

# *The Benefice of Heyside and Royton*



*Pray at all times in the Spirit with all prayer and supplication*  
*Ephesians 6:18*

## Being a Praying People

# Being a praying people ~

## Becoming a praying community

It has been said that *“a church that walks together with God is a church that will thrive and draw others to it”*, and so part of our mission and our call must be to become a community of prayer.

It can be easy to become discouraged when we pray on our own. There are competing demands on our time, we may not be in the mood, things crop up or we simply forget. We may not even think we have to pray every day. Jesus, though, told us we must persevere with prayer.

When his disciples asked Jesus to teach them to pray, he replied with **“Our Father...”**. Christian prayer is always “we” prayer – We are the Body of Christ. When we pray, we are never alone, and we pray as part of the Body of Christ.

To become a praying community, we are being asked to commit to pray at least the Psalm prayer for the day and the Lord’s prayer (Stage 1), “Day by day with Ss Mark and Anne”, wherever we may be, so that even if we are physically alone, we know that we are always praying with others - with the Body of Christ here in Heyside and Royton and indeed with the wider Church of Christ.

Evelyn Underhill, a twentieth century spiritual writer wrote, *“The world is full of jangling noises. You know that there are better melodies. But you will never transmit the heavenly music to others unless you yourselves are tuned in to it...giving...it careful and undivided attention during part of each day... you must yourselves be spiritually alive.”*

By God’s grace may we walk together as a community of prayer seeking to: stay close to Jesus; live up to our calling as his friends; tune into the heavenly music so we might share that music with others and so do his will.



With prayers and blessings,  
*Revd Liz*

Taizé Icon  
of Friendship

# Daily Prayer for the Christian Community at Heyside and Royton

We commit to praying Stage 1 of “Day by day with Ss Mark and Anne”, wherever we are, knowing that we will be praying together as a community. You may wish, as time goes on, or on days when circumstance allows to move on to Stage 2, 3 and/or 4 as described below.

If praying at home, it may be very helpful to light a candle and perhaps place a cross and/or a postcard by the candle to remind you of a holy place or a picture which speaks of God and to create an atmosphere that helps to focus the mind.

## STAGE 1

For each day of the month there is a prayer to say, which we know others will be saying too. You can if you wish, add the Lord’s Prayer and other prayers.

## STAGE 2

Each of these prayers is based on a psalm. If you want to move on to Stage 2, this involves saying the psalm before the prayer. Psalms and canticles should be read slowly and reflectively and at the end of each there may be a pause in which a brief prayer may be offered to God. The custom of saying

*Glory to the Father and to the Son and to the Holy Spirit,  
as it was in the beginning, is now and shall be forever, Amen*  
is part of this ancient practice.

## STAGE 3

This involves adding a reading from Scripture each day after the psalm and prayer. (see St Mark’s and St Anne’s A Church Near You pages or pew sheets for the readings)

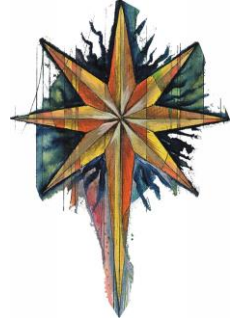
## STAGE 4

Say the daily office. Use the example of a simple office in this booklet or speak with Revd Liz about exploring which daily office (and in which format) will best suit you and your daily life.

1<sup>st</sup>

## PSALM 8

**We bless you, master of the heavens,  
for the wonderful order of this world:  
grant that your whole creation  
may come to be perfect in  
Jesus Christ our Saviour.**



2<sup>nd</sup>

## PSALM 19

**Christ, the sun of righteousness,  
rise in our hearts today,  
fill us with the light of your resurrection,  
and help us your Church  
to bring this gift to others  
with joy and confidence in you  
our Lord for ever and ever.**



3<sup>rd</sup>

## PSALM 22



**Lord,  
all who struggle turn to you:  
in the hour of trial,  
good Lord, deliver us all,  
knowing that your wisdom  
is the cross of Christ,  
and your well of life  
is his resurrection  
now and in all eternity.**

