

# Daily Prayer

*Feria*

*Wednesday, February 5, 2025*

*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.

*Psalm 103.1-2, 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 New Jerusalem

Above you the Holy One arises,  
and above you God's glory appears.

Arise, shine out, for your light has come, ♦  
the glory of the Lord is rising upon you.

Though night still covers the earth, ♦  
and darkness the peoples;

Above you the Holy One arises, ♦  
and above you God's glory appears.

The nations will come to your light, ♦  
and kings to your dawning brightness.

Your gates will lie open continually, ♦  
shut neither by day nor by night.

The sound of violence shall be heard no longer in your  
land, ♦  
or ruin and devastation within your borders.

You will call your walls, Salvation, ♦  
and your gates, Praise.

No more will the sun give you daylight, ♦  
nor moonlight shine upon you;

But the Lord will be your everlasting light, ♦  
your God will be your splendour.

For you shall be called the city of God, ♦  
the dwelling of the Holy One of Israel.

*Isaiah 60.1-3,11a,18,19,14b*

*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.*

Above you the Holy One arises,  
and above you God's glory appears.

*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**

For the unity of the Church in witness and proclamation of the  
Gospel ...;

let us pray to the Lord.

For the peace and stability of all peoples  
and for the leaders of the nations ...;

let us pray to the Lord.

For places of work, education and leisure ...;

let us pray to the Lord.

For a blessing on our homes;

for our relations and friends and all whom we love ...;

let us pray to the Lord.

For the sick and suffering and all who minister to their needs ...;

let us pray to the Lord.

Let us commend ourselves, and all for whom we pray,  
to the mercy and protection of God.

*Our prayers conclude*

God of all,

whose Son came among us at the light of the world,

bestow on your Church your gifts,

that our eyes may be opened to see your light,

our lives transformed by its radiance

and our world healed by the warmth of our generosity and love,

through Jesus Christ our Lord. Amen.

*[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 God, who has called us out of darkness  
into his marvellous light,  
bless us and fill us with peace.

**Amen.**



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