



Prayer during the Day *The Season of Epiphany*

Welcome to this service, which is taking place in church and online.
If you are in church, please take care to observe spatial distancing and follow any guidance given.

Preparation

O God, make speed to save us.
O Lord, make haste to help us.
With you, O God, is the well of life
All and in your light shall we see light.

Praise

Christ Jesus was revealed in the flesh
and vindicated in the spirit.
He was seen by angels
and proclaimed among the nations.
Believed in throughout the world,
he was taken up in glory.
This will be made manifest at the proper time
by the blessed and only Sovereign,
Who alone has immortality,
and dwells in unapproachable light.
To the King of kings and Lord of lords
be honour and eternal dominion. Amen.

The Word of God

- 10 The kings of Tarshish and of the isles shall pay tribute;
the kings of Sheba and Seba shall bring gifts.
- 11 All kings shall fall down before him;
all nations shall do him service.
- 12 For he shall deliver the poor that cry out,
the needy and those who have no helper.

- 13 He shall have pity on the weak and poor;
he shall preserve the lives of the needy.
- 14 He shall redeem their lives from oppression and violence,
and dear shall their blood be in his sight.
- 15 Long may he live;
unto him may be given gold from Sheba;
may prayer be made for him continually
and may they bless him all the day long.

Psalm 72:10-15

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

A Reading from the Book of Psalms

The psalm chosen for the reflection is read here (see the end of this order).

Response

We keep a short period of silence to reflect, followed by the following response:

**Blessed are the meek,
for they will inherit the earth.**

Prayers

Prayers may include these concerns:

- ¶ *The unity of the Church*
- ¶ *The peace of the world*
- ¶ *The healing of the sick*
- ¶ *The revelation of Christ to those from whom his glory is hidden*
- ¶ *All who travel*

O good Jesus,
Word of the Father and brightness of his glory,
whom angels desire to behold:
teach me to do your will that, guided by your Spirit,
I may come to that blessed city of everlasting day,
where all are one in heart and mind, where there is safety and eternal peace,
happiness and delight, where you live with the Father and the Holy Spirit,
world without end. **Amen.**

The Lord's Prayer is said.

The Conclusion

May the light of Christ our Lord shine in all our hearts.
Amen.

Psalms for Each Day

Tuesday 12th January: Psalm 1

¹ Happy are those
who do not follow the advice of the wicked,
or take the path that sinners tread,
or sit in the seat of scoffers;
² but their delight is in the law of the LORD,
and on his law they meditate day and night.
³ They are like trees
planted by streams of water,
which yield their fruit in its season,
and their leaves do not wither.
In all that they do, they prosper.
⁴ The wicked are not so,
but are like chaff that the wind drives away.
⁵ Therefore the wicked will not stand in the judgement,
nor sinners in the congregation of the righteous;
⁶ for the LORD watches over the way of the righteous,
but the way of the wicked will perish.

Wednesday 13th January: Psalm 37

¹ Do not fret because of the wicked;
do not be envious of wrongdoers,
² for they will soon fade like the grass,
and wither like the green herb.
³ Trust in the Lord, and do good;
so you will live in the land, and enjoy security.
⁴ Take delight in the Lord,
and he will give you the desires of your heart.
⁵ Commit your way to the Lord;
trust in him, and he will act.
⁶ He will make your vindication shine like the light,
and the justice of your cause like the noonday.

