

St. Mary's

Daily Prayer

Lord, teach us to pray.



“If anyone is in Christ, they are a new creation; behold, the old has gone, the new has come!” The apostle Paul encouraged a fledgling, diverse congregation with these words, reminding them who they really are deep inside. In Christ, we have been made new. The work of faith is to discover that new creation- who God has created each of us to be and to do. That’s the work of prayer.

Prayer doesn’t change God. Prayer changes us.

Prayer is not about giving God a to-do list for the day; it is about forming us, helping to chip away all of the old so that we might discover this new self. Liturgy is a tool we use to train ourselves in the language and practices of prayer. When we pray liturgy together, we discover a common language that builds deep relationships with God and with one another.

This liturgy in front of you is one attempt to shape our prayers as a worshipping community. It is intended (but not required) to be used as part of a daily prayer structure that includes Sunday worship. The elements that change week to week are included in the insert in the Sunday bulletin – just pull it out each week and stick it in this booklet, and you’ll be ready to go. And don’t worry about what you can or can’t do. Smaller, consistent steps are more effective than inconsistent “big swings.” There is no failure here, only the road ahead!

May God bless you as you set out on this journey to discover Christ and the new creation you are! Peace and good!

Gathering

*Begin in silence, visualizing yourself coming into the presence of God.
Then, as you are ready, speak.*

Let me hear of your steadfast love in the morning,
for in you I put my trust.

Teach me the way I should go,
for to you I lift up my soul.

Teach me to do your will, for you are my God.
Let your good spirit lead me on a level path.

Glory be to the Father, and to the Son, and to the Holy Spirit;
as it was in the beginning, is now, and will be forever, Amen.

Opening Sentences (choose one or more)

Create in me a pure heart, O God, and renew a right spirit within me. Restore to me the joy of your salvation, and grant me a willing spirit, to sustain me. (Psalm 51)

One does not live by bread alone, but by every word that comes from the mouth of God. (Matthew 4:4)

I wait for the Lord, my soul waits, and in his word I hope; my soul waits for the Lord more than those who watch for the morning. (Psalm 130)

Christ will strengthen you to the end, so that you may be blameless on the day of our Lord Jesus Christ. God is faithful... (1 Corinthians 1:7-8)

Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us. Who will separate us from the love of Christ? (Romans 8:34)

Be patient, therefore, beloved, until the coming of the Lord. The farmer waits for the precious crop from the earth, being patient with it until it receives the early and the late rains. You also must be patient. (James 5:7-8)

Opening Psalm

Psalm 24:1-6

The earth is the Lord's and all that is in it,
the world, and those who live in it;
for he has founded it on the seas,
and established it on the rivers.

Who shall ascend the hill of the Lord?
And who shall stand in his holy place?
Those who have clean hands and pure hearts,
who do not lift up their souls to what is false,
and do not swear deceitfully.

They will receive blessing from the Lord,
and vindication from the God of their salvation.
Such is the company of those who seek him,
who seek the face of the God of Jacob.

Psalm 67

May God be gracious to us and bless us
and make his face to shine upon us,
that your way may be known upon earth,
your saving power among all nations.
Let the peoples praise you, O God;
let all the peoples praise you.

Let the nations be glad and sing for joy,
for you judge the peoples with equity
and guide the nations upon earth.
Let the peoples praise you, O God;
let all the peoples praise you.

The earth has yielded its increase;
God, our God, has blessed us.
May God continue to bless us;
let all the ends of the earth revere him.

Psalm of the Day

Readings

Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, fill all my veins.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O Good Jesus, hear me.
Within your wounds hide me.
Permit me not to be separated from you.
From the wicked foe, defend me.
At the hour of my death, call me
and bid me come to you
That with your saints I may praise you
For ever and ever. Amen.

Beatitudes

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the land.

Blessed are they who hunger and thirst for righteousness,
for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the clean in heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness,
for theirs is the kingdom of heaven.

Intercessory Prayer

*Offer a prayer for yourself, for someone God brings to your mind,
a prayer for your Church, your community, and for the world.*

Our Father

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 debts as we forgive our debtors.

Lead us not into temptation, but deliver us from evil.