4<sup>th</sup>

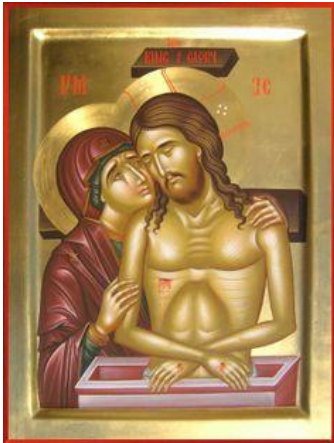
## PSALM 23

**O God,  
our sovereign and shepherd,  
who brought again  
your Son Jesus Christ  
from the valley of death,  
strengthen us  
with your protecting presence  
that we also may come  
to dwell with him  
in your house forever.**



5<sup>th</sup>

## PSALM 24

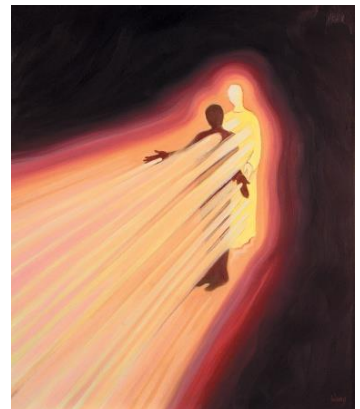


**O Lord of hosts,  
purify our hearts  
that the King of glory  
may come in,  
your Son,  
Jesus Christ our redeemer.**

6<sup>th</sup>

## PSALM 27

**O God,  
our light and our salvation,  
illuminate our lives,  
that we may  
see your goodness  
in the land of the living;  
and as we behold your beauty,  
may we be changed  
into the likeness  
of Jesus Christ our Lord.**



7<sup>th</sup>

## PSALM 32

**Give us honest hearts, O God,  
and send your kindly Spirit  
to help us confess our sins  
and bring the peace  
of your forgiveness;  
in Jesus Christ our Lord.**



8<sup>th</sup>

## PSALM 33



**Feed your people, Lord,  
with your holy word,  
and free us  
from all that is empty  
in our desires,  
that we may sing  
your new song in our lives  
through Jesus Christ  
our Lord.**

9<sup>th</sup>

## PSALM 34

**Send your holy angels  
to watch over us, O God,  
that truth may  
be found on our lips  
and love in our hearts,  
so that we may taste  
your goodness  
in the land of the living;  
through Jesus Christ our Lord.**





10<sup>th</sup>

## PSALM 42

**Come, creator Spirit,  
source of life;  
sustain us when  
our hearts are heavy  
and our wells have run dry,  
for you are the Father's gift,  
together with him  
who is living water,  
Jesus Christ our Lord.**



11<sup>th</sup>

## PSALM 46

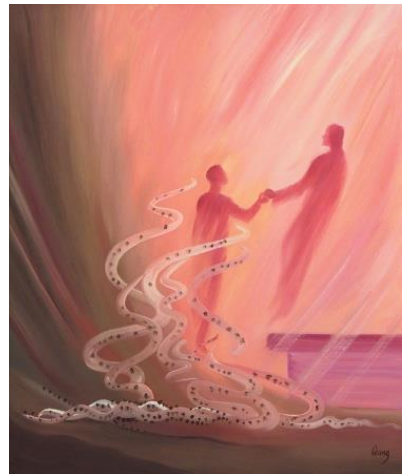


**O God of Jacob:  
when the earth shakes  
and the nations are in uproar,  
speak your word,  
and let the storm be still;  
through Jesus Christ our Lord.**

12<sup>th</sup>

## PSALM 51

**Take away, good Lord,  
the sin that corrupts us;  
give us the sorrow  
that leads to  
healing and joy,  
restoring your image  
within us,  
that we may take our place  
among your people;  
in Jesus Christ our Lord.**



