

# Daily Prayer

*Feria*

*Wednesday, January 19, 2021*

*We enter into a time of quiet. We offer to God our selves and in the silence know that God embraces us as God's very own. We offer our hopes and our concerns through our prayers and in the silence listen for God. Today we hold in our prayers the ordinary moments in life—the trials and the joys.*

*We begin by saying*

O Lord, open our lips  
**and our mouth shall proclaim your praise.**  
Your light springs up for the righteous  
**and all the peoples have seen your glory.**

## The First Reading

You have ravished my heart, my sister, my bride,  
you have ravished my heart with a glance of your eyes,  
with one jewel of your necklace.  
How sweet is your love, my sister, my bride!  
how much better is your love than wine,  
and the fragrance of your oils than any spice!  
Your lips distil nectar, my bride;  
honey and milk are under your tongue;  
the scent of your garments is like the scent of Lebanon.  
A garden locked is my sister, my bride,  
a garden locked, a fountain sealed.  
Your channel is an orchard of pomegranates  
with all choicest fruits,  
henna with nard,  
nard and saffron, calamus and cinnamon,

with all trees of frankincense,  
myrrh and aloes,  
    with all chief spices—  
a garden fountain, a well of living water,  
    and flowing streams from Lebanon.  
  
Awake, O north wind,  
    and come, O south wind!  
Blow upon my garden  
    that its fragrance may be wafted abroad.  
Let my beloved come to his garden,  
    and eat its choicest fruits.

*Song of Solomon 4.9-5.1*

## The Psalm

I will exalt you, O God my King, ♦  
    and bless your name for ever and ever.  
  
Every day will I bless you ♦  
    and praise your name for ever and ever.  
  
Great is the Lord and highly to be praised; ♦  
    his greatness is beyond all searching out.  
  
One generation shall praise your works to another ♦  
    and declare your mighty acts.  
  
They shall speak of the majesty of your glory, ♦  
    and I will tell of all your wonderful deeds.  
  
They shall speak of the might of your marvellous acts, ♦  
    and I will also tell of your greatness.  
  
They shall pour forth the story of your abundant kindness ♦  
    and joyfully sing of your righteousness.

The Lord is gracious and merciful, ♦  
long-suffering and of great goodness.

The Lord is loving to everyone ♦  
and his mercy is over all his creatures.

All your works praise you, O Lord, ♦  
and your faithful servants bless you.

They tell of the glory of your kingdom ♦  
and speak of your mighty power,

To make known to all peoples your mighty acts ♦  
and the glorious splendour of your kingdom.

Your kingdom is an everlasting kingdom; ♦  
your dominion endures throughout all ages.

The Lord is sure in all his words ♦  
and faithful in all his deeds.

The Lord upholds all those who fall ♦  
and lifts up all those who are bowed down.

The eyes of all wait upon you, O Lord, ♦  
and you give them their food in due season.

You open wide your hand ♦  
and fill all things living with plenty.

The Lord is righteous in all his ways ♦  
and loving in all his works.

The Lord is near to those who call upon him, ♦  
to all who call upon him faithfully.

He fulfils the desire of those who fear him; ♦  
he hears their cry and saves them.

The Lord watches over those who love him, ♦  
but all the wicked shall he destroy.

My mouth shall speak the praise of the Lord, ♦  
and let all flesh bless his holy name for ever and ever.

*Psalm 145*

## The Gospel Reading

Then they said to him, ‘John’s disciples, like the disciples of the Pharisees, frequently fast and pray, but your disciples eat and drink.’ Jesus said to them, ‘You cannot make wedding-guests fast while the bridegroom is with them, can you? The days will come when the bridegroom will be taken away from them, and then they will fast in those days.’ He also told them a parable: ‘No one tears a piece from a new garment and sews it on an old garment; otherwise the new will be torn, and the piece from the new will not match the old. And no one puts new wine into old wineskins; otherwise the new wine will burst the skins and will be spilled, and the skins will be destroyed. But new wine must be put into fresh wineskins. And no one after drinking old wine desires new wine, but says, “The old is good.” ’

*Luke 5.33-39*

*We continue with the reflection that follows. In silence, we ask what the reading has to say to us today. Is there something in the reflection that draws us more deeply into the reading? What does God have to say to us? What do we have to ask God?*

## The Reflection

*Katy Waugh*

“The Lord is near to all who call upon him”

*Psalm 145*

Since this dreaded pandemic began I have been talking to a lot of people on the phone. That should not come as a surprise to any of you who know me. I am an extrovert and a Luddite. Yes, I can text

and email but, give me an old-fashioned telephone and I know I am having “a real conversation” with some one. The content of these calls will not come as any surprise to you. After we rehearse the Covid numbers, criticize all levels of government about their actions or lack thereof, find out how various members of our families are faring, we get to the heart of the matter which centres around floating anxiety fuelled by isolation. There is no quick fix for this state of being but I find that praying and listening to music really helps.

