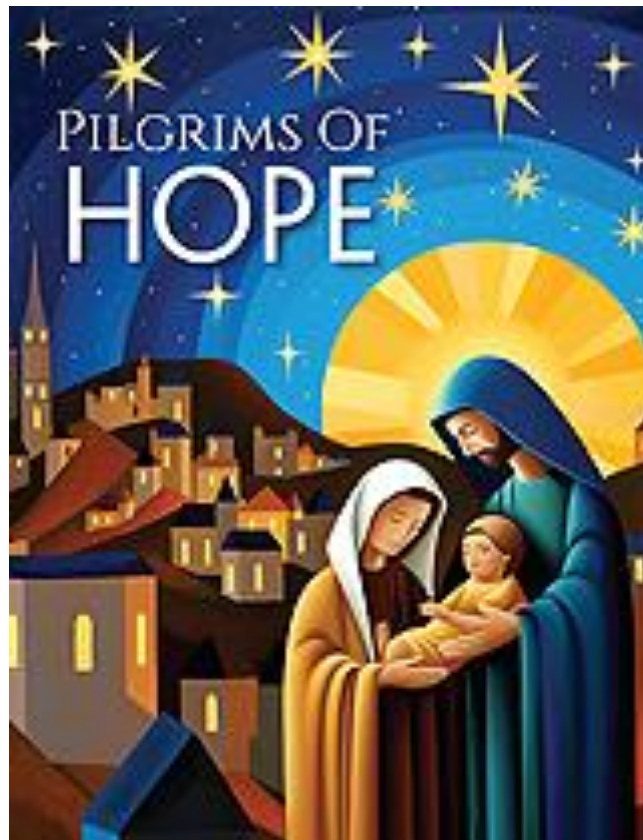


AMPLEFORTH ABBEY
HOME PRAYERS
ADVENT 2024



INSTRUCTIONS

- Allow the clock to chime ten o'clock

Good morning and welcome to Home Prayers

*A chance to gather those within a home,
and those spread across different homes, together in prayer*

*The words can be found on the Abbey website as an attachment
at the bottom of page marked Livestreaming and Online Prayer*

I'm Fr X and today we will be praying (day and week).

- Introduce the silence after the intercession

'and now in a moment of silence let us offer these prayers to the Lord'

- After the final prayer, introduce the reflection

'home prayers conclude with a short reflection'

- After the reflection, a final blessing

*'and may God bless you all this day,
the Father, the Son and the Holy Spirit. Amen.'*

Or, for those not ordained,

*'And may the blessing of Almighty God, Father, Son and Holy Spirit,
come down upon us and remain with us all this day. Amen.'*

MONDAY 2nd DECEMBER

Leader : O God, come to my assistance.

All : O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

PSALM 1

Happy indeed is the man
who follows not the counsel of the wicked;
nor lingers in the way of sinners
nor sits in the company of scorners,
but whose delight is the law of the Lord
and who ponders his law day and night.

He is like a tree that is planted
beside the flowing waters,
that yields its fruit in due season
and whose leaves shall never fade;
and all that he does shall prosper.
Not so are the wicked, not so!

For they like winnowed chaff
shall be driven away by the wind.
When the wicked are judged they shall not stand,
nor find room among those who are just;
for the Lord guards the way of the just
but the way of the wicked leads to doom.

SCRIPTURE READING

This is the covenant I will make with the House of Israel. I will put my law within them, and I will write it upon their hearts and I will be their God and they will be my people

Jeremiah 31

INTERCESSIONS

Today, as the working week begins, let us remember in our prayers all those who are battling to earn a living, and those who are seeking to provide employment for others.

Pause for silent prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil...

O my God, I offer you my thoughts, words, actions and sufferings,
and I beseech you to give me your grace that I may not offend you
this day but may faithfully serve you and do your holy will in all
things.

TUESDAY 3rd

Leader : O God, come to my assistance.

All : O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

PSALM 5

To my words give ear, O Lord, give heed to my groaning.

Attend to the sound of my cries, my King and my God.

It is you whom I invoke, O Lord. In the morning you hear me;
in the morning I offer you my prayer, watching and waiting.