13<sup>th</sup>

## PSALM 65

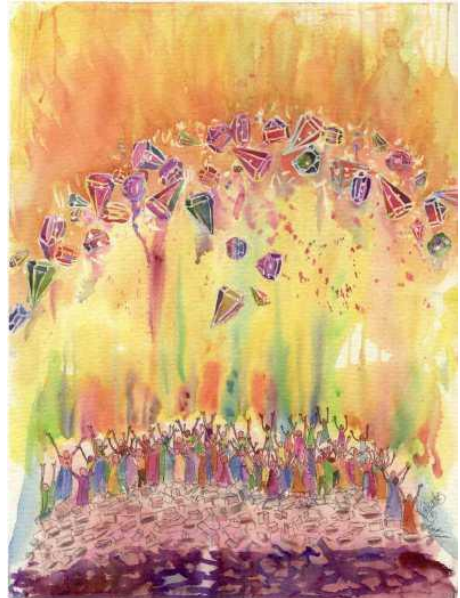


**May the richness of your creation, Lord,  
and the mystery of your providence  
lead us to that heavenly city  
where all peoples will bring their wealth,  
leaving their sins behind,  
and finding their true joy, Jesus Christ our Lord.**

14<sup>th</sup>

## PSALM 67

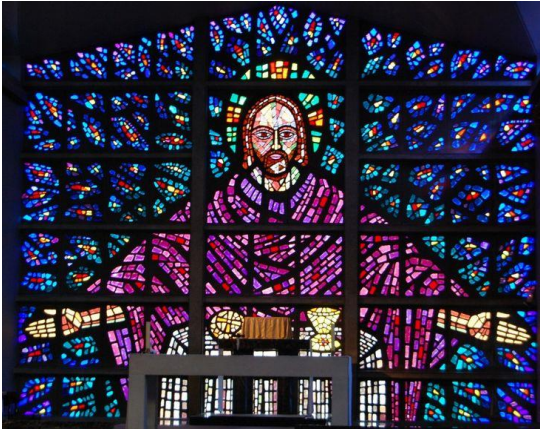
**In the face of Jesus  
your light and glory  
have blazed forth,  
O God  
of all the nations.  
Together with  
all your people,  
may we make  
your grace  
known to others,  
and walk  
in the way of peace;  
for your names' sake.**





15<sup>th</sup>

## PSALM 84



**Lord God,  
grant us the vision  
of you that will sustain  
us in this vale of tears;  
together with  
all your people  
may we be  
strengthened  
by the bread of life,  
and come with joy to  
your dwelling place;  
in the power of  
Jesus Christ our Lord.**

16<sup>th</sup>

## PSALM 90

**Almighty God,  
and our eternal refuge,  
a thousand years for you  
are but as yesterday.  
So teach us to number our days,  
that we may apply  
our hearts to wisdom,  
so that all we do may prosper,  
through Jesus Christ our Lord.**



17<sup>th</sup>

## PSALM 96



**Lord God, you draw us  
by the beauty of holiness:  
hear the song  
of your family the Church,  
and bring all the nations  
of the earth  
to practice truth and justice,  
so that all your children may come  
to sing for joy  
through Jesus Christ our Lord.**

18<sup>th</sup>

## PSALM 103

**Merciful Lord,  
show us the face  
of our Redeemer,  
that we may bless your name  
together with your Church,  
within the song of all creation,  
rising to your throne in thanks for  
Jesus Christ our Lord.**



19<sup>th</sup>

## PSALM 104

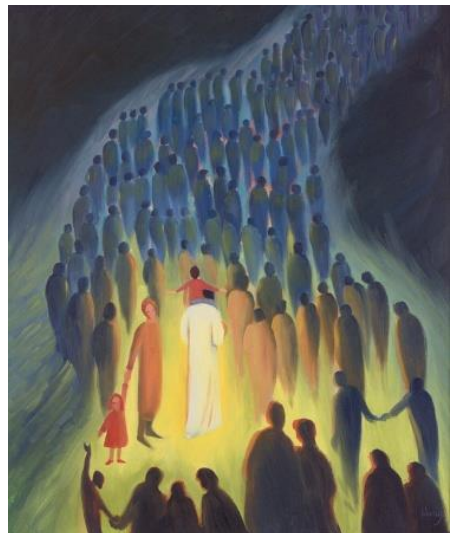


**Creator God, send your Holy Spirit  
to renew your wonderful creation, and open our eyes  
to see your hand in all that you have made  
through Jesus Chris our Lord.**

