

## Monday 27<sup>th</sup> December

### 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.

*Long ago God spoke to our ancestors in many and various ways by the prophets, but in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds. He is the reflection of God's glory and the exact imprint of God's very being, and he sustains all things by his powerful word.*

Hebrews 1

Today, in this holiday season, let us remember those who find Christmas more of a burden than a blessing, both those coping with loneliness and those facing family tensions.

Blessed be the Child who today delights Bethlehem; Blessed be the Newborn who today made humanity young again; Blessed be the Fruit who bowed himself down for our hunger; Blessed be the Gracious One who suddenly enriched all of our poverty and filled our need.

**Tuesday 28<sup>th</sup> December**

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.

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

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.

**Wednesday 29<sup>th</sup> 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!

*Do not lay up for yourselves treasures on earth, where moth and rust consume  
and where thieves break in and steal, but lay up for yourselves treasures in  
heaven, where neither moth nor rust consumes and where thieves do not break  
in and steal. For where your treasure is, there will your heart be also. Matt 6*

Today, let us remember in our prayers all those who work to educate and  
support young people, in schools, colleges, health and social services, as they  
prepare for the challenges of the coming term.

Almighty ever-living God, splendor of faithful souls, graciously be pleased to  
fill the world with your glory, and show yourselves to all peoples by the  
radiance of your light. Through Christ our Lord.

**Thursday 30<sup>th</sup> December**

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.

*Everyone who comes to me and hears my words and does them is like a man building a house, who dug deep, and laid the foundations upon rock; when a flood arose, the stream broke against that house, and could not shake it, because it had been well built.*

Matthew 7

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

Grant us, almighty God, that the bringer of your salvation, who for the world's redemption came forth with newness of heavenly light, may dawn afresh in our hearts and bring us constant renewal. Who lives and reigns for ever and ever.

## Friday 31<sup>st</sup> December

### 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 during these difficult winter months

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.

## Saturday 1<sup>st</sup> January

### 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 3<sup>rd</sup> January

### 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.

*And now, Israel, What does the Lord your God require of you, but to fear the  
Lord your God, to walk in all his ways, to love him and serve the Lord your God  
with all your heart and with all your soul* Deuteronomy 10

Today, on this bank holiday, let us remember those who find the holiday season more of a burden than a blessing, both those coping with loneliness and those facing family tensions.

O God who wonderfully created the dignity of human nature and still more wonderfully restored it, grant, we pray, that we may share in the divinity of Christ, who humbled himself to share in our humanity, who lives and reigns for ever and ever.

## Tuesday 4<sup>th</sup> January

### 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 5<sup>th</sup> January

### 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.

*In all our difficulties we are more than conquerors through him who loved us.  
For I am sure that neither death, nor life, nor angels, nor principalities, not  
things present, nor things to come, nor powers, nor height, nor depth, nor  
anything else in all creation will be able to separate us from the love of God in  
Christ Jesus our Lord.*

Romans 8

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

O Christ my Saviour, the enlightenment of those who lie in darkness, the salvation of all in despair, I seek you early in the morning: enlighten me with your brightness, O King of peace, for I know no other God save you, who lives and reigns for ever and ever.

**Thursday 6<sup>th</sup> January – at 10.30am today because of the Solemnity Mass**

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.

*Arise, shine; for your light has come, and the glory of the LORD has risen upon you. For behold, darkness shall cover the earth, and thick darkness the peoples; but the LORD will arise upon you, and his glory will be seen upon you. Isaiah 60*

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

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.

## Friday 7<sup>th</sup> January

### 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.

*Rejoice in the Lord always; again, I say rejoice. Have no anxiety about anything. Whatever is true, whatever is honourable, whatever is just whatever is pure whatever is lovely whatever is gracious. If there is any excellence, if there is anything worthy of praise, think about these things and the God of peace will be with you.*

Philippians 4

Today, let us remember in our prayers doctors, nurses and all healthcare workers during these difficult winter months

Cast your kindly light upon your faithful, Lord, we pray, and with the splendor of your glory set their hearts ever aflame, that they may always acknowledge their Saviour and may truly hold fast to him. Who lives and reigns for ever and ever.

## Saturday 8<sup>th</sup> January

### 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

*He has shown you, O man, what is good; and what does the Lord require of you  
but to do justice, and to love kindness and to walk humbly with your God.*

Micah 6

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

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.