- ⁷ Be still before the Lord, and wait patiently for him;
do not fret over those who prosper in their way,
over those who carry out evil devices.
- ⁸ Refrain from anger, and forsake wrath.
Do not fret—it leads only to evil.
- ⁹ For the wicked shall be cut off,
but those who wait for the Lord shall inherit the land.
- ¹⁰ Yet a little while, and the wicked will be no more;
though you look diligently for their place, they will not be there.
- ¹¹ But the meek shall inherit the land,
and delight in abundant prosperity.
- ¹² The wicked plot against the righteous,
and gnash their teeth at them;
- ¹³ but the Lord laughs at the wicked,
for he sees that their day is coming.
- ¹⁴ The wicked draw the sword and bend their bows
to bring down the poor and needy,
to kill those who walk uprightly;
- ¹⁵ their sword shall enter their own heart,
and their bows shall be broken.
- ¹⁶ Better is a little that the righteous person has
than the abundance of many wicked.
- ¹⁷ For the arms of the wicked shall be broken,
but the Lord upholds the righteous.
- ¹⁸ The Lord knows the days of the blameless,
and their heritage will abide for ever;
- ¹⁹ they are not put to shame in evil times,
in the days of famine they have abundance.
- ²⁰ But the wicked perish,
and the enemies of the Lord are like the glory of the pastures;
they vanish—like smoke they vanish away.
- ²¹ The wicked borrow, and do not pay back,
but the righteous are generous and keep giving;
- ²² for those blessed by the Lord shall inherit the land,
but those cursed by him shall be cut off.
- ²³ Our steps^[a] are made firm by the Lord,
when he delights in our^[b] way;
- ²⁴ though we stumble,^[c] we^[d] shall not fall headlong,
for the Lord holds us^[e] by the hand.
- ²⁵ I have been young, and now am old,
yet I have not seen the righteous forsaken
or their children begging bread.

26 They are ever giving liberally and lending,
and their children become a blessing.

27 Depart from evil, and do good;
so you shall abide for ever.

28 For the Lord loves justice;
he will not forsake his faithful ones.

The righteous shall be kept safe for ever,
but the children of the wicked shall be cut off.

29 The righteous shall inherit the land,
and live in it for ever.

30 The mouths of the righteous utter wisdom,
and their tongues speak justice.

31 The law of their God is in their hearts;
their steps do not slip.

32 The wicked watch for the righteous,
and seek to kill them.

33 The Lord will not abandon them to their power,
or let them be condemned when they are brought to trial.

34 Wait for the Lord, and keep to his way,
and he will exalt you to inherit the land;
you will look on the destruction of the wicked.

35 I have seen the wicked oppressing,
and towering like a cedar of Lebanon.^[f]

36 Again ^[g] passed by, and they were no more;
though I sought them, they could not be found.

37 Mark the blameless, and behold the upright,
for there is posterity for the peaceable.

38 But transgressors shall be altogether destroyed;
the posterity of the wicked shall be cut off.

39 The salvation of the righteous is from the Lord;
he is their refuge in the time of trouble.

40 The Lord helps them and rescues them;
he rescues them from the wicked, and saves them,
because they take refuge in him.

Thursday 14th January: Psalm 112

¹ Praise the Lord!
Happy are those who fear the Lord,
who greatly delight in his commandments.

² Their descendants will be mighty in the land;
the generation of the upright will be blessed.

- ³ Wealth and riches are in their houses,
and their righteousness endures for ever.
- ⁴ They rise in the darkness as a light for the upright;
they are gracious, merciful, and righteous.
- ⁵ It is well with those who deal generously and lend,
who conduct their affairs with justice.
- ⁶ For the righteous will never be moved;
they will be remembered for ever.
- ⁷ They are not afraid of evil tidings;
their hearts are firm, secure in the Lord.
- ⁸ Their hearts are steady, they will not be afraid;
in the end they will look in triumph on their foes.
- ⁹ They have distributed freely, they have given to the poor;
their righteousness endures for ever;
their horn is exalted in honour.
- ¹⁰ The wicked see it and are angry;
they gnash their teeth and melt away;
the desire of the wicked comes to nothing.

Friday 15th January: Psalm 131

- ¹ O Lord, my heart is not lifted up,
my eyes are not raised too high;
I do not occupy myself with things
too great and too marvellous for me.
- ² But I have calmed and quieted my soul,
like a weaned child with its mother;
my soul is like the weaned child that is with me.^[a]
- ³ O Israel, hope in the Lord
from this time on and for evermore.

