

Daytime Prayer

Begin with this while making the sign of the cross:

God, + come to my assistance.
– Lord, make haste to help me.

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

Psalm 120

Antiphon: The Virgin Mary came forth from the root of Jesse, and the Spirit of the Most high came to dwell in her heart.

To the Lord in the hour of my distress
I call and he answers me.
“O Lord, save my soul from lying lips,
from the tongue of the deceitful.”

What shall he pay you in return,
O treacherous tongue?
The warrior’s arrow sharpened
and coals, red-hot, blazing.

Alas, that I abide a stranger in Meshech,
dwell among the tents of Kedar!

Long enough have I been dwelling
with those who hate peace.
I am for peace, but when I speak,
they are for fighting.

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

Silent Prayer

Take a minute or two of silence for prayer using the above psalm as a starting point.

Psalm Prayer

You declared peacemakers happy, Lord Jesus, since they will be called sons of God. Give us that peace which the world cannot give so that your Church may be freed from the schemes of arrogant men, and, devoted to works of peace, go forward joyfully to meet you, the King of Peace.

Antiphon: The Virgin Mary came forth from the root of Jesse, and the Spirit of the Most high came to dwell in her heart.

Scripture Reading - 1 John 4:10

Love consists in this:
not that we have loved God but that he has loved us
and has sent his Son as an offering for our sins.

Intercessions

- You chose the Virgin Mary as the mother of your Son, have mercy on all who look for your gift of salvation. *(If praying with others, add: We pray to the Lord.)*

- God of compassion and healing, watch over those who are ill and their caregivers, especially COVID-19 patients, may they be granted your strength. *(If praying with others, add: We pray to the Lord.)*

- You sent Gabriel to give Mary your message of peace and joy, give to the whole world the joy of salvation and your gift of true peace. *(If praying with others, add: We pray to the Lord.)*

The Lord’s Prayer

Our Father . . .

Concluding Prayer

God our Father,
your Word became man and was born of the Virgin Mary.
May we become more like Jesus Christ,
whom we acknowledge as our redeemer, God and man.
We ask this through Christ our Lord.
– Amen.