

Monday 29th November

Psalm 1

Happy indeed is the man
who follows not the counsel of the wicked;
nor lingers in the way of sinners
nor sits in the company of scorners,
but whose delight is the law of the Lord
and who ponders his law day and night.

He is like a tree that is planted
beside the flowing waters,
that yields its fruit in due season
and whose leaves shall never fade;
and all that he does shall prosper.
Not so are the wicked, not so!

For they like winnowed chaff
shall be driven away by the wind.
When the wicked are judged they shall not stand,
nor find room among those who are just;
for the Lord guards the way of the just
but the way of the wicked leads to doom.

*This is the covenant I will make with the House of Israel. I will put my law
within them, and I will write it upon their hearts and I will be their God and
they will be my people*
Jeremiah 31

Today, as the working week begins, let us remember in our prayers all those
who are battling to earn a living, and those who are seeking to provide
employment for others.

O my God, I offer you my thoughts, words, actions and sufferings, and I
beseech you to give me your grace that I may not offend you this day but may
faithfully serve you and do your holy will in all things.

Tuesday 30th

Psalm 5

To my words give ear, O Lord,
give heed to my groaning.
Attend to the sound of my cries,
my King and my God.

It is you whom I invoke, O Lord.
In the morning you hear me;
in the morning I offer you my prayer,
watching and waiting.

You are no God who loves evil;
no sinner is your guest.
The boastful shall not stand their ground
before your face.

But I through the greatness of your love
have access to your house.
I bow down before your holy temple,
filled with awe.

All those you protect shall be glad
and ring out their joy.
You shelter them; in you they rejoice,
those who love your name.

*Trust in the Lord with all your heart and do not rely on your own insight.
Be not wise in your own eyes; fear the Lord and turn away from evil.
It will be healing to your flesh and refreshment to your bones.*
Proverbs 3

Today, let us remember in our prayers our national leaders, in their
responsibility for the key decisions affecting the lives of those they serve.

We pray, O Lord, that everything we do may be prompted by your inspiration,
so that every prayer and work of ours may begin from you and be brought by
you to completion.

Wednesday 1st December

Psalm 8

How great is your name, O Lord our God,
through all the earth!

Your majesty is praised above the heavens;
on the lips of children and of babes
you have found praise to foil your enemy,
to silence the foe and the rebel.

When I see the heavens, the work of your hands,
The moon and the stars which you arranged,
what is man that you should keep him in mind,
mortal man that you care for him?

Yet you have made him little less than a god;
with glory and honour you crowned him,
gave him power over the works of your hand,
put all things under his feet.

How great is your name, O Lord our God,
through all the earth!

*I beg you to lead a life worthy of your calling, with humility and patience,
forgiving one another in love, eager to maintain the unity of the Spirit in the
bond of peace.*

Ephesians 4

Today, let us remember in our prayers all those who work to educate and support young people, in schools, colleges, health and social services.

Dear Jesus, help me to spread your fragrance everywhere I go. Flood my soul with your spirit and life. Penetrate and possess my whole being so utterly that my life may only be a radiance of yours.

Thursday 2nd

Psalm 14

Lord, who shall be admitted to your tent
and dwell on your holy mountain?

He who walks without fault;
he who acts with justice
and speaks the truth from his heart;
he who does not slander with his tongue;

he who does no wrong to his brother,
who casts no slur on his neighbour,
who holds the godless in disdain,
but honours those who fear the Lord;

he who keeps his pledge, come what may;
who takes no interest on a loan
and accepts no bribes against the innocent.
Such a man will stand firm for ever.

*I will be with you. I will not fail you or forsake you. Be strong and of good
courage; be not frightened, neither be dismayed, for the Lord your God is with
you wherever you go.*

Joshua 1

Today, let us remember in our prayers all those who continue to provide
essential and emergency services, especially those work is often
underappreciated

Oh my God, I believe in you, strengthen my faith. All my hopes rest in you, let
me not be disappointed. I love you with all my heart. Teach me to love you
daily more and more.

Friday 3rd

Psalm 18

The law of the Lord is perfect
it revives the soul.
The rule of the Lord is to be trusted,
it gives wisdom to the simple.

The fear of the Lord is holy,
abiding for ever.
The decrees of the Lord are truth
and all of them just.

They are more to be desired than gold,
than the purest of gold
and sweeter are they than honey,
than honey from the comb.

