



***St. Benedict's Church***

## **How to use the Daily Prayer guide**



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We all have different ways of praying. Some think prayer is meant for Sunday mornings only, when in church; others think prayer is only said or heard by God in Church. But what is 'Church'?

- Church is the people, the body of Christ.
- The building we visit on a Sunday morning is a central point for God's house, a Holy place where all Christians come together for fellowship with other Christians
- For teaching of the Word of God,
- To hear the Gospels.
- Listening to the stories and parables which Jesus shared during His time on earth.

The Church Building, where we meet on Sunday, is not the only place that we meet God or where God hears our prayers.

- God is everywhere, all around us.
- In our homes,
- our schools,
- Shops, factories, offices, call centres...
- Where ever there are people who believe in Jesus, there is Church.

This Daily Prayer guide is a basic format for each day of the week to help us focus.

- Prayer is an extension of our lives,
- we can pray on our knees,
- sitting down,
- Sitting back in our chair at work, just for a moment.
- Pray through our hearts and minds,
- no words necessary,
- God knows our needs and our desires.

### **Recommended Reading:**

**'Practice of the Presence of God' written by a 17<sup>th</sup> century monk called Brother Lawrence.**

It is still in print and very much used today. It shows how you can worship and praise the Lord even whilst doing the most mundane tasks, like Brother Lawrence who worked in the kitchens, cooking, cleaning and washing up, because God is everywhere. I find the book a useful tool in my own prayer life. You can find the book on Amazon or in any Christian bookshop.

If you need any assistance or advice on your prayer life you can ask any of the ministers or even ask me and I will do my best to help. You are not on your own, we are a family and we are here for each other.



## **Daily Prayer – Sunday**

### **Preparation**

*As you prepare for prayer, pause to reflect on what has happened so far and what lies ahead in the remainder of the day.*

I will give thanks to you, Lord, with my whole heart;

I will tell of all your marvellous works.

*Psalm 9:1*

### **Praise**

*The hymn, psalm or canticle set for today.*

### **The Word of God**

*The short reading from scripture set for today.*

### **Prayers**

*Your prayers may include:*

- *Pause or silence*
- *Giving thanks to God – e.g. for worldwide church, St. Benedict's church, your family*
- *Saying sorry*
- *Requests for God's help – e.g. for family, friends or self, World events, charities you support*

### ***The Lord's Prayer***

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 forever.

**Amen.**

### **Conclusion**

May God who made both heaven and earth bless us. **Amen.**

## **Daily Prayer – Monday**

### **Preparation**

*As you prepare for prayer, pause to reflect on what has happened so far and what lies ahead in the remainder of the day.*

Let the words of my mouth and the meditation of my heart  
be acceptable in your sight, O Lord,  
my strength and my redeemer.

*Psalm 19:14*

### **Praise**

*The hymn, psalm or canticle set for today.*

### **The Word of God**

*The short reading from scripture set for today.*

### **Prayers**

*Your prayers may include:*

- *Pause or silence*
- *Giving thanks to God – e.g. for God's love, our beautiful world*
- *Saying sorry*
- *Requests for God's help – e.g. for family, friends or self, work issues, environmental concerns*

### ***The Lord's Prayer***

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 forever.

**Amen.**

### **Conclusion**

May God bless the work of our hands. **Amen.**

## **Daily Prayer – Tuesday**

### **Preparation**

*As you prepare for prayer, pause to reflect on what has happened so far and what lies ahead in the remainder of the day.*

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

O my God, in you I trust.

*Psalm 25:1a*

### **Praise**

*The hymn, psalm or canticle set for today.*

### **The Word of God**

*The short reading from scripture set for today.*

### **Prayers**

*Your prayers may include:*

- *Pause or silence*
- *Giving thanks to God – e.g. for people who love us, people who care for us – such as doctors and nurses*
- *Saying sorry*
- *Requests for God's help – e.g. for family, friends or self, the sick, the bereaved*

### ***The Lord's Prayer***

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 forever.

**Amen.**

### **Conclusion**

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

## **Daily Prayer – Wednesday**

### **Preparation**

*As you prepare for prayer, pause to reflect on what has happened so far and what lies ahead in the remainder of the day.*

Make me to know your ways, O Lord,  
and teach me your paths.

*Psalm 25:3*

### **Praise**

*The hymn, psalm or canticle set for today.*

### **The Word of God**

*The short reading from scripture set for today.*

### **Prayers**

*Your prayers may include:*

- *Pause or silence*
- *Giving thanks to God – e.g. for fairness and justice, people working to make this world a better place*
- *Saying sorry*
- *Requests for God's help – e.g. for family, friends or self, victims of crime, the lonely and housebound*

### ***The Lord's Prayer***

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 forever.

**Amen.**

### **Conclusion**

May God grant to the world justice, truth and peace. **Amen.**

## **Daily Prayer – Thursday**

### **Preparation**

*As you prepare for prayer, pause to reflect on what has happened so far and what lies ahead in the remainder of the day.*

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**

*The hymn, psalm or canticle set for today.*

### **The Word of God**

*The short reading from scripture set for today.*

### **Prayers**

*Your prayers may include:*

- *Pause or silence*
- *Giving thanks to God – e.g. for children in your life, their education, joys of daily life*
- *Saying sorry*
- *Requests for God's help – e.g. for family, friends or self, children in care, those who care for them*

### ***The Lord's Prayer***

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 forever.

**Amen.**

### **Conclusion**

May God kindle in us the fire of love. **Amen.**

## **Daily Prayer – Friday**

### **Preparation**

*As you prepare for prayer, pause to reflect on what has happened so far and what lies ahead in the remainder of the day.*

Make me a clean heart, O God,  
and renew a right spirit within me.

*Psalm 51:11*

### **Praise**

*The hymn, psalm or canticle set for today.*

### **The Word of God**

*The short reading from scripture set for today.*

### **Prayers**

*Your prayers may include:*

- *Pause or silence*
- *Giving thanks to God- e.g. for emergency and rescue services, people who risk their lives to help others*
- *Saying sorry*
- *Requests for God's help – e.g. for family, friends or self, world peace, those affected by war*

### ***The Lord's Prayer***

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 forever.

**Amen.**

### **Conclusion**

May Christ our Saviour give us peace. **Amen.**

## **Daily Prayer – Saturday**

### **Preparation**

*As you prepare for prayer, pause to reflect on what has happened so far and what lies ahead in the remainder of the day.*

Your love, O Lord, reaches to the heavens  
and your faithfulness to the clouds.

*Psalm 36:5*

### **Praise**

*The hymn, psalm or canticle set for today.*

### **The Word of God**

*The short reading from scripture set for today.*

### **Prayers**

*Your prayers may include:*

- *Pause or silence*
- *Giving thanks to God – e.g. for our homes, our loved ones, the weekend*
- *Saying sorry*
- *Requests for God's help – e.g. for family, friends or self, the homeless, people who work at weekends*

### ***The Lord's Prayer***

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 forever.

**Amen.**

### **Conclusion**

May Christ dwell in our hearts by faith. **Amen.**