

Praying together each day



**The Parish of the Good Shepherd
Ashton-under-Lyne**

We want to build church communities committed to praying together every day even when we can't physically be together. As we do this, we join with the whole Body of Christ, knowing that we are never praying alone.

This simple pattern of prayer enables us to pray together in a flexible way to take account of differing needs and lifestyles.

If possible, try to find a quiet time and place to pray. You may find it helpful to light a candle and keep a few moments of quiet before you.

There are several steps suggested here that you can take. Choose the steps that work best for you, remembering that what matters most is that you are able to encounter God regularly. You might like to step with just Step 1 to start with and then add in more steps as you feel confident in doing so.

Step 1: In this leaflet, there is a prayer set for each day of the month – try saying this and the Lord's Prayer.

Step 2: Each prayer is based on a psalm – try reading the psalm slowly and prayerfully. You'll need to find the psalm in a Bible or online or on the Church of England Psalm App for your mobile.

Step 3: Trying adding in a Bible reading – we will provide some options for you.

Step 4: You might like to use the simple Daily Office that is included at the back of this booklet.

1st

Psalm 1 “The Lord knows the way of the righteous”

Christ our wisdom,
give us delight in your law,
that we may bear fruits of patience and peace
in the kingdom of the righteous;
for your mercy’s sake.

2nd

Psalm 8 “O Lord our governor, how glorious is your name in all the world”

We bless you, master of the heavens,
for the wonderful order which enfolds this world;
grant that your whole creation
may find fulfilment in the Son of Man,
Jesus Christ our Saviour.

3rd

Psalm 13 “I love the Lord, for he has heard the voice of my supplication

Jesus Christ, Son of God,
who passed through the dark sleep of death,
remember those who cry to you
in shame and silence and defeat
and raise them to your risen life,
for you are alive and reign for ever.

4th

Psalm 19 “The commandment of the Lord is pure and gives light to the eyes”

Christ, the sun of righteousness, rise in our hearts this day,
enfold us in the brightness of your love
and bear us at the last to heaven’s horizon;
for your love’s sake.

5th

Psalm 23 “I will dwell in the house of the Lord for ever”

Crown us, O God, but with humility,
and robe us with compassion,
that, as you call us into the kingdom of your Son,
we may strive to overcome all evil by the power of good
and so walk gently on the earth
with you, our God, for ever.

- 6th Psalm 29 “The Lord shall give his people the blessing of peace.”**
Open our ears, glorious Lord Christ,
to hear the music of your voice
above the chaos of this world;
open our eyes to see the vision of your glory,
for you are our King, now and for ever.
- 7th Psalm 34 “O taste and see that the Lord is gracious”**
Send your holy angels
to watch over us, O God,
that on our lips will be found your truth
and in our hearts your love;
so we may ever taste your goodness
in the land of the living;
through Jesus Christ our Lord.
- 8th Psalm 41 “O Lord, be merciful to me”**
God our deliverer,
raise up the poor and comfort the betrayed,
through the one who for our sakes became poor
and whose betrayal brought our salvation,
Jesus Christ our Lord.
- 9th Psalm 42 “O put your trust in God”**
Come, creator Spirit, source of life;
sustain us when our hearts are heavy
and our wells have run dry,
for you are the Father’s gift,
with him who is our living water,
Jesus Christ our Lord.
- 10th Psalm 46 “The Lord of hosts is with us”**
God of Jacob,
when the earth shakes
and the nations are in uproar,
speak, and let the storm be still;
through Jesus Christ our Lord.

- 11th Psalm 52 “I trust in the goodness of God for ever and ever”**
Faithful and steadfast God,
nourish your people in this wicked world,
and, through prayer and the Scriptures,
give us our daily bread;
through Jesus Christ our Lord.
- 12th Psalm 57 “Be exalted, O God, above the heavens”**
Tender God, gentle protector in time of trouble,
pierce the gloom of despair
and give us, with all your people,
the song of freedom and the shout of praise;
in Jesus Christ our Lord.
- 13th Psalm 65 “Be joyful in God, all the earth**
May the richness of your creation, Lord,
and the mystery of your providence
lead us to that heavenly city
where all peoples will bring their wealth,
forsake their sins and find their true joy,
Jesus Christ our Lord.
- 14th Psalm 67 “Let the peoples praise you, O God”**
In the face of Jesus Christ
your light and glory have blazed forth,
O God of all the nations;
with all your people,
may we make known your grace
and walk in the ways of peace;
for your name’s sake.
- 15th Psalm 72 “The Lord is king; let the earth rejoice”**
May your kingdom come, O God,
with deliverance for the needy,
with peace for the righteous,
with overflowing blessing for all nations,
with glory, honour and praise
for Christ, the only Saviour.