Monday 18th January: Psalm 86

- ¹ Incline your ear, O Lord, and answer me,
for I am poor and needy.
- ² Preserve my life, for I am devoted to you;
save your servant who trusts in you.
You are my God; ³ be gracious to me, O Lord,
for to you do I cry all day long.
- ⁴ Gladden the soul of your servant,
for to you, O Lord, I lift up my soul.

- ⁵ For you, O Lord, are good and forgiving,
abounding in steadfast love to all who call on you.
- ⁶ Give ear, O Lord, to my prayer;
listen to my cry of supplication.
- ⁷ In the day of my trouble I call on you,
for you will answer me.
- ⁸ There is none like you among the gods, O Lord,
nor are there any works like yours.
- ⁹ All the nations you have made shall come
and bow down before you, O Lord,
and shall glorify your name.
- ¹⁰ For you are great and do wondrous things;
you alone are God.
- ¹¹ Teach me your way, O Lord,
that I may walk in your truth;
give me an undivided heart to revere your name.
- ¹² I give thanks to you, O Lord my God, with my whole heart,
and I will glorify your name for ever.
- ¹³ For great is your steadfast love towards me;
you have delivered my soul from the depths of Sheol.
- ¹⁴ O God, the insolent rise up against me;
a band of ruffians seeks my life,
and they do not set you before them.
- ¹⁵ But you, O Lord, are a God merciful and gracious,
slow to anger and abounding in steadfast love and faithfulness.
- ¹⁶ Turn to me and be gracious to me;
give your strength to your servant;
save the child of your serving-maid.
- ¹⁷ Show me a sign of your favour,
so that those who hate me may see it and be put to shame,
because you, Lord, have helped me and comforted me.

Tuesday 19th January: Psalm 79

- ¹ O God, the nations have come into your inheritance;
they have defiled your holy temple;
they have laid Jerusalem in ruins.
- ² They have given the bodies of your servants
to the birds of the air for food,
the flesh of your faithful to the wild animals of the earth.
- ³ They have poured out their blood like water
all around Jerusalem,

and there was no one to bury them.

⁴ We have become a taunt to our neighbours,
mocked and derided by those around us.

⁵ How long, O Lord? Will you be angry for ever?
Will your jealous wrath burn like fire?

⁶ Pour out your anger on the nations
that do not know you,
and on the kingdoms
that do not call on your name.

⁷ For they have devoured Jacob
and laid waste his habitation.

⁸ Do not remember against us the iniquities of our ancestors;
let your compassion come speedily to meet us,
for we are brought very low.

⁹ Help us, O God of our salvation,
for the glory of your name;
deliver us, and forgive our sins,
for your name's sake.

¹⁰ Why should the nations say,
'Where is their God?'

Let the avenging of the outpoured blood of your servants
be known among the nations before our eyes.

¹¹ Let the groans of the prisoners come before you;
according to your great power preserve those doomed to die.

¹² Return sevenfold into the bosom of our neighbours
the taunts with which they taunted you, O Lord!

¹³ Then we your people, the flock of your pasture,
will give thanks to you for ever;
from generation to generation we will recount your praise.

Wednesday 20th January: Psalm 88

¹ O Lord, God of my salvation,
when, at night, I cry out in your presence,

² let my prayer come before you;
incline your ear to my cry.

³ For my soul is full of troubles,
and my life draws near to Sheol.