May the spoken words of my mouth,
the thoughts of my heart,
win favour in your sight, O Lord,
my rescuer, my rock!

I appeal to you, therefore, brethren, by the mercies of God to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your minds, that you may prove what is the will of God, what is good, acceptable and perfect.

Romans 12

Today, let us remember in our prayers doctors, nurses and all healthcare workers

Light of the world, Lord Jesus Christ, shine on us so that we may walk steadfastly today in the path of life; give light to our minds and warmth to our hearts, so that your light may shine out in all we do and say.

Saturday 4th

Psalm 30

In you, O Lord, I take refuge.
Let me never be put to shame.
In your justice, set me free,
hear me and speedily rescue me.

Be a rock of refuge for me,
a mighty stronghold to save me,
for you are my rock, my stronghold.
For your name's sake, lead me and guide me.

Release me from the snares they have hidden
for you are my refuge, Lord.
Into your hands I commend my spirit.
It is you who will redeem me, Lord.

Let your face shine on your servant.
Save me in your love.

Be strong, let your heart take courage,
all who hope in the Lord.

*Do not be anxious about your life, what you shall eat or what you shall drink,
nor about your body, what you shall wear. Is not life more than food and the
body more than clothing?*

*Look at the birds of the air: they neither sow nor reap nor gather into barns,
and yet your heavenly father feeds them. Are you not of more value than they?*

Matthew 6

Today, as the weekend begins, let us remember in our prayers all families, in
their joys and sorrows, their blessings and burdens

God, give us the grace to accept with serenity the things that cannot be changed,
the courage to change the things that should be changed, and the wisdom to
know the difference. Amen

Monday 6th and Tuesday 7th

- no Home Prayers because our monastic Chapter is meeting

Wednesday 8th

Psalm 62

O God, you are my God, for you I long;
for you my soul is thirsting.

My body pines for you
like a dry, weary land without water.
So I gaze on you in the sanctuary
to see your strength and your glory.

For your love is better than life,
my lips will speak your praise.
So I will bless you all my life,
in your name I will lift up my hands.
My soul shall be filled as with a banquet,
my mouth shall praise you with joy.

On my bed I remember you.
On you I muse through the night
for you have been my help;
in the shadow of your wings I rejoice.
My soul clings to you;
your right hand holds me fast.

Come O blessed of my Father inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me. As you did it to the least of these my brothers you did it to me

Matthew 25

Today, let us remember in our prayers all those who work to educate and support young people, in schools, colleges, health and social services.

Dearest Lord, teach me to be generous; teach me to serve you as you deserve, to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for any reward, save that of knowing that I do your will.

Thursday 9th

Psalm 70

In you, O Lord, I take refuge;
let me never be put to shame.
In your justice rescue me, free me:
pay heed to me and save me.

It is you, O Lord, who are my hope,
my trust, O Lord, since my youth.
On you I have leaned from my birth
from my mother's womb you have been my help.
My hope has always been in you.

Do not reject me now that I am old;
when my strength fails do not forsake me.

I will declare the Lord's mighty deeds
proclaiming your justice, yours alone.
O God, you have taught me from my youth
and I proclaim your wonders still.

There are varieties of gifts but the same spirit; and there are varieties of service but the same Lord; and there are varieties of work but it is the same Lord who inspires them all in every one. To each is given the expression of the Spirit for the common good.

1 Corinthians 12

Today, let us remember in our prayers all those who continue to provide essential and emergency services, especially those work is often underappreciated.

Almighty God, in whom we live and move and have our being, you have made us for yourself and our hearts are restless until they rest in you; grant us purity of heart and strength of purpose, so that in your light we may see light clearly and in your service find perfect freedom.

Friday 10th

Psalm 72

How good God is to Israel,
to those who are pure of heart.
Yet my feet came close to stumbling,
my steps had almost slipped
for I was filled with envy of the proud
when I saw how the wicked prosper.

And so when my heart grew embittered
and when I was cut to the quick,
I was stupid and did not understand,
no better than a beast in your sight.

Yet I was always in your presence;
you were holding me by my right hand.
You will guide me by your counsel
and so you will lead me to glory.

What else have I in heaven but you?
Apart from you I want nothing on earth.
My body and my heart faint for joy;
God is my possession for ever.

