
MONDAY - WEEK ONE

Leader: In the name of the Father, and of the Son,
and of the Holy Spirit.

All: Amen.

Leader: O Lord, open my lips,
All: and my mouth shall proclaim your praise.
Glory be to the Father and to the Son and to
the Holy Spirit, as it was in the beginning, is
now and ever shall be, world without end.
Amen.

PSALM 32

Praise is fitting for loyal hearts

Give thanks to the Lord upon the harp,
with a ten-stringed lute sing him songs.
O sing him a song that is new,
play loudly, with all your skill.

By his word the heavens were made,
by the breath of his mouth all the stars.
He collects the waves of the ocean;
he stores up the depths of the sea.

HOME PRAYERS

Our soul is waiting for the Lord.
The Lord is our help and our shield.
In him do our hearts find joy.
We trust in his holy name.

May your love be upon us, O Lord,
as we place all our hope in you.

Glory be to the Father...

SCRIPTURE READING

Ephesians 3.20

GLORY BE to him whose power, working within us, can do infinitely more than we can ask or imagine.

Leader: Today, let us remember in our prayers all those who have contracted the coronavirus, especially the elderly, those with existing health issues, and others for whom it is a dangerous illness.

Pause for silent prayer.

HOME PRAYERS

Leader: Our Father,
All: 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 that trespass against us;
and lead us not into temptation,
but deliver us from evil.

Leader: Lord Jesus, I give you my hands to do your work.
All: I give you my feet to walk your way. I give you my eyes to see as you do. I give you my tongue to speak your words. I give you my mind that you may think in me. I give you my spirit that you may pray in me. Above all, I give you my heart that you may love in me everyone I meet. I give you my whole self that you may grow in me, so that it is you, Lord Jesus, who live and work and pray in me.
Amen.

TUESDAY - WEEK ONE

Leader: In the name of the Father, and of the Son,
and of the Holy Spirit.

All: Amen.

Leader: O Lord, open my lips,
All: and my mouth shall proclaim your praise.
Glory be to the Father and to the Son and to
the Holy Spirit, as it was in the beginning, is
now and ever shall be, world without end.
Amen.

PSALM 26

The Lord is my light and my help

The Lord is my light and my help;
whom shall I fear?

The Lord is the stronghold of my life;
before whom shall I shrink?

There is one thing I ask of the Lord,
for this I long,
to live in the house of the Lord,
all the days of my life,
to savour the sweetness of the Lord,
to behold his temple.

HOME PRAYERS

For there he keeps me safe in his tent
in the day of evil.

He hides me in the shelter of his tent,
on a rock he sets me safe.

Glory be to the Father...

SCRIPTURE READING

1John 4.7-8

BELOVED, let us love one another, because love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love.

Leader: Today, let us remember in our prayers doctors, nurses and all healthcare workers, as well as all those who continue to provide emergency and essential services.

Pause for silent prayer.

HOME PRAYERS

Leader: Our Father,
All: 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 that trespass against us;
and lead us not into temptation,
but deliver us from evil.

Leader: Father, we offer to you this day
All: all our thoughts, words and actions, all our
sufferings and disappointments, and all our
joys. And we unite our lives with that of your
beloved Son, Jesus Christ. Amen.

WEDNESDAY - WEEK ONE

Leader: In the name of the Father, and of the Son,
and of the Holy Spirit.

All: Amen.

Leader: O Lord open my lips,

All: and my mouth shall proclaim your praise.
Glory be to the Father and to the Son and to
the Holy Spirit, as it was in the beginning, is
now and ever shall be, world without end.
Amen.

PSALM 23

The Lord is my Shepherd

The Lord is my shepherd;
there is nothing I shall want.
Fresh and green are the pastures
where he gives me repose.
Near restful waters he leads me,
to revive my drooping spirit.

He guides me along the right path;
He is true to his name.

HOME PRAYERS

If I should walk in the valley of darkness
no evil would I fear.
You are there with your crook and your staff;
with these you give me comfort.

You have prepared a banquet for me
in the sight of my foes.
My head you have anointed with oil
my cup is overflowing.

Surely goodness and kindness shall follow me
all the days of my life.
In the Lord's house shall I dwell
for ever and ever.

Glory be to the Father...

SCRIPTURE READING

Galatians 5.22-23

THE FRUITS of the Spirit are love, joy,
peace, patience, kindness, generosity,
faithfulness, gentleness and self-control.
Against such things there is no law.

HOME PRAYERS

Leader: Today, let us remember in our prayers all people who are living in isolation or in quarantine, for their health and wellbeing. Let us also pray for carers – both those whose work it is, and those who care for a family member or loved one.

Pause for silent prayer.

Leader: Our Father,
All: 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 that trespass against us;
and lead us not into temptation,
but deliver us from evil.

