

## 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 119:57-64**

**Antiphon:** I have pondered my ways and turned back to your teaching.

My part, I have resolved, O Lord,  
is to obey your word.  
With all my heart I implore your favor;  
show the mercy of your promise.

I have pondered over my ways  
and returned to your will.  
I made haste and did not delay  
to obey your commands.

Though the nets of the wicked ensnared me  
I remembered your law.  
At midnight I will rise and thank you  
for your just decrees.

I am a friend of all who revere you,  
who obey your precepts.  
Lord, your love fills the earth.  
Teach me your commands.

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, may the fulfillment of your law be our aim in life, so that you yourself may be our inheritance, and we your chosen possession for ever.

**Antiphon:** I have pondered my ways and turned back

to your teaching.

### **Scripture Reading - Isaiah 55:8-9**

My thoughts are not your thoughts,  
nor are your ways my ways, says the Lord.  
As high as the heavens are above the earth,  
so high are my ways above your ways  
and my thoughts above your thoughts.

### **Intercessions**

- May your gift of light pervade this whole day, that we may be the salt of the earth and the light of the world. *(If praying with others, add: We pray to the Lord.)*
- May the love of your Holy Spirit direct our hearts and our lips, and may we always act in accordance with your will. *(If praying with others, add: We pray to the Lord.)*
- May your Love shed upon all of us, O Lord, that there may be peace and justice throughout the world. *(If praying with others, add: We pray to the Lord.)*

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

### **Closing Prayer**

God of mercy,  
this midday moment of rest  
is your welcome gift.  
Bless the work we have begun,  
make good its defects  
and let us finish it in a way that pleases you.  
Grant this through Christ our Lord.  
— Amen.