

Prayer Week

28th January- 4th February

Weekday Prayers at Home

The following prayers are intended as a help to you as you pray at home during this week. Each day has an opening prayer, a psalm, a short passage of scripture, some suggestions for intercessions and a closing prayer.

MONDAY

I bind unto myself today
the strong name of the Trinity,
by invocation of the same,
the Three in One, and One in Three.
Of whom all nature hath creation;
eternal Father, Spirit, Word:
Praise to the Lord of my salvation,
salvation is of Christ the Lord

Psalm 126

1 When the Lord restored the fortunes of Zion, "then were we like those who dream.

2 Then was our mouth filled with laughter "and our tongue with songs of joy.

3 Then said they among the nations, " 'The Lord has done great things for them.'

4 The Lord has indeed done great things for us, "and therefore we rejoiced.

5 Restore again our fortunes, O Lord, " as the river beds of the desert.

6 Those who sow in tears " shall reap with songs of joy.

7 Those who go out weeping, bearing the seed, "will come back with shouts of joy, bearing their sheaves with them.

Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.'

Matthew 11.28

Pray for our borough and town; for civic leaders in the decisions they are making about the regeneration and expansion of Hemel Hempstead.

Eternal light, shine into our hearts,
eternal goodness, deliver us from evil,
eternal power, be our support,
eternal wisdom, scatter the darkness of our ignorance,
eternal pity, have mercy upon us;
that with all our heart and mind and soul and strength
we may seek your face and be brought by your infinite mercy
to your holy presence,
through Jesus Christ our Lord. Amen

TUESDAY

I am giving you worship with all my life,
I am giving you obedience with all my power,

I am giving you praise with all my strength,

I am giving you honour with all my speech.

I am giving you love with all my heart,
I am giving you affection with all my sense,

I am giving you my being with all my mind,

I am giving you my soul, O most high and holy God.

Praise to the Father,
Praise to the Son,
Praise to the Spirit,
The Three in One.

Psalm 17

1 Hear my just cause, O Lord; consider my complaint; "listen to my prayer, which comes not from lying lips.

2 Let my vindication come forth from your presence; "let your eyes behold what is right.

3 Weigh my heart, examine me by night, refine me, and you will find no impurity in me.

4 My mouth does not trespass for earthly rewards; "I have heeded the words of your lips.

5 My footsteps hold fast in the ways of your commandments; "my feet have not stumbled in your paths.

6 I call upon you, O God, for you will answer me; "incline your ear to me, and listen to my words.

7 Show me your marvellous loving-kindness, "O Saviour of those who take refuge at your right hand from those who rise up against them.

8 Keep me as the apple of your eye; "hide me under the shadow of your wings,

Great crowds came to Jesus, bringing with them the lame, the maimed, the blind, the mute, and many others. They put them at his feet, and he cured them.
Matthew 15.30

Pray for all who work in the industry and commerce of our town; for those who carrying out rebuilding in the Maylands estate; for those still unemployed as a result of the Buncefield disaster.

Eternal God, the light of the minds that know you,
the joy of the hearts that love you,
and the strength of the wills that serve you:
grant us so to know you
that we may truly love you,
so to love you that we may truly serve you,
whose service is perfect freedom;
through Jesus Christ our Lord.
Amen

WEDNESDAY

You, Christ, are the King of glory,
the eternal Son of the Father.
When you took our flesh to set us free
you humbly chose the Virgin's womb.
You overcame the sting of death
and opened the kingdom of heaven to all believers.
You are seated at God's right hand in glory.

Psalm 48

1 Great is the Lord and highly to be praised, "in the city of our God.

2 His holy mountain is fair and lifted high, "the joy of all the earth.

3 On Mount Zion, the divine dwelling place, "stands the city of the great king.

4 In her palaces God has shown himself to be a sure refuge.

5 For behold, the kings of the earth assembled "and swept forward together.

6 They saw, and were dumbfounded; "dismayed, they fled in terror.

7 Trembling seized them there;
they writhed like a woman in labour, "as when the east wind shatters the ships of Tarshish.

8 As we had heard, so have we seen in the city of the Lord of hosts, the city of our God: "God has established her for ever.

9 We have waited on your loving-kindness, O God, "in the midst of your temple.

10 As with your name, O God,
so your praise reaches to the ends of the earth; "your right hand is full of justice.

11 Let Mount Zion rejoice and the daughters of Judah be glad, "because of your judgements, O Lord.

12 Walk about Zion and go round about her; count all her towers; "consider well her bulwarks; pass through her citadels,

13 That you may tell those who come after that such is our God for ever and ever. "It is he that shall be our guide for evermore.

The earth will be filled with the knowledge of the glory of the Lord, as the waters cover the sea *Habakkuk 2.14*

Pray for all who are deciding about the future of health services in the town – especially hospital provision; for general practitioners; for your own GP.