The first commandment is this: you shall love the Lord your God with all your heart, and with all your soul, and with all your mind and with all your strength. The second is this: you shall love your neighbour as yourself. There is no commandment greater than these.

Mark 12

Today, let us remember in our prayers doctors, nurses and all healthcare workers

Lord make me an instrument of your peace. Where there is hatred, let me sow love. Where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled, as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life.

Saturday 11th

Psalm 89

O Lord, you have been our refuge
from one generation to the next.
Before the mountains were born
or the earth or the world brought forth,
you are God, without beginning or end.

You turn men back into dust
and say: 'Go back, sons of men.'
To your eyes a thousand years
are like yesterday, come and gone,
no more than a watch in the night.

Make us know the shortness of our life
that we may gain wisdom of heart.

In the morning, fill us with your love;
we shall exult and rejoice all our days.
Give us joy to balance our affliction
for the years when we knew misfortune.

Show forth your work to your servants;
let your glory shine on their children.
Let the favour of the Lord be upon us:
give success to the work of our hands

If a brother is in need of clothes and has not enough food to live on, and one of you says to them "I wish you well; keep yourself warm and eat plenty", then what good is that? Faith is like that; if good works do not go with it, it is quite dead.

James 2

Today, as the weekend begins, let us remember in our prayers all families, in their joys and sorrows, their blessings and burdens.

Set our hearts on fire with love for you, O Christ our God, that in its flame we may love you with all our heart, with all our mind, with all our soul and with all our strength, and our neighbours as ourselves, so that, keeping your commandments, we may glorify you the giver of all good gifts

Monday 13th

Psalm 102

My soul, give thanks to the Lord,
all my being bless his holy name.
My soul, give thanks to the Lord
and never forget all his blessings.

It is he who forgives all your guilt,
who heals every one of your ills,
who redeems your life from the grave,
who crowns you with love and compassion,
who fills your life with good things,
renewing your life like an eagles.

The Lord is compassion and love,
slow to anger and rich in mercy.
For as the heavens are high above the earth
so strong is his love for those who fear him.
As far as the east is from the west
so far does he remove our sins.
As a father has compassion on his sons,
the Lord has pity on those who fear him;
for he knows of what we are made,
he remembers that we are dust.

Out of his infinite glory, may God give you the power through his Spirit for your hidden self to grow strong, so that Christ may live in your hearts through faith, and then, planted in love and built on love, you will with all the saints have strength to grasp the breadth and the length, the height and the depth; until knowing the love of Christ, which is beyond all knowledge, you are filled with the utter fullness of God.

Ephesians 3

Today, as the working week begins, let us remember in our prayers all those who are battling to earn a living, and those who are seeking to provide employment for others.

Rise up, o children of light, and let us give glory to the Lord who alone can save our souls. O Lord, as you withdraw sleep from the eyes of our body, grant us wakefulness of mind so that we may stand before you in awe and sing your praises worthily.

Tuesday 14th

Psalm 111

Happy the man who fears the Lord
who takes delight in all his commands.
He is a light in the darkness for the upright:
he is generous, merciful and just.

The good man takes pity and lends,
he conducts his affairs with honour.
The just man will never waver:
he will be remembered for ever.

He has no fear of evil news;
with a firm heart he trusts in the Lord.
With a steadfast heart he will not fear;
he will see the downfall of his foes.

Open-handed he gives to the poor;
his justice stands firm for ever.
His head will be raised in glory.

We must be self-restrained and live upright and religious lives in this present world, waiting in hope for the blessing which will come with the appearing of the glory of our great God and Saviour Christ Jesus. He offered himself for us in order to ransom us from all our faults and to purify a people to be his very own and eager to do good.

Titus 2:12-14

Today, let us remember in our prayers our national leaders, in their responsibility for the key decisions affecting the lives of those they serve.

Lord our God, Father of all, you guard us under the shadow of your wings and search into the depths of our hearts. Remove the blindness that cannot know you and relieve the fear that would hide us from your sight. Through Christ our Lord.

Wednesday 15th

Psalm 125

When the Lord delivered Zion from bondage,
it seemed like a dream.
Then was our mouth filled with laughter,
on our lips there were songs.
The heathens themselves said: 'What marvels
the Lord worked for them!'
What marvels the Lord worked for us!
Indeed we were glad.

Deliver us, O Lord, from our bondage
as streams in dry land.
Those who are sowing in tears
will sing when they reap.

