

AMPLEFORTH ABBEY

HOME PRAYERS

2025



MONDAY WEEK ONE

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 32

Give thanks to the Lord upon the harp,
with a ten-stringed lute sing him songs.

O sing him a song that is new,
play loudly, with all your skill.

By his word the heavens were made,
by the breath of his mouth all the stars.

He collects the waves of the ocean; he stores up the depths of the sea.

Our soul is waiting for the Lord.

The Lord is our help and our shield.

In him do our hearts find joy.

We trust in his holy name.

May your love be upon us, O Lord, as we place all our hope in you.

Glory be to the Father...

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 WEEK ONE

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 26

The Lord is my light and my help; whom shall I fear?

The Lord is the stronghold of my life; before whom shall I shrink?

There is one thing I ask of the Lord, for this I long,

to live in the house of the Lord, all the days of my life,

to savour the sweetness of the Lord, to behold his temple.

For there he keeps me safe in his tent in the day of evil.

He hides me in the shelter of his tent, on a rock he sets me safe.

Glory be to the Father...

SCRIPTURE READING

Out of his infinite glory, may God give you the power through his Spirit for your hidden self to grow strong, so that Christ may live in

your hearts through faith, and then, planted in love and built on love, you will with all the saints have strength to grasp the breadth and the length, the height and the depth; until knowing the love of Christ, which is beyond all knowledge, you are filled with the utter fullness of God.

Ephesians 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. Through Christ our Lord. Amen

WEDNESDAY WEEK ONE

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 23

The Lord is my Shepherd; there is nothing I shall want.

Fresh and green are the pastures where he gives me repose.

Near restful waters he leads me, to revive my drooping spirit.

He guides me along the right path; He is true to his name.

If I should walk in the valley of darkness no evil would I fear.

You are there with your crook and your staff;

with these you give me comfort.

You have prepared a banquet for me in the sight of my foes.

My head you have anointed with oil, my cup is overflowing.

Surely goodness and kindness shall follow me all the days of my life.

In the Lord's house shall I dwell for ever and ever.

Glory be to the Father...

SCRIPTURE READING

Rejoice in the Lord always; again, I say rejoice. Have no anxiety about anything. Whatever is true, whatever is honourable, whatever is just whatever is pure whatever is lovely whatever is gracious. If there is any excellence, if there is anything worthy of praise, think about these things and the God of peace will be with you. Philippians 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, who live and reign for ever and ever. Amen.

THURSDAY WEEK ONE

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 15

Preserve me, God, I take refuge in you.

I say to the Lord: 'You are my God. My happiness lies in you alone.'

I will bless the Lord who gives me counsel,
who even at night directs my heart.

I keep the Lord ever in my sight:
since he is at my right hand, I shall stand firm.

You will show me the path of life,
the fullness of joy in your presence,
at your right hand happiness for ever.

Glory be to the Father...

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. Through Christ our Lord. Amen.

FRIDAY WEEK ONE

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 41

Like the deer that yearns for running streams,
so my soul is yearning for you, my God.

My soul is thirsting for God, the God of my life;
when can I enter and see the face of God?

By day the Lord will send his loving kindness;
by night I will sing to him, praise the God of my life.

Glory be to the Father...

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, who live and reign for ever and ever. Amen.

SATURDAY WEEK ONE

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 64

The ends of the earth stand in awe at the sight of your wonders, Lord.

The lands of sunrise and sunset you fill with your joy.

You care for the earth, give it water, you fill it with riches.

Your river in heaven brims over to provide its grain.

The hills are girded with joy, the meadows covered with flocks,
the valleys are decked with wheat. They shout for joy, yes they sing.

Glory be to the Father...

SCRIPTURE READING

Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for

yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also. 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...

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 seek not so much 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. Through Christ our Lord. Amen.

MONDAY WEEK TWO

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

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.
O Lord, you search me and you know me,
you know my resting and my rising,
You mark when I walk or lie down,
all my ways lie open to you.
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.
Glory be to the Father...

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, 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...

Father you have brought us to the beginning of a new day. Your hand is upon us to care for us and protect us. We offer you our lives and hearts. May we always do your will and love our neighbour as ourselves. Through Christ our Lord. Amen.

TUESDAY WEEK TWO

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 83

How lovely is your dwelling place, Lord, God of hosts.

My soul is longing and yearning,
is yearning for the courts of the Lord.

The sparrow herself finds a home
and the swallow a nest for her brood;
she lays her young by your altars,

Lord of hosts, my king and my God.

They are happy, who dwell in your house,
for ever singing your praise.

They are happy, whose strength is in you,
in whose hearts are the roads to Zion.

Glory be to the Father..

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SCRIPTURE READING

Everyone who comes to me and hears my words and does them is like a man building a house, who dug deep, and laid the foundations upon rock; when a flood arose, the stream broke against that house, and could not shake it, because it had been well built. Matthew 7

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, 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. Through Christ our Lord. Amen.

WEDNESDAY WEEK TWO

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 23

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.

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.

In the day of distress I will call and surely you will reply.

Among the gods there is none like you, O Lord;

nor work to compare with yours.

Glory be to the Father...

SCRIPTURE READING

In all our difficulties we are more than conquerors through him who loved us. For I am sure that neither death, nor life, nor angels, nor principalities, not things present, nor things to come, nor powers, nor

height, nor depth, nor anything else in all creation will be able to separate us from the love of God in Christ Jesus our Lord. Romans 8

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...

Father, we offer to you this day all our thoughts, words and actions, all our sufferings and disappointments, and all our joys. And we unite our lives with that of your beloved son, Jesus Christ, who lives and reigns for ever and ever. Amen

THURSDAY WEEK TWO

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 130

O Lord, my heart is not proud nor haughty my eyes.

I have not gone after things too great nor marvels beyond me.

Truly I have set my soul in silence and peace.

A weaned child on its mother's breast, even so is my soul.

O Israel, hope in the Lord both now and forever.

Glory be to the Father...

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 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...

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, who live and reign for ever and ever. Amen.

FRIDAY WEEK TWO

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 137

I thank you, Lord, with all my heart:
you have heard the words of my mouth.
In the presence of the angels I will bless you.
I will adore before your holy temple.
I thank you for your faithfulness and love,
which excel all we ever knew of you.
On the day I called, you answered;
you increased the strength of my soul.
You stretch out your hand and save me,
your hand will do all things for me.
Your love, O Lord, is eternal,
discard not the work of your hands.
Glory be to the Father...

SCRIPTURE READING

And now, Israel, what does the Lord your God require of you, but to fear the Lord your God, to walk in all his ways, to love him and serve the Lord your God with all your heart and with all your soul

Deuteronomy 10

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...

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. Through Christ our Lord. Amen.

SATURDAY WEEK TWO

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 114

I love the Lord for he has heard the cry of my appeal;
for he turned his ear to me in the day when I called him.
How gracious is the Lord, and just; our God has compassion.
The Lord protects the simple hearts; I was helpless so he saved me.
Turn back, my soul, to your rest for the Lord has been good;
he has kept my soul from death, my eyes from tears,
and my feet from stumbling.
Glory be to the Father...

SCRIPTURE READING

Put on, then, as God's chosen ones, holy and beloved, compassion, kindness, lowliness, meekness, and patience, forbearing one another;

and if one has a complaint against one another, forgiving one another; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony.

Colossians 3

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...

Rise up, O children of light, and let us give glory to the Lord who alone can save our souls. O Lord, as you withdraw sleep from the eyes of our body, grant us wakefulness of mind so that we may stand before you in awe and sing your praises worthily. Through Christ our Lord. Amen.