⁴ I am counted among those who go down to the Pit;
I am like those who have no help,

⁵ like those forsaken among the dead,
like the slain that lie in the grave,

like those whom you remember no more,
for they are cut off from your hand.
6 You have put me in the depths of the Pit,
in the regions dark and deep.
7 Your wrath lies heavy upon me,
and you overwhelm me with all your waves. *Selah*
8 You have caused my companions to shun me;
you have made me a thing of horror to them.
I am shut in so that I cannot escape;
9 my eye grows dim through sorrow.
Every day I call on you, O Lord;
I spread out my hands to you.
10 Do you work wonders for the dead?
Do the shades rise up to praise you? *Selah*
11 Is your steadfast love declared in the grave,
or your faithfulness in Abaddon?
12 Are your wonders known in the darkness,
or your saving help in the land of forgetfulness?
13 But I, O Lord, cry out to you;
in the morning my prayer comes before you.
14 O Lord, why do you cast me off?
Why do you hide your face from me?
15 Wretched and close to death from my youth up,
I suffer your terrors; I am desperate.^[a]
16 Your wrath has swept over me;
your dread assaults destroy me.
17 They surround me like a flood all day long;
from all sides they close in on me.
18 You have caused friend and neighbour to shun me;
my companions are in darkness.

Thursday 21st January: Psalm 109

1 Do not be silent, O God of my praise.
2 For wicked and deceitful mouths are opened against me,
speaking against me with lying tongues.
3 They beset me with words of hate,
and attack me without cause.
4 In return for my love they accuse me,
even while I make prayer for them.^[a]
5 So they reward me evil for good,
and hatred for my love.

- ⁶ They say,^[b] 'Appoint a wicked man against him;
let an accuser stand on his right.
- ⁷ When he is tried, let him be found guilty;
let his prayer be counted as sin.
- ⁸ May his days be few;
may another seize his position.
- ⁹ May his children be orphans,
and his wife a widow.
- ¹⁰ May his children wander about and beg;
may they be driven out of^[c] the ruins they inhabit.
- ¹¹ May the creditor seize all that he has;
may strangers plunder the fruits of his toil.
- ¹² May there be no one to do him a kindness,
nor anyone to pity his orphaned children.
- ¹³ May his posterity be cut off;
may his name be blotted out in the second generation.
- ¹⁴ May the iniquity of his father^[d] be remembered before the Lord,
and do not let the sin of his mother be blotted out.
- ¹⁵ Let them be before the Lord continually,
and may his^[e] memory be cut off from the earth.
- ¹⁶ For he did not remember to show kindness,
but pursued the poor and needy
and the broken-hearted to their death.
- ¹⁷ He loved to curse; let curses come on him.
He did not like blessing; may it be far from him.
- ¹⁸ He clothed himself with cursing as his coat,
may it soak into his body like water,
like oil into his bones.
- ¹⁹ May it be like a garment that he wraps around himself,
like a belt that he wears every day.'
- ²⁰ May that be the reward of my accusers from the Lord,
of those who speak evil against my life.
- ²¹ But you, O Lord my Lord,
act on my behalf for your name's sake;
because your steadfast love is good, deliver me.
- ²² For I am poor and needy,
and my heart is pierced within me.
- ²³ I am gone like a shadow at evening;
I am shaken off like a locust.
- ²⁴ My knees are weak through fasting;
my body has become gaunt.

- ²⁵ I am an object of scorn to my accusers;
when they see me, they shake their heads.
- ²⁶ Help me, O Lord my God!
Save me according to your steadfast love.
- ²⁷ Let them know that this is your hand;
you, O Lord, have done it.
- ²⁸ Let them curse, but you will bless.
Let my assailants be put to shame;^[f] may your servant be glad.
- ²⁹ May my accusers be clothed with dishonour;
may they be wrapped in their own shame as in a mantle.
- ³⁰ With my mouth I will give great thanks to the Lord;
I will praise him in the midst of the throng.
- ³¹ For he stands at the right hand of the needy,
to save them from those who would condemn them to death.