They go out, they go out, full of tears,
carrying seed for the sowing:
they come back, they come back, full of song,
carrying their sheaves.

You know the time has come; the moment is here for you to stop sleeping and wake up, because by now our salvation is nearer than when we first began to believe. The night is nearly over, daylight is on the way; so let us throw off everything that belongs to the darkness and equip ourselves for the light.

Romans 13:11-12

Today, let us remember in our prayers all those who work to educate and support young people, in schools, colleges, health and social services.

Give me O Lord a steadfast heart which no unworthy thought can drag downwards, an unconquered heart which no tribulation can wear out, an upright heart which no unworthy purpose can tempt aside. Give me also, O Lord my God, understanding to know you, diligence to seek you, wisdom to find you, and a faithfulness that may finally embrace you through Jesus Christ, our Lord.

Thursday 16th

Psalm 126

If the Lord does not build the house,
in vain do its builders labour;
if the Lord does not watch over the city,
in vain does the watchman keep vigil.

In vain is your earlier rising,
your going later to rest,
you who toil for the bread you eat:
when he pours gifts on his beloved while they slumber.

Truly sons are a gift from the Lord,
a blessing, the fruit of the womb.
Indeed the sons of youth
are like arrows in the hand of a warrior.

O the happiness of the man
who has filled his quiver with these arrows!
He will have no cause for shame
when he disputes with his foes in the gateways.

*For as the earth sends up its shoots and a garden makes seeds sprout, so the
Lord God makes saving justice and praise spring up in the sight of all nations.*

Isaiah 61:11-1

Today, let us remember in our prayers all those who continue to provide essential and emergency services, especially those work is often underappreciated.

Eternal Light, shine into our hearts: Eternal Goodness, deliver us from evil: Eternal Power, be our support; Eternal Wisdom, scatter the darkness of our ignorance; Eternal Pity, have mercy upon us; that with all our heart and mind and soul and strength we may seek your face and be brought by your infinite mercy to your holy presence, through Jesus Christ our Lord.

Friday 17th

Psalm 129

Out of the depths I cry to you, O Lord,
Lord, hear my voice!
O let your ears be attentive
to the voice of my pleading.

If you, O Lord, should mark our guilt,
Lord, who would survive?
But with you is found forgiveness:
for this we revere you.

My soul is waiting for the Lord,
I count on his word.
My soul is longing for the Lord
more than watchman for daybreak.
(Let the watchman count on daybreak
and Israel on the Lord.)

Because with the Lord there is mercy
and fulness of redemption,
Israel indeed he will redeem
from all its iniquity.

I myself shall pasture my sheep, I myself shall give them rest -- declares the Lord God. I shall look for the lost one, bring back the stray, bandage the injured and strengthen the sick. I shall watch over the fat and healthy. I shall be a true shepherd to them.

Ezekiel 34:15-16

Today, let us remember in our prayers doctors, nurses and all healthcare workers

O Lord our God, grant us grace to desire you with our whole heart, that so desiring, we may seek and find you, and so finding you, may love you, and, loving you, we may hate those sins from which you have redeemed us, for the sake of Jesus Christ.

Saturday 18th

Psalm 144

I will give you glory, O God my king,
I will bless your name for ever.

The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures.

The Lord is faithful in all his words
and loving in all his deeds.
The Lord supports all who fall
and raises all who are bowed down.

The eyes of all creatures look to you
and you give them their food in due time.
You open wide your hand,
grant the desires of all who live.

A shoot shall come out from the stump of Jesse, and a branch shall grow out of his root. The spirit of the Lord shall rest on him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord.

Isaiah 11:1-2

Today, as the weekend begins, let us remember in our prayers all families, in their joys and sorrows, their blessings and burdens

Thanks be to you, my Lord Jesus Christ, for all the benefits and blessings which you have given me, for all the pains and insults which you have borne for me. O most merciful Friend, Brother and Redeemer, may I know you more clearly, love you more dearly, and follow you more nearly, day by day.

Monday 20th

Psalm 145

My soul, give praise to the Lord;
I will praise the Lord all my days,
make music to my God while I live.

He is happy who is helped by Jacob's God,
whose hope is in the Lord his God,
who alone made heaven and earth,
the seas and all they contain.

It is he who keeps faith for ever,
who is just to those who are oppressed.
It is he who gives bread to the hungry,
the Lord, who sets prisoners free,

the Lord who gives sight to the blind,
who raises up those who are bowed down,
the Lord who protects the stranger
and upholds the widow and orphan.

