

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 119:161-168

Antiphon: As I live, says the Lord, I do not wish the sinner to die, but to turn back to me and live.

Though princes oppress me without cause
I stand in awe of your word.
I take delight in your promise
like one who finds a treasure.

Lies I hate and detest
but your law is my love.
Seven times a day I praise you
for your just decrees.

The lovers of your law have great peace;
they never stumble.
I await your saving help, O Lord,
I fulfill your commands.

My soul obeys your will
and loves it dearly.
I obey your precepts and your will;
all that I do is before you.

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

There is great peace, Lord, for those who love your law;
they never stumble. Grant that those who love you above
all else may be undisturbed by thoughts of evil.

Antiphon: As I live, says the Lord, I do not wish the sinner to die, but to turn back to me and live.

Scripture Reading - Deuteronomy 30:2-3a

Return, says the Lord,
I will not remain angry with you;
For I am merciful,
I will not continue my wrath forever.
Return, rebellious children, says the Lord.

Intercessions

- You made the cross the tree of life, give its fruit to those reborn in baptism. *(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.)*

- On the cross you forgave the repentant thief, forgive us our sins. *(If praying with others, add: We pray to the Lord.)*

The Lord's Prayer

Our Father . . .

Concluding Prayer

Father, our source of life,
you know our weakness.
May we reach out with joy to grasp your hand
and walk more readily in your ways.
We ask this through Christ our Lord.
– Amen.