Leader: Father, you have brought us to the beginning of a new day.

All: Your hand is upon us to care for and protect us. We offer you our lives and hearts. May we always do your will and love our neighbour as ourselves. Amen.

THURSDAY - WEEK ONE

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

All: Amen.

Leader: O Lord, open my lips,

All: and my mouth shall proclaim your praise. Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.

PSALM 15

The Lord, my inheritance

Preserve me, God, I take refuge in you.
I say to the Lord: 'You are my God.
My happiness lies in you alone.'

I will bless the Lord who gives me counsel,
who even at night directs my heart.
I keep the Lord ever in my sight:
since he is at my right hand, I shall stand firm.

You will show me the path of life,
the fullness of joy in your presence,
at your right hand happiness for ever.

Glory be to the Father...

HOME PRAYERS

SCRIPTURE READING

Micah 6.8

WHAT DOES the Lord require of you?
Only this: To act justly, to love
tenderly and to walk humbly with your
God.

Leader: Today, let us remember in our prayers families
who share this time together, and for those liv-
ing and working in residential care homes.

Pause for silent prayer.

Leader: Our Father,

All: 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 that trespass against us;
and lead us not into temptation,
but deliver us from evil.

HOME PRAYERS

Leader: Lord, be the beginning of all that we do and say this day.

All: Inspire our actions with your grace, and complete them with your all-powerful help. We make our prayer through Christ our Lord. Amen.

FRIDAY - WEEK ONE

Leader: In the name of the Father, and of the Son, and
of the Holy Spirit.

All: Amen.

Leader: O Lord, open my lips,

All: and my mouth shall proclaim your praise.
Glory be to the Father and to the Son and to
the Holy Spirit, as it was in the beginning, is
now and ever shall be, world without end.
Amen.

PSALM 41

When can I enter and see the face of God?

Like the deer that yearns
for running streams,
so my soul is yearning
for you, my God.

My soul is thirsting for God,
the God of my life;
when can I enter and see
the face of God?

HOME PRAYERS

By day the Lord will send
his loving kindness;
by night I will sing to him,
praise the God of my life.

Glory be to the Father...

SCRIPTURE READING

John 15.12-13

THIS IS my commandment: love one another, as I have loved you. A man can have no greater love than to lay down his life for his friends.

Leader: Today, let us remember in our prayers scientists and other experts who advise governments about policy; and for those who are working to find a vaccine for the disease.

Pause for silent prayer.

Leader: Our Father,
All: who art in heaven,
hallowed be thy name;
thy kingdom come,

HOME PRAYERS

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 that trespass against us;
and lead us not into temptation,
but deliver us from evil.

Leader: O Lord, open my eyes
All: that I may see the needs of others. Open my
ears that I may hear their cries. Open my heart
that I may love and cherish them. Let me not
be afraid to defend the weak, because of the
anger of the strong, nor afraid to defend the
poor, because of the anger of the rich. Show
me where love, faith and hope are needed and
open my eyes, ears and heart, that I may this
coming day do your will. Through Christ our
Lord. Amen.

SATURDAY - WEEK ONE

Leader: In the name of the Father, and of the Son,
and of the Holy Spirit.

All: Amen.

Leader: O Lord, open my lips,

All: and my mouth shall proclaim your praise.
Glory be to the Father and to the Son and to
the Holy Spirit, as it was in the beginning, is
now and ever shall be, world without end.
Amen.

PSALMS 64

To you our praise is due in Sion, O God

The ends of the earth stand in awe
at the sight of your wonders, Lord.
The lands of sunrise and sunset
you fill with your joy.

You care for the earth, give it water,
you fill it with riches.
Your river in heaven brims over
to provide its grain.

The hills are girded with joy,
the meadows covered with flocks,
the valleys are decked with wheat.
They shout for joy, yes they sing.

Glory be to the Father...

SCRIPTURE READING

Philippians 4.6-7

DO NOT BE anxious about anything, but in everything, by prayer and petition and with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Leader: Today, let us remember in our prayers all who are anxious and fearful, worried about the future, worried about loved ones, worried about their own health and their livelihood.

Pause for silent prayer.

Leader: Our Father,

All: 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;

HOME PRAYERS

and forgive us our trespasses,
as we forgive those that trespass against us;
and lead us not into temptation,
but deliver us from evil.

Leader: O Jesus:

All: through the most pure heart of Mary, I offer
you all the prayers, works, sufferings and joys
of this day, for the intentions of your Divine
Heart. Amen.

MONDAY - WEEK TWO

Leader: In the name of the Father, and of the Son,
and of the Holy Spirit.

All: Amen.

Leader: O Lord, open my lips,
All: and my mouth shall proclaim your praise.
Glory be to the Father and to the Son and to
the Holy Spirit, as it was in the beginning, is
now and ever shall be, world without end.
Amen.

