

# The Meon Bridge Benefice A Prayer Guide for Ordinary Time



*Be Still and know that I am God.  
The God of Hosts is with us.*



## **Stilling before Prayer**

*Find somewhere comfortable. Sit quietly for two or three minutes before you begin. (See the advice on stilling below).*

Light a candle to mark the start of your prayer – it can be extinguished to mark the end of your prayer.

Notice your breathing:

do not slow it down or speed it up,  
just notice the air flowing gently in and out.

Think of your breath as God's gift of life to you.

Breathe in God's love and His peace,  
and breathe out anything any negative thoughts weighing heavy on your mind.

Notice any sounds outside the room.

Now pay attention to any sounds inside the room.

Bring your attention to your own body and return your attention gently to your breathing.

When you are ready, perhaps after about 3 minutes, finish the stilling exercise by thanking God for this moment before you move to your other prayers.



## **MORNING**

**Say** The night has passed, and the day lies open before me.  
Lord, may your Spirit guide me to seek your loving presence more and more, for it is there that I find rest and refreshment from this busy world.

### **Spend**

a few moments acknowledging how you really feel - remember that God is with you and loves the real you.

**Say** Dear Lord, grant that I may live as you intended,  
with complete confidence in your loving care.

As I rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set my heart on fire with love for you; now and for ever. Amen.

Lord, open my lips and my mouth shall proclaim your praise.

**Read** a passage from Scripture a few times if possible  
(You could use Sunday's reading sheet).  
Take your time and allow yourself to dwell on anything  
that strikes you.

(Alternatively, or additionally, this can be done in the evening before 'Examine what has happened to you today' below).

**Pray** for your family and friends; the day and its tasks;  
for the world and its needs; for the Church and her life;  
for the issues suggested for each day of the week.

### **Commend**

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

**Say** the prayer(s) for the day on the seasonal sheet and then:

Almighty and everlasting God,  
I thank you for bringing me safely to the beginning of this day.

Help me leave yesterday and not to yearn for tomorrow,  
but to accept the uniqueness of this day.

Keep me from falling into sin or running into danger,  
order me in all my doings  
and guide me to do always what is righteous in your sight;  
through Jesus Christ our Lord. Amen.

## **EVENING**

### **Spend**

a few moments remembering that God is with you and that He loves you and what a wonderful privilege it is that the Lord of all creation desires to come to you.  
Ask Him to reveal the graces He has given you today.

### **Say**

Lord, I welcome your presence.  
Holy, Holy, Holy Lord, God of power and might.  
Heaven and earth are full of your glory. Hosanna in the highest.  
Fill me with your Spirit and lead me through my prayers.  
Help me to see myself realistically, honestly and as you see me.

### **Read**

a passage from Scripture a few times if possible  
This can be done in the morning if you prefer (see above) or in the evening too. You can return to the morning's text or take another.  
As in the morning, take your time and allow yourself to dwell on anything that strikes you.

### **Examine**

what has happened to you today. (10 min)  
In your mind's eye review the day, hour-by-hour.  
Re-live each significant moment, lingering on important issues, passing quickly through less relevant ones.

### **Colloquy**

Speak to God about your feelings, as one trusted friend to another, or as if Jesus, your brother, is sitting beside you.

### **Thank**

God for his care of you.

### **Tell**

Him what you have done wrong, without obsessive brooding over the things you do not like about yourself. end with these words:

Almighty God, I have sinned against you,  
through my own fault, in thought, and word, and deed,  
and in what we have left undone.

I am truly sorry and repent of all my sins.

For your Son our Lord Jesus Christ's sake, forgive me all that is past; and grant that I may serve you in newness of life to the glory of your name. Amen.

**Pause** in quiet to receive and accept God's forgiveness.

**Bring** to God someone you have met or remembered today and for whom you want to pray.

**Bring** to God someone who is hurting tonight and needs your prayer.

**Bring** to God a troubled situation in our world tonight.

**Say** Stay with me, O God, this night, so that by your strength I may rise with the new day to rejoice in the resurrection of your Son, Jesus Christ our Saviour. Amen.



