

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.

1 Corinthians 12.12,13a

Response

Jesus said, I am the gate for the sheep.

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

John 10.7,10b

Prayers

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

O gracious and holy Father,
give us wisdom to perceive you,
diligence to seek you,
patience to wait for you,
eyes to behold you,
a heart to meditate upon you,
and a life to proclaim you,
through the power of the Spirit
of Jesus Christ our Lord. **Amen.**

Benedict of Nursia (c.550)

The Lord's Prayer is said.

The Conclusion

May God kindle in us the fire of love.

Amen.