

Daytime Prayer

Begin with this while making the sign of the cross:

Lord, + open my lips. – And my mouth will proclaim your praise.

Glory 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. Alleluia.

Psalm 22:2-12

Antiphon: Alleluia, alleluia, alleluia.

My God, my God, why have you forsaken me?
You are far from my plea and the cry of my distress.
O my God, I call by day and you give no reply;
I call by night and I find no peace.

Yet you, O God, are holy,
enthroned on the praises of Israel.
In you our fathers put their trust;
they trusted and you set them free.
When they cried to you, they escaped.
In you they trusted and never in vain.

But I am a worm and no man,
scorned by men, despised by the people.
All who see me deride me.
They curl their lips, they toss their heads.
“He trusted in the Lord, let him save him;
let him release him if this is his friend.”

Yes, it was you who took me from the womb,
entrusted me to my mother’s breast.
To you I was committed from my birth,
from my mother’s womb you have been my God.
Do not leave me alone in my distress;
come close, there is none else to help.

Glory 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.

Silent Prayer

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

Psalm Prayer

Father, when your Son was handed over to torture and seemed abandoned by you, he cried out to you from the cross and death was destroyed, life was restored. By his death and resurrection, may we see the day when the poor man is saved, the downtrodden is lifted up and the chains that bind people are broken. United to the thanks that Christ gives you, your Church will sing your praises.

Antiphon: Alleluia, alleluia, alleluia.

Scripture Reading - Galatians 3:27-28

All of you who have been baptized into Christ have clothed yourselves with him. There does not exist among you Jew or Greek, slave or freeman, male or female. All are one in Christ Jesus.

Intercessions

- We pray for the sick of our parish and for all our friends and relatives who are ill, especially those ill, as a result of the COVID-19. Help them to feel your healing presence. *(If praying with others, add: We pray to the Lord.)*
- May we welcome each other, in the way you have welcomed us, to the glory of God. *(If praying with others, add: We pray to the Lord.)*
- We pray for those in our families and in our school and parish community who have died and are now in God’s presence forever; help us to be comforters of one another. *(If praying with others, add: We pray to the Lord.)*

The Lord’s Prayer Our Father. . .

Closing Prayer

May your Spirit,
O Lord, we pray,
imbue us powerfully with spiritual gifts,
that he may give us a mind pleasing to you
and graciously conform us to your will.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God, for ever and ever.
— Amen.