



DAILY PRAYER

January - February 2023



ABOUT DAILY PRAYER

Whether you are brand new to prayer or have been on this journey for years, we invite you to pray with your St. Paul's community in 2023. Prayer is a core practice of our Rhythm of Life, and this booklet is designed to help you cultivate a habit of praying throughout each day. These prayers are intended as aids, not rules, so use them as you're able and as works best for you.



PRAY UPON WAKING

Keep this booklet by your bedside.

Dedicate the day to God with your first thoughts.

I lay down and slept, and rose up again,
for the LORD sustained me.
I will sing of your power,
and will praise your mercy early in the morning.
Unto you, O my Strength, will I sing,
for you, O God, are my refuge, and my merciful God.

(Psalms 3.5, 59.16, 17)

Then pray
O God, I praise you this day.
O God, I thank you for this day.
O God, I ask for your help this day.
Come, Lord Jesus.

PRAY BEFORE EATING

Before every meal, pray:

Gracious God, we give you thanks for this good food. Please bless this food to our bodies, our bodies to your service, and all of us [, especially...] to your care. Amen.

Before dinner, or at some other point in the day, read the daily passage from scripture and pray the prayer of the week (see pp. 6–8).



PRAY DURING THE DAY

Cultivate a habit of praying throughout the day at a set time and/or spontaneously.

At a set time

Set a reminder on your phone to pray.

Before you pray, take a minute or two in quiet.

Call to mind 1) any sins you have committed; 2) any temptations you are struggling with; 3) anything you are grateful for; 4) any needs for you or others. Tell all of this to God, trusting in God's never-failing love and kindness.

Then pray:

Our Father in heaven,
hallowed [holy] be your name.

Your kingdom come,
your will be done,
on earth as it is in heaven.

Give us today 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 yours is the kingdom, the power, and the glory,
now and forever. Amen.

Spontaneously

Pray any of the following "arrow" prayers—so-called because they are prayers that are quickly "shot" to heaven with a single breath:

In any situation

Inhale Lord Jesus Christ [Son of God]
Exhale have mercy on me [a sinner].

For guidance

Inhale Let it be unto me
Exhale according to your Word.

For peace

Inhale Not my will
Exhale but your will be done.

For strength in spiritual struggles

Inhale Blessed be the Lord my
strength,
Exhale who teaches my hands to
goodness and my fingers to peace.



PRAY BEFORE SLEEP

Take a minute or two to be still.

Ask God for insight to understand the day just completed,
through God's eyes.

For what do you need to give thanks?

For what do you need to ask forgiveness?

Ask God for help to make any needed changes.

Now, what is done is done.

What is undone is undone.

Let it be, and commit the night to God, saying:

I will lay me down in peace, and take my rest;
for you, LORD, only, make me dwell in safety.
My soul waits for the Lord,
more than watchmen for the morning,
more than watchmen for the morning.

(Psalms 4.8, 130.6)

Then pray:

Guide us waking, O Lord,
and guard us sleeping;
that awake we may watch with Christ,
and asleep we may rest in peace.
Amen.

WEEKLY PRAYERS

January 1-7

O immortal Lord God, who inhabits eternity, and has brought your servants to the beginning of another year: Pardon, we humbly ask you, our transgressions in the past, bless to us this New Year, and graciously abide with us all the days of our life; through Jesus Christ our Lord. Amen.

January 8-14

O God, who revealed your only-begotten Son to the nations by the leading of a star: Mercifully grant, that we, who know you now by faith, may be led onward through this earthly life, until we see the vision of your heavenly glory; through the same your Son Jesus Christ, who with you and the Holy Spirit lives and reigns, one God, world without end. Amen.

January 15-21

O LORD, we ask you mercifully to receive the prayers of your people who call upon you; and grant that we may both perceive and know what things we ought to do, and also may have grace and power faithfully to fulfil the same; through Jesus Christ our Lord. Amen.

January 22-28

Almighty and everlasting God, who governs all things in heaven and earth: Mercifully hear the supplications of your people, and grant us your peace all the days of our life; through Jesus Christ our Lord. Amen.

January 29-February 4

Almighty and everlasting God, mercifully look upon our infirmities, and in all our dangers and necessities stretch forth your right hand to help and defend us; through Jesus Christ our Lord. Amen.

February 5-11

O Lord, we ask you favourably to hear the prayers of your people; that we, who are justly punished for our offences, may be mercifully delivered by your goodness, for the glory of your Name; through Jesus Christ our Saviour, who lives and reigns with you and the Holy Spirit, ever one God, world without end. Amen.

February 12-18

O Lord God, who sees that we put not our trust in anything that we do: Mercifully grant that by your power we may be defended against all adversity; through Jesus Christ our Lord. Amen.

February 19-21

O Lord, who has taught us that all our actions are worth nothing without love: Send your Holy Spirit, and pour into our hearts that most excellent gift of love, the very bond of peace and of all virtues, without which whosoever lives is counted dead before you. Grant this for the sake of your only Son, Jesus Christ. Amen.

DAILY READINGS

01-Jan..... Matthew 7:7-14

02-Jan..... Mark 1.1-13
03-Jan..... 1.14-34
04-Jan..... 1.35-45
05-Jan..... 2.1-12
06-Jan..... 2.13-22
07-Jan..... 2.23-3.12

15-Jan..... Philippians 1.18-30

16-Jan..... Mark 6.14-29
17-Jan..... 6.30-44
18-Jan..... 6.45-56
19-Jan..... 7.1-23
20-Jan..... 7.24-37
21-Jan..... 8.1-13

29-Jan..... Philippians 2.12-30

30-Jan..... Mark 10.17-31
31-Jan..... 10.32-52
01-Feb..... 11.1-19
02-Feb..... 11.20-33
03-Feb..... 12.1-12
04-Feb..... 12.13-17

12-Feb..... Philippians 3.17-9

13-Feb..... Mark 14.12-31
14-Feb..... 14.32-52
15-Feb..... 14.53-72
16-Feb..... 15.1-15
17-Feb..... 15.16-32
18-Feb..... 15.33-47

08-Jan

09-Jan..... Mark 3.13-35
10-Jan..... 4.1-20
11-Jan..... 4.21-34
12-Jan..... 4.35-5.20
13-Jan..... 5.21-43
14-Jan..... 6.1-13

Philippians 1.1-18

22-Jan

23-Jan..... Mark 8.14-26
24-Jan..... 8.27-9.1
25-Jan..... 9.2-13
26-Jan..... 9.24-29
27-Jan..... 9.30-50
28-Jan..... 10.1-16

Philippians 2.1-11

05-Feb

06-Feb..... Mark 12.18-27
07-Feb..... 12.28-34
08-Feb..... 12.35-44
09-Feb..... 13.1-23
10-Feb..... 13.24-36
11-Feb..... 14.1-11

Philippians 3.1-16

19-Feb

20-Feb..... Mark 16.1-8
21-Feb..... 16.9-20

Philippians 4.10-23

