

A Daily Service

Introduction

The Lord is my light and my salvation; whom then shall I fear? : the Lord is the stronghold of my life; of whom shall I be afraid?

These words from Psalm 27 were penned by David in the twilight of his life. Having experienced many ups and downs as King of Israel, he reflects on the one steadfast thing, the love of God for him. In these difficult times when our worlds can seem to be upside down and the familiar patterns of life are removed from us, we turn to God and rely on his mercy and loving compassion for us all.

For those who will miss Holy Communion, there is a prayer you might find helpful at the end of this Daily Prayer leaflet.

As our pattern of life changes, we should endeavour to keep a pattern of prayer and praise in our days, and this is one way we can unite ourselves in prayer to our Lord and his world.

Some will find it helpful to have a space as a focus for their prayer. This might include a crucifix, icon or other holy image, and a lighted candle.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Before reading the Word of God take a moment to reflect.

For what am I grateful to God for today? Where did I stray from God: through words, actions or things I did not do. How might I do better tomorrow? What grace do I ask from God in order to live more closely in his love.

You may wish to conclude by saying:

Lord Jesus, you have revealed yourself as the way to the Father: Lord, have mercy. Lord, have mercy.

You have poured out on your people the Spirit of truth: Christ, have mercy. Christ, have mercy.

You are the Good Shepherd, leading us to eternal life: Lord, have mercy. Lord, have mercy.

Psalm 86 (1-6, 11, 15-16)

Turn your ear, O Lord, and give answer for I am poor and needy. Preserve my life, for I am faithful: save the servant who trusts in you.

You are my God, have mercy on me, Lord, for I cry to you all the day long. Give joy to your servant, O Lord, for to you I lift up my soul.

O Lord, you are good and forgiving, full of love to all who call. Give heed, O Lord, to my prayer and attend to the sound of my voice.

Show me, Lord, your way so that I may walk in your truth. Guide my heart to fear your name.

You, God of mercy and compassion, slow to anger, O Lord, abounding in love and truth, turn and take pity on me.

Gospel Mark 4:35-41

On that day, when evening had come, Jesus said to them, 'Let us go across to the other side.' And leaving the crowd, they took him with them in the boat, just as he was. And other boats were with him. And a great windstorm arose, and the waves were breaking into the boat, so that the boat was already filling. But he was in the stern, asleep on the cushion. And they woke him and said to him, 'Teacher, do you not care that we are perishing?' And he awoke and rebuked the wind and said to the sea, 'Peace! Be still!' And the wind ceased, and there was a great calm. He said to them, 'Why are you so afraid? Have you still no faith?' And they were filled with great fear and said to one another, 'Who then is this, that even the wind and the sea obey him?'

Pause for a moment of silent reflection.

Prayers

Morning Time: O Lord, our heavenly Father, almighty and everlasting God, who hast safely brought us to the beginning of this day; defend us in the same with thy mighty power; and grant that this day we fall into no sin, neither run into any kind of danger, but that all our doings may be ordered by thy governance, to do always that is righteous in thy sight; through Jesus Christ our Lord. **Amen.**

Evening Time: Lighten our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ. **Amen.**

Intercessions

Pray for family and loved ones so that they may be held in God's compassionate care. Pray for other countries who are struggling with the effects of the COVID 19 virus.

Grant, we beseech thee, merciful Lord, help and deliverance unto us, who are visited with grievous mortality and sickness. Sanctify to us this our sore distress, and prosper with thy continual blessing those who labour to devise for mankind protection against disease and pain; through him who both healed and hallowed pain, thy Son Jesus Christ our Lord. **Amen.**

O Lord God, who dost not willingly afflict the children of men: We most heartily thank thee that in thy mercy thou hast delivered us from sickness and affliction, and with grateful hearts we desire to offer unto thy fatherly goodness ourselves, our souls and bodies, to be a living sacrifice unto thee, always praising and magnifying thy loving-kindness in the midst of thy Church; through Jesus Christ our Lord. **Amen.**

If the following intentions are said in a family or other group you may wish to conclude each one with the response:

✠ Lord, in your mercy. **✠ Hear our prayer**

- For those in authority: may they offer advice with care and integrity, may they seek to protect the poor and vulnerable.
- For all who work in healthcare: give strength to all who look after the sick so that they may bring comfort and relief to the suffering.
- For the Church: may she offer prayers and consolation for all those affected.
- For our local community and all for those in need: may those who are isolated know the support and service of their neighbours.

Lord's Prayer

Our Father, which art in heaven, hallowed be thy name; thy kingdom come; thy will be done, in earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive them that trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, the power and the glory, for ever and ever. Amen.

For those Sundays when you would have normally made your communion;

Spiritual Communion: The Prayer of St Alphonsus

My Jesus, I believe that you are present in this Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

Conclusion

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**