

# Daily Prayer

*Feria*

*Wednesday, February 1, 2022*

*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

In your struggle against sin you have not yet resisted to the point of shedding your blood. And you have forgotten the exhortation that addresses you as children—

'My child, do not regard lightly the discipline of the Lord,  
or lose heart when you are punished by him;  
for the Lord disciplines those whom he loves,  
and chastises every child whom he accepts.'

Endure trials for the sake of discipline. God is treating you as children; for what child is there whom a parent does not discipline? Now, discipline always seems painful rather than pleasant at the time, but later it yields the peaceful fruit of righteousness to those who have been trained by it.

Therefore lift your drooping hands and strengthen your weak knees, and make straight paths for your feet, so that what is lame may not be put out of joint, but rather be healed.

Pursue peace with everyone, and the holiness without which no one will see the Lord. See to it that no one fails to obtain the grace of God; that no root of bitterness springs up and causes trouble, and through it many become defiled.

*Hebrews 12.4-7, 11-15*

## **The Psalm**

Bless the Lord, O my soul, ♦  
and all that is within me bless his holy name.

Bless the Lord, O my soul, ♦  
and forget not all his benefits;

As a father has compassion on his children, ♦  
so is the Lord merciful towards those who fear him.

For he knows of what we are made; ♦  
he remembers that we are but dust.

Our days are but as grass; ♦  
we flourish as a flower of the field;

For as soon as the wind goes over it, it is gone, ♦  
and its place shall know it no more.

But the merciful goodness of the Lord is from of old  
and endures for ever on those who fear him, ♦  
and his righteousness on children's children;

On those who keep his covenant ♦  
and remember his commandments to do them.

*Psalms 102.1-2, 13-18*

## The Gospel Reading

Jesus left that place and came to his home town, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, 'Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?' And they took offence at him. Then Jesus said to them, 'Prophets are not without honour, except in their home town, and among their own kin, and in their own house.' And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief. Then he went about among the villages teaching.

*Mark 6.1-6*

*In silence, we ask what the readings have to say to us today. Is there something that draws us more deeply into the reading? What does God have to say to us? What do we have to ask God?*

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

## The Canticle ~ A Song of the Covenant

**I have given you as a light to the nations,  
and I have called you in righteousness.**

Thus says God, who created the heavens, ♦  
who fashioned the earth and all that dwells in it;

Who gives breath to the people upon it ♦  
and spirit to those who walk in it,

'I am the Lord and I have called you in righteousness, ♦  
I have taken you by the hand and kept you;

'I have given you as a covenant to the people, ♦  
a light to the nations, to open the eyes that are blind,  
'To bring out the captives from the dungeon, ♦  
from the prison, those who sit in darkness.  
'I am the Lord, that is my name; ♦  
my glory I give to no other.'

*Isaiah 42.5-8a*

*Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.*

**I have given you as a light to the nations,  
and I have called you in righteousness.**

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

## **The Intercessions**

We pray for the coming of God's kingdom.  
You sent your Child to bring good news to the poor,  
sight to the blind,  
freedom to the captives  
and salvation to your people:  
anoint us with your Spirit;  
rouse us to work in his name.  
By your Spirit  
**bring in your kingdom.**

Send us to bring help to the poor  
and freedom to the oppressed.

By your Spirit

**bring in your kingdom.**

Send us to tell the world  
the good news of your healing love.

By your Spirit

**bring in your kingdom.**

Send us to those who mourn,  
to bring joy and gladness instead of grief.

By your Spirit

**bring in your kingdom.**

Send us to proclaim that the time is here  
for you to save your people.

By your Spirit

**bring in your kingdom.**

Use us, unworthy as we are,  
to bring in your kingdom of mercy, justice, love and peace.  
Empower us by your Spirit and unite us in your Son,  
that all our joy and delight may be to serve you,  
now and for ever. **Amen.**

*Our prayers conclude*

God of light,  
in doubt you are our guide  
and in desolation you are our comfort.  
Bring your illumination to our understanding  
and your warmth to our hearts,  
that radiant with your hope  
we would bring love and compassion  
to a world so much in need,  
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*

May the light of Christ our Lord shine in all our hearts.

**Amen.**



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