You are no God who loves evil; no sinner is your guest.
The boastful shall not stand their ground before your face.

But I through the greatness of your love have access to your house.
I bow down before your holy temple, filled with awe.

All those you protect shall be glad and ring out their joy.
You shelter them; in you they rejoice, those who love your name.

SCRIPTURE READING

Trust in the Lord with all your heart and do not rely on your own insight. Be not wise in your own eyes; fear the Lord and turn away from evil. It will be healing to your flesh and refreshment to your bones.

Proverbs 3

INTERCESSIONS

Today, let us remember in our prayers our national leaders, in their responsibility for the key decisions affecting the lives of those they serve.

Pause for silent prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil...

We pray, O Lord, that everything we do may be prompted by your inspiration, so that every prayer and work of ours may begin from you and be brought by you to completion.

WEDNESDAY 4th

Leader : O God, come to my assistance.

All : O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

PSALM 8

How great is your name, O Lord our God, through all the earth!

Your majesty is praised above the heavens;
on the lips of children and of babes
you have found praise to foil your enemy,
to silence the foe and the rebel.

When I see the heavens, the work of your hands,
The moon and the stars which you arranged,
what is man that you should keep him in mind,
mortal man that you care for him?

Yet you have made him little less than a god;
with glory and honour you crowned him,
gave him power over the works of your hand,
put all things under his feet.

How great is your name, O Lord our God,
through all the earth!

SCRIPTURE READING

I beg you to lead a life worthy of your calling, with humility and patience, forgiving one another in love, eager to maintain the unity of the Spirit in the bond of peace. Ephesians 4

INTERCESSIONS

Today, let us remember in our prayers all those who work to educate and support young people, in schools, colleges, health and social services.

Pause for silent prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil...

Dear Jesus, help me to spread your fragrance everywhere I go. Flood my soul with your spirit and life. Penetrate and possess my whole being so utterly that my life may only be a radiance of yours.

THURSDAY 5th

Leader : O God, come to my assistance.

All : O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

PSALM 14

Lord, who shall be admitted to your tent
and dwell on your holy mountain?

He who walks without fault;
he who acts with justice
and speaks the truth from his heart;
he who does not slander with his tongue;

he who does no wrong to his brother,
who casts no slur on his neighbour,
who holds the godless in disdain,
but honours those who fear the Lord;

he who keeps his pledge, come what may;
who takes no interest on a loan
and accepts no bribes against the innocent.
Such a man will stand firm for ever.

SCRIPTURE READING

I will be with you. I will not fail you or forsake you. Be strong and of good courage; be not frightened, neither be dismayed, for the Lord your God is with you wherever you go.

Joshua 1

INTERCESSIONS

Today, let us remember in our prayers all those who are suffering, in body, mind or spirit, and those who care for them.

Pause for silent prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil...

Oh my God, I believe in you, strengthen my faith. All my hopes rest in you, let me not be disappointed. I love you with all my heart. Teach me to love you daily more and more.

FRIDAY 6th

Leader : O God, come to my assistance.

All : O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

PSALM 18

The law of the Lord is perfect
it revives the soul.

The rule of the Lord is to be trusted,
it gives wisdom to the simple.

The fear of the Lord is holy,
abiding for ever.

The decrees of the Lord are truth
and all of them just.

They are more to be desired than gold,
than the purest of gold
and sweeter are they than honey,
than honey from the comb.

May the spoken words of my mouth,
the thoughts of my heart,
win favour in your sight, O Lord,
my rescuer, my rock!

SCRIPTURE READING

I appeal to you, therefore, brethren, by the mercies of God to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your minds, that you may prove what is the will of God, what is good, acceptable and perfect. Romans 12

INTERCESSIONS

Today, let us remember in our prayers all those who have died,
Those known to us and those with no one to pray for them.

Pause for silent prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil...

Light of the world, Lord Jesus Christ, shine on us so that we may
walk steadfastly today in the path of life; give light to our minds and
warmth to our hearts, so that your light may shine out in all we do and
say.

SATURDAY 7th

Leader : O God, come to my assistance.

All : O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

PSALM 30

In you, O Lord, I take refuge.
Let me never be put to shame.
In your justice, set me free,
hear me and speedily rescue me.