PSALM 138

The Lord knows all things

It was you who created my being,
knit me together in my mother's womb.
I thank you for the wonder of my being,
for the wonders of all your creation.

O Lord, you search me and you know me,
you know my resting and my rising,
You mark when I walk or lie down,
all my ways lie open to you.

Already you knew my soul,
my body held no secret from you

HOME PRAYERS

when I was being fashioned in secret
and moulded in the depths of the earth.

Your eyes saw all my actions,
they were all of them written in your book;
every one of my days was decreed
before one of them came into being.

To me, how mysterious your thoughts,
The sum of them not to be numbered!
If I count them, they are more than the sand;
To finish, I must be eternal, like you.

O search me, God, and know my heart.
O test me and know my thoughts.
See that I follow not the wrong path
and lead me in the path of life eternal.

Glory be to the Father ...

SCRIPTURE READING

Ephesians 3.20

GLORY BE to him whose power, working within us, can do infinitely more than we can ask or imagine.

HOME PRAYERS

Leader: Today, let us remember in our prayers all those who have contracted the coronavirus, especially the elderly, those with existing health issues, and others for whom it is a dangerous illness.

Pause for silent prayer.

Leader: Our Father,

All: 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 that trespass against us;
and lead us not into temptation,
but deliver us from evil.

Leader: Lord Jesus, I give you my hands to do your work.

All: I give you my feet to walk your way. I give you my eyes to see as you do. I give you my tongue to speak your words. I give you my mind that you may think in me. I give you my spirit that you may pray in me. Above all, I give you my heart that you may love in me

HOME PRAYERS

everyone I meet. I give you my whole self that you may grow in me, so that it is you, Lord Jesus, who live and work and pray in me.
Amen.

TUESDAY - WEEK TWO

Leader: In the name of the Father, and of the Son,
and of the Holy Spirit.

All: Amen.

Leader: O Lord, open my lips,
All: and my mouth shall proclaim your praise.
Glory be to the Father and to the Son and to
the Holy Spirit, as it was in the beginning, is
now and ever shall be, world without end.
Amen.

PSALM 83

Longing for the Lord's temple

How lovely is your dwelling place,
Lord, God of hosts.
My soul is longing and yearning,
is yearning for the courts of the Lord.

The sparrow herself finds a home
and the swallow a nest for her brood;
she lays her young by your altars,
Lord of hosts, my king and my God.

HOME PRAYERS

They are happy, who dwell in your house,
for ever singing your praise.

They are happy, whose strength is in you,
in whose hearts are the roads to Zion.

Glory be to the Father...

SCRIPTURE READING

1John 4.7-8

BELOVED, let us love one another, because love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love.

Leader: Today, let us remember in our prayers doctors, nurses and all healthcare workers, as well as all those who continue to provide emergency and essential services.

Pause for silent prayer.

Leader: Our Father,

All: who art in heaven,
hallowed be thy name;
thy kingdom come,

HOME PRAYERS

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 that trespass against us;
and lead us not into temptation,
but deliver us from evil.

Leader: Father, we offer to you this day
All: all our thoughts, words and actions, all our
sufferings and disappointments, and all our
joys. And we unite our lives with that of your
beloved Son, Jesus Christ. Amen.

WEDNESDAY - WEEK TWO

Leader: In the name of the Father, and of the Son,
and of the Holy Spirit.

All: Amen.

Leader: O Lord open my lips,
All: and my mouth shall proclaim your praise.
Glory be to the Father and to the Son and to
the Holy Spirit, as it was in the beginning, is
now and ever shall be, world without end.
Amen.

PSALM 85

A poor person's prayer in time of trouble

Turn your ear, O Lord, and give answer
for I am poor and needy.

Preserve my life, for I am faithful;
save the servant who trusts in you.

O Lord, you are good and forgiving,
full of love to all who call.

Give heed, O Lord, to my prayer
and attend to the sound of my voice.

HOME PRAYERS

In the day of distress I will call
and surely you will reply.
Among the gods there is none like you, O Lord;
nor work to compare with yours.

Glory be to the Father...

SCRIPTURE READING

Galatians 5.22-23

THE FRUITS of the Spirit are love, joy,
peace, patience, kindness, generosity,
faithfulness, gentleness and self-control.
Against such things there is no law.

Leader: Today, let us remember in our prayers all people who are living in isolation or in quarantine, for their health and wellbeing. Let us also pray for carers – both those whose work it is, and those who care for a family member or loved one.

Pause for silent prayer.

Leader: Our Father,
All: who art in heaven,
hallowed be thy name;
thy kingdom come,

HOME PRAYERS

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 that trespass against us;
and lead us not into temptation,
but deliver us from evil.