It is the Lord who loves the just
but thwarts the path of the wicked.
The Lord will reign for ever,
Zion's God, from age to age.

*Rain down, you heavens, from above, and let the skies pour down
righteousness; Let the earth open, let them bring forth salvation, and let
righteousness spring up together. I, the Lord have created it. Isaiah 45:8*

Today, as the working week begins, let us remember in our prayers all those
who are battling to earn a living, and those who are seeking to provide
employment for others.

Almighty God, who have poured upon us the new light of your incarnate Word,
grant that the same light enkindled in our hearts may shine forth in our lives,
through Christ our Lord.

Tuesday 21st

Psalm 149

Sing a new song to the Lord,
his praise in the assembly of the faithful.
Let Israel rejoice in its Maker,
let Zion's sons exult in their king.

Let them praise his name with dancing
and make music with timbrel and harp.
For the Lord takes delight in his people.
He crowns the poor with salvation.

Let the faithful rejoice in their glory,
shout for joy and take their rest.
Let the praise of God be on their lips
and a two-edged sword in their hand.

On that day the remnant of Israel and the survivors of the house of Jacob will no more lean on the one who struck them, but will lean on the Lord, the Holy One of Israel, in truth. A remnant will return, the remnant of Jacob, to the mighty God.

Isaiah 10:20-21

Today, let us remember in our prayers our national leaders, in their responsibility for the key decisions affecting the lives of those they serve

Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the incarnation of Christ your Son was made known by the message of an angel, may by his passion and cross be brought to the glory of his resurrection. Who lives and reigns for ever and ever.

Wednesday 22nd

Psalm 117

I called to the Lord in my distress;
he answered and freed me.
The Lord is at my side; I do not fear.
What can man do against me?

It is better to take refuge in the Lord
than to trust in men:
it is better to take refuge in the Lord
than to trust in princes.

I was thrust down, thrust down and falling
but the Lord was my helper.
The Lord is my strength and my song;
he was my saviour.
There are shouts of joy and victory
in the tents of the just.

Open to me the gates of holiness:
I will enter and give thanks.
This is the Lord's own gate
where the just may enter.
I will thank you for you have answered
and you are my saviour.

*Therefore judge nothing before the appointed time; wait until the Lord comes.
He will bring to light what is hidden in darkness and will expose the motives of
the heart. At that time each will receive their praise from God.*
1Corinthians 4:5

Today, let us remember in our prayers all those who work to educate and support young people, in schools, colleges, health and social services.

Keep us alert, we pray, O Lord our God, as we await the advent of Christ your Son, so that when he comes and knocks, he may find us watchful in prayer and exultant in his praise. Who lives and reigns for ever and ever.

Thursday 23rd

Psalm 50

Have mercy on me, God, in your kindness.
In your compassion blot out my offence.
O wash me more and more from my guilt
and cleanse me from my sin.

Indeed you love truth in the heart;
then in the secret of my heart teach me wisdom;
O purify me, then I shall be clean;
O wash me, I shall be whiter than snow.
A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit.

O rescue me, God, my helper,
and my tongue shall ring out your goodness.
O Lord, open my lips
and my mouth shall declare your praise.

And may the Lord make you increase and abound in love for one another and for all, just as we abound in love for you. And may he so strengthen your hearts in holiness that you may be blameless before our God and Father at the coming of our Lord Jesus with all his saints.

1Thessalonians 3:12-13

Today, let us remember in our prayers all those who continue to provide essential and emergency services, especially those work is often underappreciated

May the splendour of your glory dawn in our heart we pray, almighty God, that all shadows of the night may be scattered and we may shown to be children of light by the advent of your Son. Who lives and reigns for ever and ever.

Friday 24th

Psalm 138

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

For 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.

Already you knew my soul,
my body held no secret from you
when I was being fashioned in secret
and moulded in the depths of the earth.

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.

On that day the branch of the Lord shall be beautiful and glorious, and the fruit of the land shall be the pride and glory of the survivors of Israel.

Isaiah 4:2

Today, let us remember in our prayers doctors, nurses and all healthcare workers

Come quickly, we pray, Lord Jesus, and do not delay, that those who trust in your compassion may find solace and relief in your coming. Who live and reign for ever and ever.