Friday 22nd January: Psalm 51

- ¹ Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.
- ² Wash me thoroughly from my iniquity,
and cleanse me from my sin.
- ³ For I know my transgressions,
and my sin is ever before me.
- ⁴ Against you, you alone, have I sinned,
and done what is evil in your sight,
so that you are justified in your sentence
and blameless when you pass judgement.
- ⁵ Indeed, I was born guilty,
a sinner when my mother conceived me.
- ⁶ You desire truth in the inward being;^[a]
therefore teach me wisdom in my secret heart.
- ⁷ Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.
- ⁸ Let me hear joy and gladness;
let the bones that you have crushed rejoice.
- ⁹ Hide your face from my sins,
and blot out all my iniquities.
- ¹⁰ Create in me a clean heart, O God,
and put a new and right^[b] spirit within me.
- ¹¹ Do not cast me away from your presence,

and do not take your holy spirit from me.
12 Restore to me the joy of your salvation,
and sustain in me a willing^[c] spirit.
13 Then I will teach transgressors your ways,
and sinners will return to you.
14 Deliver me from bloodshed, O God,
O God of my salvation,
and my tongue will sing aloud of your deliverance.
15 O Lord, open my lips,
and my mouth will declare your praise.
16 For you have no delight in sacrifice;
if I were to give a burnt-offering, you would not be pleased.
17 The sacrifice acceptable to God^[d] is a broken spirit;
a broken and contrite heart, O God, you will not despise.
18 Do good to Zion in your good pleasure;
rebuild the walls of Jerusalem,
19 then you will delight in right sacrifices,
in burnt-offerings and whole burnt-offerings;
then bulls will be offered on your altar.

Monday 25th January: Psalm 30

1 I will extol you, O Lord, for you have drawn me up,
and did not let my foes rejoice over me.
2 O Lord my God, I cried to you for help,
and you have healed me.
3 O Lord, you brought up my soul from Sheol,
restored me to life from among those gone down to the Pit.^[a]
4 Sing praises to the Lord, O you his faithful ones,
and give thanks to his holy name.
5 For his anger is but for a moment;
his favour is for a lifetime.
Weeping may linger for the night,
but joy comes with the morning.
6 As for me, I said in my prosperity,
'I shall never be moved.'
7 By your favour, O Lord,
you had established me as a strong mountain;
you hid your face;
I was dismayed.
8 To you, O Lord, I cried,
and to the Lord I made supplication:

⁹ 'What profit is there in my death,
if I go down to the Pit?
Will the dust praise you?
Will it tell of your faithfulness?
¹⁰ Hear, O Lord, and be gracious to me!
O Lord, be my helper!
¹¹ You have turned my mourning into dancing;
you have taken off my sackcloth
and clothed me with joy,
¹² so that my soul^[b] may praise you and not be silent.
O Lord my God, I will give thanks to you for ever.

Tuesday 26th January: Psalm 96

¹ O sing to the Lord a new song;
sing to the Lord, all the earth.
² Sing to the Lord, bless his name;
tell of his salvation from day to day.
³ Declare his glory among the nations,
his marvellous works among all the peoples.
⁴ For great is the Lord, and greatly to be praised;
he is to be revered above all gods.
⁵ For all the gods of the peoples are idols,
but the Lord made the heavens.
⁶ Honour and majesty are before him;
strength and beauty are in his sanctuary.
⁷ Ascribe to the Lord, O families of the peoples,
ascribe to the Lord glory and strength.
⁸ Ascribe to the Lord the glory due his name;
bring an offering, and come into his courts.
⁹ Worship the Lord in holy splendour;
tremble before him, all the earth.
¹⁰ Say among the nations, 'The Lord is king!
The world is firmly established; it shall never be moved.
He will judge the peoples with equity.'
¹¹ Let the heavens be glad, and let the earth rejoice;
let the sea roar, and all that fills it;
¹² let the field exult, and everything in it.
Then shall all the trees of the forest sing for joy
¹³ before the Lord; for he is coming,
for he is coming to judge the earth.

He will judge the world with righteousness,
and the peoples with his truth.

