



SAINT MARY'S
UNITED CHURCH OF CHRIST

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 shaping us, helping us chip away all of the old so that we might discover this new self. Liturgy is a tool we use to train ourselves in 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. Pray what you can, and leave for later what is still missing. 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.

O Lord, let my soul rise up to meet you

As the day rises to meet the sun.

O Lord, open my lips,

And my mouth will declare your praise.

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)

Therefore, if anyone is in Christ, they is a new creation; the old has gone, the new has come! (2 Cor. 5)

Let the words of my mouth, and the meditations of my heart, be acceptable in your sight; O Lord, my strength and my redeemer. (Ps. 19)

O send out your light and your truth, that they may lead me, and bring me to your holy hill, and to your dwelling. (Ps. 43)

This is the day which the Lord has made; we will rejoice and be glad in it! (Ps. 118)

If you have been raised with Christ, seek the things which are above, where Christ sits on the right hand of God. (Colossians 3)

Psalm 95 or Psalm 100

Psalm 95:1-7

O come, let us sing to the Lord;
let us make a joyful noise to the rock of our salvation!
Let us come into his presence with thanksgiving;
let us make a joyful noise to him with songs of praise!

For the Lord is a great God, and a great King above all gods.
In his hand are the depths of the earth;
the heights of the mountains are his also.
The sea is his, for he made it,
and the dry land, which his hands have formed.

O come, let us worship and bow down,
let us kneel before the Lord, our Maker!
For he is our God, and we are the people of his pasture,
and the sheep of his hand.
O that today you would listen to his voice!

Psalm 100

Make a joyful noise to the Lord, all the earth.
Worship the Lord with gladness;
come into his presence with singing.

Know that the Lord is God.
It is he that made us, and we are his;
we are his people, and the sheep of his pasture.
Enter his gates with thanksgiving,
and his courts with praise.
Give thanks to him, bless his name.

For the Lord is good; his steadfast love endures forever,
and his faithfulness to all generations.

Psalm of the Day

Readings

Benedictus

Blessed be the Lord the God of Israel,
who has come to his people and set them free.
He has raised up for us a mighty Savior,
born of the house of his servant David.
Through his holy prophets God promised of old
to save us from our enemies, from the hands of all that hate us,

To show mercy to our ancestors, and to remember his holy covenant.
This was the oath God swore to our father Abraham:
to set us free from the hands of our enemies,
Free to worship him without fear,
holy and righteous in his sight all the days of our life.

And you, child, shall be called the prophet of the Most High,
for you will go before the Lord to prepare his way,
To give his people knowledge of salvation
by the forgiveness of all their sins.

In the tender compassion of our God
the dawn from on high shall break upon us,
To shine on those who dwell in darkness and the shadow of death,
and to guide our feet into the way of peace.

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 peace of the Lord Christ go with you: wherever he may send you; may he guide you through the wilderness : protect you through the storm; may he bring you home rejoicing : at the wonders he has shown you; may he bring you home rejoicing : once again into our doors.

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. (Romans 8:38-39)

Finally, brothers and sisters, rejoice. Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace will be with you. (2 Corinthians 13:11)

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. (Ephesians 3:20-21)

Therefore, my beloved siblings, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain. (1 Corinthians 15:58)

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.

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)

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)

My soul is satisfied as with a rich feast,

and my mouth praises you with joyful lips

when I think of you on my bed,

and meditate on you in the watches of the night;

for you have been my help, and in the shadow of your wings I sing for joy.

My soul clings to you; your right hand upholds me. (Psalm 63:5-8)

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)

Come, bless the Lord, all you servants of the Lord,

who stand by night in the house of the Lord!

Lift up your hands to the holy place, and bless the Lord.

May the Lord, maker of heaven and earth, bless you from Zion. (Psalm 134)

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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Our Father

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Collect for the Week

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

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