For thine is the kingdom, the power, and the glory forever. Amen.

Collect for the Week

*Pray the "Prayer of the Day" from Sunday.
Let worship and your personal prayers intersect and interact with one another.*

Benediction (choose one)

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. (Romans 15:13)

May Christ dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. (Ephesians 3:17-19)

Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. He who calls you is faithful; he will surely do it. (1 Thessalonians 5:23-34)

Now may the God of peace who brought again from the dead our Lord Jesus, the great shepherd of the sheep, by the blood of the eternal covenant, equip you with everything good that you may do his will, working in us that which is pleasing in his sight, through Jesus Christ, to whom be glory forever and ever. (Hebrews 13:20-21)

(May you) grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. (2 Peter 3:18)

Sending

May the Lord bless us, protect us from all evil,
and bring us to everlasting life. Amen.

Evening Prayer

Gathering

God, come to my assistance.

Lord, make haste to help me.

Create in me a clean heart, O God,

And renew a right spirit within me.

Glory be to the Father, and to the Son, and to the Holy Spirit;

As it was in the beginning, is now, and will be forever. Amen.

Opening Sentences (choose one or more)

A thousand years in your sight are like yesterday when it is past,
or like a watch in the night.

You sweep them away; they are like a dream,

like grass that is renewed in the morning;

in the morning it flourishes and is renewed;

in the evening it fades and withers.

So teach us to count our days, that we may gain a wise heart. (Psalm 90)

I bless the Lord who gives me counsel;

in the night also my heart instructs me.

I keep the Lord always before me;

because God is at my right hand, I shall not be moved.

Therefore my heart is glad, and my soul rejoices;

my body also rests secure. (Psalm 16:7-9)

The Lord is your keeper; the Lord is your shade at your right hand.

The sun shall not strike you by day, nor the moon by night.

The Lord will keep you from all evil; he will keep your life.

The Lord will keep your going out and your coming in from this time on and for evermore. (Psalm 121:5-8)

I call upon you, O Lord; come quickly to me;
give ear to my voice when I call to you.

Let my prayer be counted as incense before you,
and the lifting up of my hands as an evening sacrifice.

My eyes are turned toward you, O God, my Lord, in you I seek refuge. (Psalm 141)

If I say, 'Surely the darkness shall cover me,
and the light around me become night',
even the darkness is not dark to you;
the night is as bright as the day, for darkness is as light to you.

For it was you who formed my inward parts;
you knit me together in my mother's womb.

I praise you, for I am fearfully and wonderfully made.

Wonderful are your works; that I know very well. (Psalm 139:11-14)

Daily Examination

1. Offer thanksgiving for the gifts and blessings of the day.
2. As you prepare to examine your day, ask for the Holy Spirit's guidance to reveal the day's events to you in truth and love.
3. Begin by observing the places where God was at work in your life.
4. Now, with the Spirit's guidance, ask forgiveness and healing for those times when you fell short of God's purposes for you or others. Offer a prayer of repentance, such as the Jesus Prayer.
5. Offer a prayer for the next day. Consider your schedule, pray for those you will meet, for moments that might be difficult, and entrust the coming day to God.

Scripture Reading

*This is an opportunity to return to scripture if you like.
It may be that examining your day is enough for the evening.
In that case, move on without guilt or obligation.*

Magnificat

My soul proclaims the greatness of the Lord,
my spirit rejoices in God my Savior,
for He has looked with favor on His humble servant.
From this day all generations will call me blessed,
the Almighty has done great things for me,
and holy is His Name.

He has mercy on those who fear Him in every generation.
He has shown the strength of his arm,
He has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the humble.
He has filled the hungry with good things,
and the rich He has sent away empty.

He has come to the help of His servant Israel
for He has remembered his promise of mercy,
the promise He made to our fathers,
to Abraham and his children for ever.

Intercessory Prayers

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a prayer for your Church, your community, and for the world.*

Our Father

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Give us today our daily bread.
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For thine is the kingdom, the power, and the glory forever. Amen.

Collect for the Week

*Pray the "Prayer of the Day" from Sunday.
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Benediction

**The peace of all peace be mine this night,
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

