

## 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 119:49-56**

**Antiphon:** During my pilgrimage, I have kept your commandments.

Remember your word to your servant  
by which you gave me hope.  
This is my comfort in sorrow  
that your promise gives me life.

Though the proud may utterly deride me  
I keep to your law.  
I remember your decrees of old  
and these, Lord, console me.

I am seized with indignation at the wicked  
who forsake your law.  
Your commands have become my song  
in the land of exile.

I think of your name in the night-time  
and I keep your law.  
This has been my blessing,  
the keeping of your precepts.

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**

Lord you raise us up from our lowliness by giving us the hope of eternal life. May we always serve you in this our pilgrimage and come to enjoy the happiness of our home with you.

**Antiphon:** During my pilgrimage, I have kept your commandments.

### **Scripture Reading - 1 Thessalonians 2:2b-4**

We drew courage from our God to preach his good tidings to you in the face of great opposition. The exhortation we deliver does not spring from deceit or impure motives or any sort of trickery; rather, having met the test imposed on us by God, as men entrusted with the good tidings, we speak like those who strive to please God rather than men.

### **Intercessions**

- Eternal God, for whom a thousand years are like the passing day, help us to remember that life is like a flower which blossoms in the morning, but withers in the evening. *(If praying with others, add: We pray to the Lord.)*
- We pray for our Bishop, Robert, may the Holy Spirit guide him, as he continues to shepherd the people of Gary, during these difficult and uncertain times. *(If praying with others, add: We pray to the Lord.)*
- Show the faithful departed the vision of your face, let them rejoice in the contemplation of your presence. *(If praying with others, add: We pray to the Lord.)*

**The Lord's Prayer** Our Father. . .

### **Closing Prayer**

All-powerful and ever-living God,  
with you there is no darkness,  
from you nothing is hidden.  
Fill us with the radiance of your light:  
may we understand the law you have given us  
and live it with generosity and faith.  
Grant this through Christ our Lord.  
— Amen.