Be a rock of refuge for me,
a mighty stronghold to save me,
for you are my rock, my stronghold.
For your name's sake, lead me and guide me.

Release me from the snares they have hidden
for you are my refuge, Lord.
Into your hands I commend my spirit.
It is you who will redeem me, Lord.

Let your face shine on your servant.
Save me in your love.

Be strong, let your heart take courage,
all who hope in the Lord.

SCRIPTURE READING

Do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall wear. Is not life more than food and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly father feeds them. Are you not of more value than they?

Matthew 6

INTERCESSIONS

Today, as the weekend begins, let us remember in our prayers all families, particularly those experiencing any conflict or anxiety.

Pause for silent prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil...

God, give us the grace to accept with serenity the things that cannot be changed, the courage to change the things that should be changed, and the wisdom to know the difference. Amen

MONDAY 9th AND TUESDAY 10th

- no Home Prayers because our monastic Chapter is meeting

WEDNESDAY 11th

Leader : O God, come to my assistance.

All : O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

PSALM 62

O God, you are my God, for you I long;
for you my soul is thirsting.

My body pines for you
like a dry, weary land without water.
So I gaze on you in the sanctuary
to see your strength and your glory.

For your love is better than life,
my lips will speak your praise.
So I will bless you all my life,
in your name I will lift up my hands.
My soul shall be filled as with a banquet,
my mouth shall praise you with joy.

On my bed I remember you.
On you I muse through the night
for you have been my help;
in the shadow of your wings I rejoice.
My soul clings to you;
your right hand holds me fast.

SCRIPTURE READING

I myself shall pasture my sheep, I myself shall give them rest -- declares the Lord God. I shall look for the lost one, bring back the stray, bandage the injured and strengthen the sick. I shall watch over the fat and healthy. I shall be a true shepherd to them. Ezekiel 34

INTERCESSIONS

Today, let us remember in our prayers all those who work to educate and support young people, in schools, colleges, health and social services.

Pause for silent prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil...

Dearest Lord, teach me to be generous; teach me to serve you as you deserve, to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for any reward, save that of knowing that I do your will.

THURSDAY 12th

Leader : O God, come to my assistance.

All : O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

PSALM 70

In you, O Lord, I take refuge;
let me never be put to shame.
In your justice rescue me, free me:
pay heed to me and save me.

It is you, O Lord, who are my hope,
my trust, O Lord, since my youth.
On you I have leaned from my birth
from my mother's womb you have been my help.
My hope has always been in you.

Do not reject me now that I am old;
when my strength fails do not forsake me.

I will declare the Lord's mighty deeds
proclaiming your justice, yours alone.
O God, you have taught me from my youth
and I proclaim your wonders still.

SCRIPTURE READING

For as the earth sends up its shoots and a garden makes seeds sprout,
so the Lord God makes saving justice and praise spring up in the sight
of all nations. Isaiah 61

INTERCESSIONS

Today, let us remember in our prayers all those who are suffering, in
body, mind or spirit, and those who care for them.

Pause for silent prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil...

Almighty God, in whom we live and move and have our being, you
have made us for yourself and our hearts are restless until they rest in
you; grant us purity of heart and strength of purpose, so that in your
light we may see light clearly and in your service find perfect
freedom.

FRIDAY 13th

Leader : O God, come to my assistance.

All : O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

PSALM 72

How good God is to Israel,
to those who are pure of heart.
Yet my feet came close to stumbling,
my steps had almost slipped
for I was filled with envy of the proud
when I saw how the wicked prosper.

And so when my heart grew embittered
and when I was cut to the quick,
I was stupid and did not understand,
no better than a beast in your sight.

Yet I was always in your presence;
you were holding me by my right hand.
You will guide me by your counsel
and so you will lead me to glory.

What else have I in heaven but you?
Apart from you I want nothing on earth.
My body and my heart faint for joy;
God is my possession for ever.