## **A PRAYER FOR SUNDAY**

*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.*

Eternal God, you are  
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 love you that we may truly serve you,  
whose service is perfect freedom. Amen.

*After Augustine of Hippo (430)*

## **A PRAYER FOR MONDAY**

*The media and the arts;  
Farming and fishing;  
Commerce and industry;  
Those whose work is unfulfilling, stressful or fraught with danger;  
All who are unemployed.*

Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.  
O Divine Master,  
grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.  
For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life. Amen.

*A Franciscan prayer*

## **A PRAYER FOR TUESDAY**

*All who are sick in body, mind or spirit;  
Those in the midst of famine or disaster;  
Victims of abuse & violence, intolerance & prejudice;  
Those who are bereaved;  
All who work in the medical and healing professions.*

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)*

## **A PRAYER FOR WEDNESDAY**

*The social services  
All who work in the criminal justice system  
Victims and perpetrators of crime  
The work of aid agencies throughout the world  
Those living in poverty or under oppression*

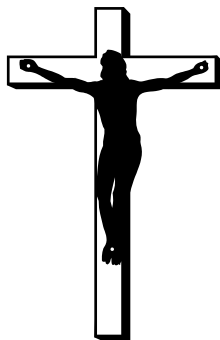
Thanks be to you, Lord Jesus Christ,  
for all the benefits that you have won for us,  
for all the pains and insults you have borne for us.  
Most merciful redeemer, friend and brother,  
may we know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day. Amen.

*Richard of Chichester*

## **A PRAYER FOR THURSDAY**

*Local government, community leaders;  
All who provide local services;  
Those who work with young or elderly people;  
Schools, colleges and universities;  
Emergency and rescue organizations.*

Almighty God, from whom all thoughts of truth and peace proceed:  
kindle, I pray, in the hearts of all, the true love of peace and guide with your pure and peaceable  
wisdom those who take counsel for the nations of the earth that in tranquillity your kingdom may  
go forward, till the earth is filled with the knowledge of your love;  
through Jesus Christ your Son our Lord. Amen.



### **A PRAYER FOR FRIDAY**

*The Sovereign, members of parliament;  
Peace and justice in the world;  
Those who work for reconciliation;  
All whose lives are devastated by war and civil unrest;  
Prisoners, refugees and homeless people.*

Goodness is stronger than evil;  
Love is stronger than hate;  
Light is stronger than darkness;  
Life is stronger than death;  
Victory is ours through Him who loved us. Amen.

*Archbishop Desmond Tutu*

### **A PRAYER FOR SATURDAY**

*Our homes, families, friends and all whom we love;  
Those whose time is spent caring for others;  
Those who are close to death;  
Those who have lost hope;  
The worship of the Church.*

Lead us from death to life,  
from falsehood to truth.  
Lead us from despair to hope,  
from fear to trust.  
Lead us from hate to love, from war to peace.  
Let peace fill our hearts,  
our world, our universe;  
through Jesus Christ our Lord. Amen.

*A prayer for peace used by Mother Theresa*

## **Other Useful material**

### **Summary of Christian Faith**

I believe and trust in God the Father,  
who made the world.

I believe and trust in His Son Jesus Christ,  
who redeemed mankind.

I believe and trust in His Holy Spirit,  
who gives life to the people of God.

I believe and trust in one God:

Father Son and Holy Spirit. Amen.

### **The Lord's Prayer (Contemporary)**

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.

### **The Lord's Prayer (Traditional)**

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 Benedictus (The Song of Zechariah)*** is often said in the morning.

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 Saviour,  
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.

***The Magnificat (The Song of Mary)*** is often said in the evening.

My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Saviour;  
he has looked with favour on his lowly 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,  
from generation to generation.  
He has shown strength with his arm  
and has scattered the proud in their conceit,  
Casting down the mighty from their thrones  
and lifting up the lowly.  
He has filled the hungry with good things  
and sent the rich away empty.  
He has come to the aid of his servant Israel,  
to remember his promise of mercy,  
The promise made to our ancestors,  
to Abraham and his children for ever.

Luke 1.46-55

***Gloria Patris*** this can be said after the Benedictus, the Magnificat or Psalms

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.