- 16th Psalm 77 “In the day of my trouble I have sought the Lord”**
God our shepherd,
you led us and saved us in times of old;
do not forget your people in their troubles,
but raise up your power
to sustain the poor and helpless;
for the honour of Jesus Christ our Lord.
- 17th Psalm 82 “Arise, O God, and judge the earth”**
God our deliverer,
when the foundations are shaken
and justice has departed,
defend the poor and needy
and give your people strength to fight all wrong
in the name of your Son, Jesus Christ our Lord.
- 18th Psalm 86 “All nations you have made shall come and worship you, O Lord”**
God of mercy,
who in your great love
drew your Son from the depths of the Pit,
bring your people from death to life,
that we may rejoice in your compassion
and praise you now and for ever.
- 19th Psalm 95 “Come, let us worship and bow down”**
Lord God, the maker of all,
as we bow down in praise this day,
make us attentive to your voice
and do not test us beyond our enduring;
through Jesus Christ our Lord.
- 20th Psalm 100 “The Lord is gracious; his steadfast love is everlasting”**
O Christ, door of the sheepfold,
may we enter your gates with praise
and go from your courts to serve you
in the poor, the lost and the wandering,
this day and all our days.

- 21st Psalm 101 “Blessed are those who fear the Lord”**
Keep us, O Lord,
in purity of heart and faithfulness to your commands,
that your servants may walk before you in the way that is perfect;
through Jesus Christ our Lord.
- 22nd Psalm 108 “Through God will we do great deeds”**
In times of terror, O God, give us boldness
to act with courage, yet with mercy,
for you rule the nations with the sword of truth;
in Jesus Christ our Lord.
- 23rd Psalm 111 “The Lord is gracious and full of compassion”**
Gracious God, you are full of compassion;
may we who long for your kingdom to come
rejoice to do your will
and acknowledge your power alone to save;
through Jesus Christ our Lord.
- 24th Psalm 117 “O praise the Lord, all you nations”**
Gracious God,
we praise you for your faithfulness
and pray that every nation may find your blessing
in the face of Jesus Christ our Lord.
- 25th Psalm 121 “The Lord shall keep you from all evil”**
Lord, ever watchful and faithful,
we look to you to be our defence
and we lift our hearts to know your help;
through Jesus Christ our Lord.
- 26th Psalm 126 “The Lord has indeed done great things for us”**
Lord, as you send rain and flowers
even to the wilderness,
renew us by your Holy Spirit,
help us to sow good seed in time of adversity
and to live to rejoice in your good harvest of all creation;
through Jesus Christ our Lord.

- 27th Psalm 133 "Mercy and truth are met together"**
Grant to your people, good Lord,
the spirit of unity,
that they may dwell together in your love,
and so bear to the world
the ointment of your healing and the dew of your blessing;
through Jesus Christ our Lord.
- 28th Psalm 139 "Search me out, O God, and know my heart"**
Creator God,
may every breath we take be for your glory,
may every footstep show you as our way,
that, trusting in your presence in this world,
we may, beyond this life, still be with you
where you are alive and reign for ever and ever.
- 29th Psalm 145 "Great is the Lord and highly to be praised"**
King of the universe,
you show the bright glory of your reign
in acts of mercy and enduring love;
raise the spirits of the downcast
and restore those who have fallen away,
that we may sing for ever of your love;
through Jesus Christ our Lord.
- 30th Psalm 148 "O praise the name of the Lord"**
O glorious God,
your whole creation sings your marvellous work;
may heaven's praise so echo in our hearts
that we may be good stewards of the earth;
through Jesus Christ our Lord.
- 31st Psalm 150 "Let everything that has breath praise the Lord"**
God of life and love,
whose Son was victorious over sin and death,
make us alive with his life,
that the whole world may resound with your praise;
through Jesus Christ our Lord.

A Simple Daily Office

Preparation:

O God, make speed to save us.

O Lord, make haste to help us.

My heart tells of your word, 'Seek my face.'

Your face, Lord, will I seek.

Praise:

We praise you, O God,
we acclaim you as the Lord;
all creation worships you,
the Father everlasting.

To you all angels, all the powers of heaven,
the cherubim and seraphim, sing in endless praise:
Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.

Psalm & Bible reading

Response:

Jesus said, I am the light of the world

Whoever follows me will have the light of life

Prayers: *You might like to say prayers for the Church, the World,
your family and friends & yourself and finish with:*

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

The Lord's Prayer

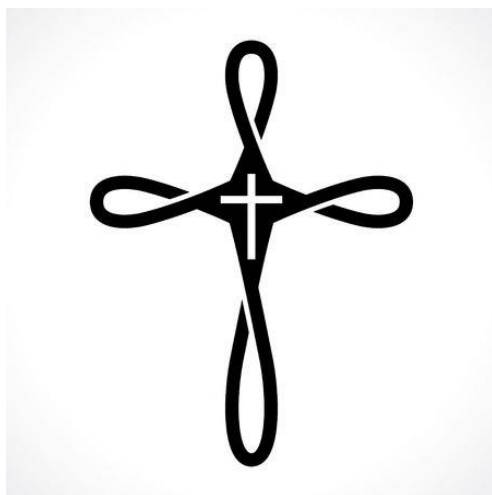
Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever.
Amen

Or

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power, and the glory
for ever and ever.
Amen.

The Conclusion

May God who made both heaven and earth bless us. **Amen.**



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