SCRIPTURE READING

You know the time has come; the moment is here for you to stop sleeping and wake up, because by now our salvation is nearer than when we first began to believe. The night is nearly over, daylight is on the way; so let us throw off everything that belongs to the darkness and equip ourselves for the light. Romans 13

INTERCESSIONS

Today, let us remember in our prayers all those who have died, Those known to us and those with no one to pray for them.

Pause for silent prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil...

Lord make me an instrument of your peace. Where there is hatred, let me sow love. Where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled, as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.

SATURDAY 14th

Leader : O God, come to my assistance.

All : O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

PSALM 89

O Lord, you have been our refuge
from one generation to the next.
Before the mountains were born
or the earth or the world brought forth,
you are God, without beginning or end.

You turn men back into dust
and say: 'Go back, sons of men.'
To your eyes a thousand years
are like yesterday, come and gone,
no more than a watch in the night.

Make us know the shortness of our life
that we may gain wisdom of heart.

In the morning, fill us with your love;
we shall exult and rejoice all our days.
Give us joy to balance our affliction
for the years when we knew misfortune.

Show forth your work to your servants;
let your glory shine on their children.
Let the favour of the Lord be upon us:
give success to the work of our hands

SCRIPTURE READING

We must be self-restrained and live upright and religious lives in this present world, waiting in hope for the blessing which will come with the appearing of the glory of our great God and Saviour Christ Jesus. He offered himself for us in order to ransom us from all our faults and to purify a people to be his very own and eager to do good. Titus 2

INTERCESSIONS

Today, as the weekend begins, let us remember in our prayers all families, particularly those experiencing any conflict or anxiety.

Pause for silent prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil...

Set our hearts on fire with love for you, O Christ our God, that in its flame we may love you with all our heart, with all our mind, with all our soul and with all our strength, and our neighbours as ourselves, so that, keeping your commandments, we may glorify you the giver of all good gifts.

MONDAY 16TH

Leader : O God, come to my assistance.

All : O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

PSALM 144

I will give you glory, O God my king,
I will bless your name for ever.

The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures.

The Lord is faithful in all his words
and loving in all his deeds.
The Lord supports all who fall
and raises all who are bowed down.

The eyes of all creatures look to you
and you give them their food in due time.
You open wide your hand,
grant the desires of all who live.

SCRIPTURE READING

A shoot shall come out from the stump of Jesse, and a branch shall grow out of his root. The spirit of the Lord shall rest on him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord. Isaiah 11

INTERCESSIONS

Today, as the working week begins, let us remember in our prayers all those who are battling to earn a living, and those who are seeking to provide employment for others.

Pause for silent prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil...

Thanks be to you, my Lord Jesus Christ, for all the benefits and blessings which you have given me, for all the pains and insults which you have borne for me. O most merciful Friend, Brother and Redeemer, may I know you more clearly, love you more dearly, and follow you more nearly, day by day.

TUESDAY 17th

Leader : O God, come to my assistance.

All : O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

PSALM 145

My soul, give praise to the Lord;
I will praise the Lord all my days,
make music to my God while I live.

He is happy who is helped by Jacob's God,
whose hope is in the Lord his God,
who alone made heaven and earth,
the seas and all they contain.

It is he who keeps faith for ever,
who is just to those who are oppressed.
It is he who gives bread to the hungry,
the Lord, who sets prisoners free,

the Lord who gives sight to the blind,
who raises up those who are bowed down,
the Lord who protects the stranger
and upholds the widow and orphan.

It is the Lord who loves the just
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age.

SCRIPTURE READING

Rain down, you heavens, from above, and let the skies pour down righteousness; Let the earth open, let them bring forth salvation, and let righteousness spring up together. I, the Lord have created it.

Isaiah 45

INTERCESSIONS

Today, let us remember in our prayers our national leaders, in their responsibility for the key decisions affecting the lives of those they serve.

Pause for silent prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil...

.

Almighty God, who have poured upon us the new light of your incarnate Word, grant that the same light enkindled in our hearts may shine forth in our lives, through Christ our Lord.

WEDNESDAY 18th

Leader : O God, come to my assistance.

All : O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

PSALM 149

Sing a new song to the Lord,
his praise in the assembly of the faithful.
Let Israel rejoice in its Maker,
let Zion's sons exult in their king.