Wednesday 27th January: Psalm 91

You who live in the shelter of the Most High,
who abide in the shadow of the Almighty,^[a]
² will say to the Lord, 'My refuge and my fortress;
my God, in whom I trust.'
³ For he will deliver you from the snare of the fowler
and from the deadly pestilence;
⁴ he will cover you with his pinions,
and under his wings you will find refuge;
his faithfulness is a shield and buckler.
⁵ You will not fear the terror of the night,
or the arrow that flies by day,
⁶ or the pestilence that stalks in darkness,
or the destruction that wastes at noonday.
⁷ A thousand may fall at your side,
ten thousand at your right hand,
but it will not come near you.
⁸ You will only look with your eyes
and see the punishment of the wicked.
⁹ Because you have made the Lord your refuge,^[b]
the Most High your dwelling-place,
¹⁰ no evil shall befall you,
no scourge come near your tent.
¹¹ For he will command his angels concerning you
to guard you in all your ways.
¹² On their hands they will bear you up,
so that you will not dash your foot against a stone.
¹³ You will tread on the lion and the adder,
the young lion and the serpent you will trample under foot.
¹⁴ Those who love me, I will deliver;
I will protect those who know my name.
¹⁵ When they call to me, I will answer them;
I will be with them in trouble,
I will rescue them and honour them.
¹⁶ With long life I will satisfy them,
and show them my salvation.

Thursday 28th January: Psalm 103

- ¹ Bless the Lord, O my soul,
and all that is within me,
bless his holy name.
- ² Bless the Lord, O my soul,
and do not forget all his benefits—
- ³ who forgives all your iniquity,
who heals all your diseases,
- ⁴ who redeems your life from the Pit,
who crowns you with steadfast love and mercy,
- ⁵ who satisfies you with good as long as you live^[a]
so that your youth is renewed like the eagle's.
- ⁶ The Lord works vindication
and justice for all who are oppressed.
- ⁷ He made known his ways to Moses,
his acts to the people of Israel.
- ⁸ The Lord is merciful and gracious,
slow to anger and abounding in steadfast love.
- ⁹ He will not always accuse,
nor will he keep his anger for ever.
- ¹⁰ He does not deal with us according to our sins,
nor repay us according to our iniquities.
- ¹¹ For as the heavens are high above the earth,
so great is his steadfast love towards those who fear him;
- ¹² as far as the east is from the west,
so far he removes our transgressions from us.
- ¹³ As a father has compassion for his children,
so the Lord has compassion for those who fear him.
- ¹⁴ For he knows how we were made;
he remembers that we are dust.
- ¹⁵ As for mortals, their days are like grass;
they flourish like a flower of the field;
- ¹⁶ for the wind passes over it, and it is gone,
and its place knows it no more.
- ¹⁷ But the steadfast love of the Lord is from everlasting to everlasting
on those who fear him,
and his righteousness to children's children,
- ¹⁸ to those who keep his covenant
and remember to do his commandments.
- ¹⁹ The Lord has established his throne in the heavens,
and his kingdom rules over all.
- ²⁰ Bless the Lord, O you his angels,

you mighty ones who do his bidding,
obedient to his spoken word.

²¹ Bless the Lord, all his hosts,
his ministers that do his will.

²² Bless the Lord, all his works,
in all places of his dominion.

Bless the Lord, O my soul.

Friday 29th January: Psalm 150

¹ Praise the Lord!

Praise God in his sanctuary;
praise him in his mighty firmament!^[a]

² Praise him for his mighty deeds;
praise him according to his surpassing greatness!

³ Praise him with trumpet sound;
praise him with lute and harp!

⁴ Praise him with tambourine and dance;
praise him with strings and pipe!

⁵ Praise him with clanging cymbals;
praise him with loud clashing cymbals!

⁶ Let everything that breathes praise the Lord!
Praise the Lord!