20<sup>th</sup>

## PSALM 118

**Saving God,  
open for us the  
gates of righteousness,  
that, rejoicing in the  
glorious mystery  
of Christ's resurrection  
we may walk together  
as one people,  
built into a living temple  
whose cornerstone is  
Jesus Christ our Lord.**



21<sup>st</sup>

## PSALM 122

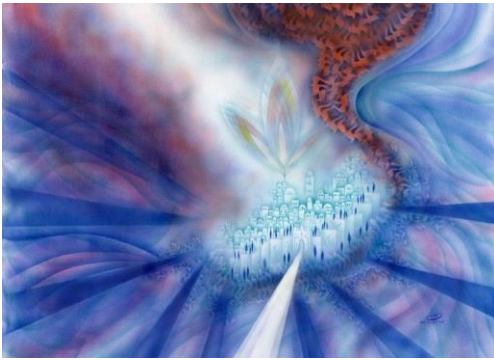
**God our pilgrimage,  
bring us to the eternal city  
founded on rock,  
and give to our earthly cities  
the peace that comes from above,  
through Jesus  
Christ our Lord.**



Pray for the peace of Jerusalem

22<sup>nd</sup>

## PSALMS 126 & 127

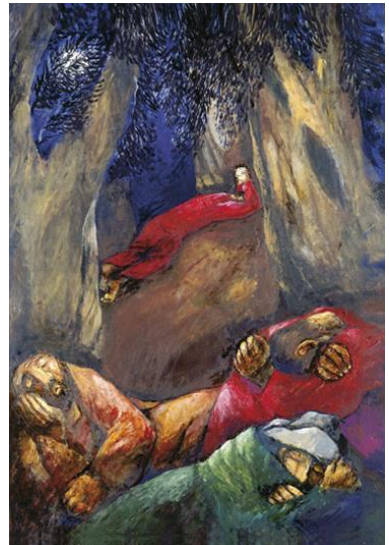


**Lord,  
you are ever watchful  
and you bless us  
with your gifts;  
as you provide  
for our needs,  
so help us to build  
only what pleases you;  
through Jesus Christ  
our Lord.**

23<sup>rd</sup>

## PSALM 130

**Father, we commend  
to your faithful love  
those who are crying  
from their depths;  
help them  
to watch and pray  
through their  
time of darkness,  
in sure hope of the dawn  
of your forgiveness  
and redemption,  
so that we all  
may truly know  
that we belong together  
with Jesus Christ our Lord.**





24<sup>th</sup>

PSALM 133 & 134

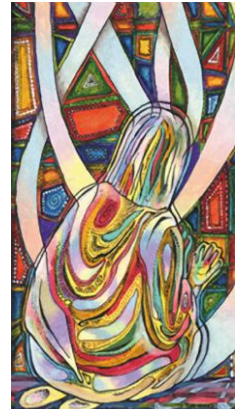


Grant all your household, Lord,  
to praise you  
as one people the Church,  
through the night  
and through the day,  
with the eternal song  
of all on earth and in heaven,  
until your kingdom dawns  
with the rising  
of your Son,  
Christ the morning star.

25<sup>th</sup>

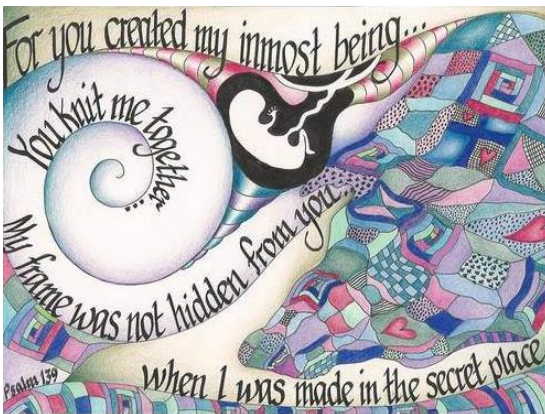
PSALM 138

Lord our God,  
supreme over all things,  
look upon the humble and lowly  
in the midst of  
life's struggles and joys,  
and put new strength into our souls  
to complete your purpose for us  
in Jesus Christ our Lord.