Let them praise his name with dancing
and make music with timbrel and harp.
For the Lord takes delight in his people.
He crowns the poor with salvation.

Let the faithful rejoice in their glory,
shout for joy and take their rest.
Let the praise of God be on their lips
and a two-edged sword in their hand.

SCRIPTURE READING

On that day the remnant of Israel and the survivors of the house of Jacob will no more lean on the one who struck them, but will lean on the Lord, the Holy One of Israel, in truth. A remnant will return, the remnant of Jacob, to the mighty God. Isaiah 10

INTERCESSIONS

Today, let us remember in our prayers all those who work to educate and support young people, in schools, colleges, health and social services.

Pause for silent prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil...

Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the incarnation of Christ your Son was made known by the message of an angel, may by his passion and cross be brought to the glory of his resurrection. Who lives and reigns for ever and ever.

THURSDAY 19th

Leader : O God, come to my assistance.

All : O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

PSALM 117

I called to the Lord in my distress; he answered and freed me.
The Lord is at my side; I do not fear. What can man do against me?

It is better to take refuge in the Lord than to trust in men:
it is better to take refuge in the Lord than to trust in princes.

I was thrust down, thrust down and falling but the Lord was my helper.
The Lord is my strength and my song; he was my saviour.
There are shouts of joy and victory in the tents of the just.

Open to me the gates of holiness: I will enter and give thanks.
This is the Lord's own gate where the just may enter.
I will thank you for you have answered and you are my saviour.

SCRIPTURE READING

Therefore judge nothing before the appointed time; wait until the Lord comes. He will bring to light what is hidden in darkness and will expose the motives of the heart. At that time each will receive their praise from God. 1Corinthians 4

INTERCESSIONS

Today, let us remember in our prayers all those who are suffering, in body, mind or spirit, and those who care for them.

Pause for silent prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil...

Keep us alert, we pray, O Lord our God, as we await the advent of Christ your Son, so that when he comes and knocks, he may find us watchful in prayer and exultant in his praise. Who lives and reigns for ever and ever.

FRIDAY 20th

Leader : O God, come to my assistance.

All : O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

PSALM 50

Have mercy on me, God, in your kindness.

In your compassion blot out my offence.

O wash me more and more from my guilt
and cleanse me from my sin.

Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom;
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.

A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

SCRIPTURE READING

And may the Lord make you increase and abound in love for one another and for all, just as we abound in love for you. And may he so strengthen your hearts in holiness that you may be blameless before our God and Father at the coming of our Lord Jesus with all his saints.
1Thessalonians 3:12-13

INTERCESSIONS

Today, let us remember in our prayers all those who have died,
Those known to us and those with no one to pray for them.

Pause for silent prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil...

May the splendour of your glory dawn in our heart we pray, almighty God, that all shadows of the night may be scattered and we may shown to be children of light by the advent of your Son. Who lives and reigns for ever and ever.

SATURDAY 21st

Leader : O God, come to my assistance.

All : O Lord, make haste to help me.

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

PSALM 138

O Lord, you search me and you know me,
you know my resting and my rising,
you discern my purpose from afar.
You mark when I walk or lie down,
all my ways lie open to you.

For it was you who created my being,
knit me together in my mother's womb.
I thank you for the wonder of my being,
for the wonders of all your creation.

Already you knew my soul,
my body held no secret from you
when I was being fashioned in secret
and moulded in the depths of the earth.

O search me, God, and know my heart.
O test me and know my thoughts.
See that I follow not the wrong path
and lead me in the path of life eternal.

SCRIPTURE READING

On that day the branch of the Lord shall be beautiful and glorious, and the fruit of the land shall be the pride and glory of the survivors of Israel.

Isaiah 4:2

INTERCESSIONS

Today, as the weekend begins, let us remember in our prayers all families, particularly those experiencing any conflict or anxiety.

Pause for silent prayer

Our Father, who art in heaven, hallowed be thy name;
thy kingdom come, thy will be done on earth as it is in heaven.
Give us this day our daily bread; and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil...

Come quickly, we pray, Lord Jesus, and do not delay, that those who trust in your compassion may find solace and relief in your coming.
Who live and reign for ever and ever.