O Lord our God, grant us grace to desire you with our hearts
that so desiring, we may seek and find you;
and so finding, may love you;
and so loving, may hate those sins from which
you have delivered us;
through Jesus Christ our Lord. Amen

THURSDAY

Come, my Way, my Truth, my Life:
Such a Way, as gives us breath:
Such a Truth, as ends all strife:
And such a Life, as killeth death.

Come, my Light, my Feast, my Strength:
Such a Light, as shows a Feast:
Such a Feast, as mends in length:
Such a Strength, as makes his guest.

Come, my Joy, my Love, my Heart:
Such a Joy, as none can move:
Such a Love, as none can part:
Such a Heart, as joys in Love.
George Herbert (1633)

Psalm 133

1 Behold how good and pleasant it is
to dwell together in unity.
2 It is like the precious oil upon the
head, running down upon the beard,
3 Even on Aaron's beard,
running down upon the collar of his
clothing.
4 It is like the dew of Hermon
running down upon the hills of Zion.
5 For there the Lord has promised his
blessing: even life for evermore.

Just as the body is one and has many
members, and all the members of the
body, though many, are one body, so it
is with Christ. For in the one Spirit we
were all baptized into one body /
Corinthians 12.12, 13a

*Pray for all who provide services for
children and young people in the town –
through schools and youth services;
pray for unhappy families and children at
risk.*

O gracious and holy Father
give us wisdom to perceive you,
diligence to seek you,
patience to wait for you,
eyes to behold you,
a heart to meditate upon you,
and a life to proclaim you,
through the power of the Spirit
of Jesus Christ our Lord. Amen

FRIDAY

Jesus, Saviour of the world,
come to us in your mercy:
we look to you to save and help us.

By your cross and your life laid down,
you set your people free:
we look to you to save and help us.

When they were ready to perish, you
saved your disciples:
we look to you to come to our help.

In the greatness of your mercy, loose us
from our chains,
forgive the sins of all your people.

Make yourself known as our Saviour and
mighty deliverer;
save us and help us that we may praise
you.

Come now and dwell with us, Lord Christ
Jesus:
hear our prayer and be with us always.

And when you come in your glory:
make us to be one with you and to share
the life of your kingdom.

Psalm 23

1 The Lord is my shepherd; therefore
can I lack nothing.
2 He makes me lie down in green
pastures and leads me beside still
waters.
3 He shall refresh my soul and guide me
in the paths of righteousness for his
name's sake.
4 Though I walk through the valley of the
shadow of death, I will fear no evil;
for you are with me; your rod and your
staff, they comfort me.
5 You spread a table before me
in the presence of those who trouble me;
you have anointed my head with oil
and my cup shall be full.
6 Surely goodness and loving mercy shall
follow me all the days of my life,
and I will dwell in the house of the Lord
for ever.

Jesus said, 'Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you.'

Pray for the Christian churches across the town; for the work of Churches Together in Hemel Hempstead; for our own relationships in this parish with the Methodists and the Roman Catholics.

Lord Jesus Christ, we thank you for all the benefits you have won for us, for all the pains and insults you have borne for us. Most merciful redeemer, friend and brother, may we know you more clearly, love you more dearly, and follow you more nearly, day by day. Amen

SATURDAY

What shall I give you, Lord, in return for all your kindness?

Glory to you for your love.

Glory to you for your patience.

Glory to you for forgiving us all our sins.

Glory to you for coming to save our souls.

Glory to you for your incarnation in the virgin's womb.

Glory to you for your bonds.

Glory to you for receiving the cut of the lash.

Glory to you for accepting mockery.

Glory to you for your crucifixion.

Glory to you for your burial.

Glory to you for your resurrection.

Glory to you that you were preached to all.

Glory to you in whom they believed.

Ephrem the Syrian (373)

Psalm 63

1 O God, you are my God; eagerly I seek you; "my soul is athirst for you.

2 My flesh also faints for you, "as in a dry and thirsty land where there is no water.

3 So would I gaze upon you in your holy place, "that I might behold your power and your glory.

4 Your loving-kindness is better than life itself "and so my lips shall praise you.

5 I will bless you as long as I live "and lift up my hands in your name.

6 My soul shall be satisfied, as with marrow and fatness, "and my mouth shall praise you with joyful lips,

7 When I remember you upon my bed "and meditate on you in the watches of the night.

8 For you have been my helper "and under the shadow of your wings will I rejoice.

We look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal *2 Corinthians 4.18*

Pray for people of other faiths and all who are working to bring about greater understanding.

God be in my head, and in my understanding;

God be in my eyes, and in my looking;

God be in my mouth, and in my speaking;

God be in my heart, and in my thinking;

God be at mine end, and at my departing. Amen.

Sarum Primer