

# Daily Prayer

*Julian of Norwich*

*Wednesday, May 8, 2024*

*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.**

In your resurrection, O Christ,

**let heaven and earth rejoice. Alleluia.**

## The First Reading

I learned both what is secret and what is manifest,  
for wisdom, the fashioner of all things, taught me.

There is in her a spirit that is intelligent, holy,  
unique, manifold, subtle,  
mobile, clear, unpolluted,  
distinct, invulnerable, loving the good, keen,  
irresistible, beneficent, humane,  
steadfast, sure, free from anxiety,  
all-powerful, overseeing all,  
and penetrating through all spirits  
that are intelligent, pure, and altogether subtle.  
For wisdom is more mobile than any motion;  
because of her pureness she pervades and penetrates all things.  
For she is a breath of the power of God,  
and a pure emanation of the glory of the Almighty;

therefore nothing defiled gains entrance into her.  
For she is a reflection of eternal light,  
a spotless mirror of the working of God,  
and an image of his goodness.  
Although she is but one, she can do all things,  
and while remaining in herself, she renews all things;  
in every generation she passes into holy souls  
and makes them friends of God, and prophets;  
for God loves nothing so much as the person who lives with wisdom.  
She is more beautiful than the sun,  
and excels every constellation of the stars.  
Compared with the light she is found to be superior,  
for it is succeeded by the night,  
but against wisdom evil does not prevail.

*Wisdom of Solomon 7.21-30*

## **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;

Who forgives all your sins ♦  
and heals all your infirmities;

Who redeems your life from the Pit ♦  
and crowns you with faithful love and compassion;

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.

*Psalm 103.1-4, 13-18*

## **The Gospel Reading**

Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him.'

Philip said to him, 'Lord, show us the Father, and we will be satisfied.' Jesus said to him, 'Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, "Show us the Father"? Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own; but the Father who dwells in me does his works. Believe me that I am in the Father and the Father is in me; but if you do not, then believe me because of the works themselves. Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. I will do whatever you ask in my name, so that the Father may be glorified in the Son. If in my name you ask me for anything, I will do it.'

*John 14.6-14*

*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 New Creation**

I will make a way in the wilderness,  
and rivers in the desert.

'I am the Lord, your Holy One, ♦  
the Creator of Israel, your King.'

Thus says the Lord, who makes a way in the sea, ♦  
a path in the mighty waters,

'Remember not the former things, ♦  
nor consider the things of old.

'Behold, I am doing a new thing; ♦  
now it springs forth, do you not perceive it?

'I will make a way in the wilderness  
and rivers in the desert, ♦  
to give drink to my chosen people,

'The people whom I formed for myself, ♦  
that they might declare my praise.'

*Isaiah 43.15, 16, 18, 19, 20c, 21*

*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 will make a way in the wilderness,

and rivers in the desert.

*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 to Jesus who is present with us to eternity.

Jesus, light of the world,

bring the light and peace of your gospel to the nations ...

Jesus, Lord of life,

in your mercy, hear us.

Jesus, bread of life,

give food to the hungry ...

and nourish us all with your word.

Jesus, Lord of life,

in your mercy, hear us.

Jesus, our way, our truth, our life,

be with us and all who follow you in the way ...

Deepen our appreciation of your truth

and fill us with your life.

Jesus, Lord of life,

in your mercy, hear us.

Jesus, Good Shepherd who gave your life for the sheep,

recover the straggler,

bind up the injured,

strengthen the sick

and lead the healthy and strong to new pastures.

Jesus, Lord of life,

in your mercy, hear us.

Jesus, the resurrection and the life,

we give you thanks for all who have lived and believed in you ...

Raise us with them to eternal life.  
Jesus, Lord of life,  
in your mercy, hear us,  
accept our prayers, and be with us always. Amen.

*Our prayers conclude*

Source and Partner of the eternal Word,  
who brought to birth in the Lady Julian  
many visions of your nurturing and sustaining love,  
move our hearts, we pray,  
to seek your will above all things,  
that we may know the joy of your gifts  
and embrace the gift that is simply yourself;  
through Jesus Christ our Lord,  
our Saviour, Brother, and Mother,  
who is alive and reigns with you and the Holy Spirit,  
one God, now and for ever.

*[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 risen Christ grant us the joy of eternal life.

**Amen.**

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Biographical Information: For All the Saints © 2007, General Synod, Anglican Church of Canada

# Church of the Redeemer

162 Bloor Street West Toronto, ON M5S 1M4

416.922.4948

[office@theredeemer.ca](mailto:office@theredeemer.ca)

[www.TheRedeemer.ca](http://www.TheRedeemer.ca)

Facebook: theRedeemerTO

Instagram: theRedeemerTO

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