And, if you have run out of prayers and maybe even the sense that someone is listening, I find the words of this morning's psalm very reassuring. Amidst the words of praise and thanksgiving for all that God has done and is doing is this line in verse 19: “The Lord is near to all who call upon him.” There are lots of other reassurances, but this one is the one that sticks with me on this very snowy day in mid-January. It lets me breathe more deeply and stop to look around instead of spiralling downward in a sea of worry or self pity.

Have you listened to our amazing choir singing on The Redeemer's YouTube channel? Let me suggest you listen to them singing “We are Not Alone.” I hope that those wonderful voices and familiar faces will give your soul a boost and a reminder that the Lord is near. My other theme song is sung by John Michael Talbot called Be Not Afraid. Again, your situation may not be changed but your sense of being in God's company may help you to breathe.

And, my last suggestion for finding respite and companionship is to read and pray the words of Kathleen Fischer's wonderful prayer which can be found in a book called The Courage the Heart Desires. Sit somewhere quiet. Perhaps light a candle or do whatever else sets a mood of calm and receptivity.

Breathe....

Merciful God, you tell us not to be afraid,  
for even in the darkest valley,  
you will be with us.

Abide with me.

Dusk falls,  
and the shadows deepen,  
the light departs.

Abide with me.

Give me hope.

Despair descends,  
my options are few,  
no path seems clear.

Give me hope.

Lift me up.

Courage falters,  
my faith weakens,  
my reserves fail.

Lift me up.

Light my way.

Vision dims,  
my fear builds,  
signposts vanish.

Light my way.

Abide with me.

Give me hope.

Lift me up.

Light my way.

I hope you too find that as the psalmists tells us, the Lord is near.

*When the time is right, we conclude our time of silence with the canticle*

## The Canticle ~ A Song of Praise

You created all things, O God,  
and are worthy of our praise for ever

You are worthy, our Lord and God, ♦  
to receive glory and honour and power.

For you have created all things, ♦  
and by your will they have their being.

You are worthy, O Lamb, for you were slain, ♦  
and by your blood you ransomed for God  
saints from every tribe and language and nation.

You have made them to be a kingdom and priests  
serving our God, ♦  
and they will reign with you on earth.

To the One who sits on the throne and to the Lamb  
be blessing and honour and glory and might,  
for ever and ever

You created all things, O God,  
and are worthy of our praise for ever

*Revelation 4.11; 5.9b, 10*

*We continue in prayer for those people and situations that we hold up before God (The Intercessions)  
and continue with the concluding collect, the Lord's prayer and the closing sentences.*

## The Intercessions

For all the peoples of the world;  
that they may know you as the God of peace,  
we pray to you,  
Lord, hear our prayer.

For nations, for leaders and governments;  
that integrity may mark all their dealings,  
we pray to you,  
Lord, hear our prayer.

For all who labour for righteousness;  
that your presence and help may give them courage,  
we pray to you,  
Lord, hear our prayer.

For communities torn by dissension and strife;  
that your forgiveness may bring them healing,  
we pray to you,  
Lord, hear our prayer.

For the anxious, the lonely, the bereaved;  
that consolation and peace may be theirs,  
we pray to you,  
Lord, hear our prayer.

For the Church, your household and family;  
that she may be firm in the confession of her hope,  
we pray to you,  
Lord, hear our prayer.

For those who are separated from us by death;  
that theirs may be the kingdom which is unshakeable,  
we pray to you,  
Lord, hear our prayer.

O God of peace,  
who brought again from the dead our Lord Jesus,  
that great Shepherd of the sheep:  
make us perfect in all goodness to do your will  
and to be what you would have us be;  
through him to whom be glory for ever,  
Jesus Christ our Lord.

**Amen.**

*Our prayers conclude*

Lord of all,  
You are present to us in each moment  
and make that presence known in the silence of prayer.  
Help us to commit ourselves afresh to seeking you in contemplation,  
help us to know your love in our moments of reflection  
and help us, amid all the noise and busyness of the world,  
to know your call on our lives and to follow it,  
through Jesus Christ our Lord.

*[let us pray as our Saviour taught us,]*

Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins,  
as we forgive those who sin against us.  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen

*We conclude*

Jesus, Lord of time,  
**hold us in your eternity.**  
Jesus, image of God,  
**travel with us the life of faith.**  
Jesus, friend of sinners,  
**heal the brokenness of our world.**  
Jesus, Lord of tomorrow,  
**draw us into your future. Amen.**





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The Psalm: Common Worship: Psalter © The Archbishops' Council 2005 and published by Church House Publishing.

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The Intercessions: Scottish Episcopal Church—Form 1 (adapted)

The Collect: The Canterbury Book of New Parish Prayers © 2021 by Max Kramer and published by Canterbury Press

The Concluding Sentence: Common Worship: For the Beginning of the New Year. © The Archbishops' Council 2005 and published by Church House Publishing.

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