

Daily Prayer

Feria

Wednesday, February 8, 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

These are the generations of the heavens and the earth when they were created.

In the day that the LORD God made the earth and the heavens, when no plant of the field was yet in the earth and no herb of the field had yet sprung up—for the LORD God had not caused it to rain upon the earth, and there was no one to till the ground; but a stream would rise from the earth, and water the whole face of the ground— then the LORD God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being. And the LORD God planted a garden in Eden, in the east; and there he put the man whom he had formed. Out of the ground the LORD God made to grow every tree that is pleasant to the sight and good for food, the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil.

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'

Genesis 2.4b-9, 15-17

The Psalm

People go forth to their work ♦

and to their labour until the evening.

There go the ships, and there is that Leviathan ♦

which you have made to play in the deep.

All of these look to you ♦

to give them their food in due season.

When you give it them, they gather it; ♦

you open your hand and they are filled with good.

When you hide your face they are troubled; ♦

when you take away their breath,

they die and return again to the dust.

Psalm 104.25, 28-31

The Gospel Reading

Then he called the crowd again and said to them, 'Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile.'

When he had left the crowd and entered the house, his disciples asked him about the parable. He said to them, 'Then do you also fail to understand? Do you not see that whatever goes into a person from outside cannot defile, since it enters, not the heart but

the stomach, and goes out into the sewer?' (Thus he declared all foods clean.) And he said, 'It is what comes out of a person that defiles. For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.'

Mark 7.14-23

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 our beginning and our end,
in whose perfect peace our lives are made whole,
amid the confusion and perplexities of this life,
help us to see the constant theme of your loving care.
In anxiety show us your provision,
in loneliness show us your company
and in uncertainty show us your wisdom,
that we may taste in this life
the fruits of your faithfulness
and the foretaste of that contentment
that comes when you are our all in all,
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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