Leader: Father, you have brought us to the beginning
of a new day.

All: Your hand is upon us to care for and protect
us. We offer you our lives and hearts. May we
always do your will and love our neighbour
as ourselves. Amen.

THURSDAY - WEEK TWO

Leader: In the name of the Father, and of the Son,
and of the Holy Spirit.

All: Amen.

Leader: O Lord, open my lips,

All: and my mouth shall proclaim your praise.
Glory be to the Father and to the Son and to
the Holy Spirit, as it was in the beginning, is
now and ever shall be, world without end.
Amen.

PSALM 130

You must be like little children to enter the kingdom of heaven

O Lord, my heart is not proud
nor haughty my eyes.
I have not gone after things too great
nor marvels beyond me.

Truly I have set my soul
in silence and peace.
A weaned child on its mother's breast,
even so is my soul.

HOME PRAYERS

O Israel, hope in the Lord
both now and forever.

Glory be to the Father...

SCRIPTURE READING

Micah 6.8

WHAT DOES the Lord require of you?
Only this: To act justly, to love
tenderly and to walk humbly with your
God.

Leader: Today, let us remember in our prayers families
who share this time together, and for those liv-
ing and working in residential care homes.

Pause for silent prayer.

Leader: Our Father,

All: 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;

HOME PRAYERS

and forgive us our trespasses,
as we forgive those that trespass against us;
and lead us not into temptation,
but deliver us from evil.

Leader: Lord, be the beginning of all that we do and say this day.

All: Inspire our actions with your grace, and complete them with your all-powerful help. We make our prayer through Christ our Lord. Amen.

FRIDAY - WEEK TWO

Leader: In the name of the Father, and of the Son,
and of the Holy Spirit.

All: Amen.

Leader: O Lord, open my lips,
All: and my mouth shall proclaim your praise.
Glory be to the Father and to the Son and to
the Holy Spirit, as it was in the beginning, is
now and ever shall be, world without end.
Amen.

PSALM 137

Thanksgiving

I thank you, Lord, with all my heart:
you have heard the words of my mouth.
In the presence of the angels I will bless you.
I will adore before your holy temple.

I thank you for your faithfulness and love,
which excel all we ever knew of you.
On the day I called, you answered;
you increased the strength of my soul.

You stretch out your hand and save me,
your hand will do all things for me.

HOME PRAYERS

Your love, O Lord, is eternal,
discard not the work of your hands.

Glory be to the Father...

SCRIPTURE READING

John 15.12-13

THIS IS my commandment: love one another, as I have loved you. A man can have no greater love than to lay down his life for his friends.

Leader: Today, let us remember in our prayers scientists and other experts who advise governments about policy; and for those who are working to find a vaccine for the disease.

Pause for silent prayer.

Leader: Our Father,

All: 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 that trespass against us;
and lead us not into temptation,
but deliver us from evil.

Leader: O Lord, open my eyes
All: that I may see the needs of others. Open my
ears that I may hear their cries. Open my heart
that I may love and cherish them. Let me not
be afraid to defend the weak, because of the
anger of the strong, nor afraid to defend the
poor, because of the anger of the rich. Show
me where love, faith and hope are needed and
open my eyes, ears and heart, that I may this
coming day do your will. Through Christ our
Lord. Amen.

SATURDAY - WEEK TWO

Leader: In the name of the Father, and of the Son,
and of the Holy Spirit.

All: Amen.

Leader: O Lord, open my lips,
All: and my mouth shall proclaim your praise.

Glory be to the Father and to the Son and to
the Holy Spirit, as it was in the beginning, is
now and ever shall be, world without end.
Amen.

PSALM 114

Thanksgiving

I love the Lord for he has heard
the cry of my appeal;
for he turned his ear to me
in the day when I called him.

How gracious is the Lord, and just;
our God has compassion.
The Lord protects the simple hearts;
I was helpless so he saved me.

Turn back, my soul, to your rest
for the Lord has been good;
he has kept my soul from death,

HOME PRAYERS

my eyes from tears,
and my feet from stumbling.

Glory be to the Father...

SCRIPTURE READING

Philippians 4.6-7

DO NOT BE anxious about anything, but in everything, by prayer and petition and with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Leader: Today, let us remember in our prayers all who are anxious and fearful, worried about the future, worried about loved ones, worried about their own health and their livelihood.

Pause for silent prayer.

Leader: Our Father,
All: who art in heaven,
hallowed be thy name;
thy kingdom come,

HOME PRAYERS

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 that trespass against us;
and lead us not into temptation,
but deliver us from evil.

Leader: O Jesus:

All: through the most pure heart of Mary, I offer
you all the prayers, works, sufferings and joys
of this day, for the intentions of your Divine
Heart. Amen.