26<sup>th</sup>

PSALM 139



Creator God,  
may every breath  
we take be  
for your glory,  
may every footprint  
show you are our way,  
that, trusting  
in your presence,  
we may always  
be with you  
and you with us,  
for ever and ever.

27<sup>th</sup>

## PSALM 145

**King of the universe,  
you show the glory of your reign  
in acts of mercy and enduring love;  
raise the spirits of the downcast  
and restore those who have fallen away,  
that our lives may sing  
the song of the Kingdom of Jesus Christ our Lord.**



28<sup>th</sup>

## PSALM 146



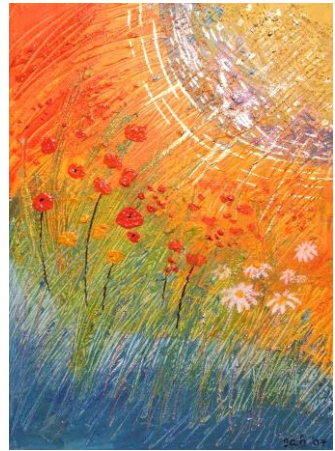
**Lord of all,  
our breath and being  
come from you;  
lead us to place our trust  
not in human striving,  
but in your eternal providence  
and faithfulness  
for it is you who will  
always reign for ever.**



29<sup>th</sup>

## PSALM 148

**O glorious God,  
your whole creation sings your  
marvellous work;  
may heaven's praise  
so echo in our hearts  
that we may be good stewards  
of the earth;  
through Jesus Christ  
our Lord.**



30<sup>th</sup>

## PSALM 149

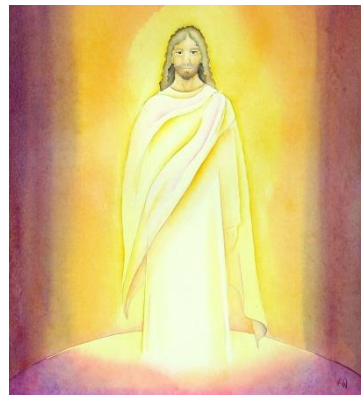


**O Lord all glorious,  
to whom your Church  
on earth and in heaven  
sings with one voice a song  
that is ever new,  
grant us so  
to be joined together  
as one people  
that we may walk  
with the risen Lord for ever.**

31<sup>st</sup>

## PSALM 150

**God of life and love,  
whose Son was victorious  
over sin and death,  
make us alive with his life,  
that the whole world  
may come to find  
themselves in him,  
Jesus Christ our Lord.**



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29 Juliet Hemmingray

Texts adapted from *Common Worship: Daily Prayer*

# OUTLINE FOR A SHORT FORM OF DAILY PRAYER

The Sign of the Cross

The Psalm for the day

The Psalm prayer for the day

The Scripture reading for the day

Intercessions (optional)

Collect from pew sheet (optional)

The Lord's Prayer

The Grace

## SOME ADDITIONAL PRAYERS

### The Sign of the Cross

- ✠ In the name of the Father,  
and of the Son, and of the Holy Spirit. Amen.

### The Lord's Prayer

Our Father in heaven,  
hallowed be your name;  
your kingdom come;  
your will be done;  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins,  
as we forgive those who sin against us.  
Lead us not into temptation,  
but deliver us from evil.  
For the kingdom, the power and the glory are yours,  
now and forever. Amen.

## The Grace

The grace of our Lord Jesus Christ,  
✠ and the love of God,  
and the fellowship of the Holy Spirit,  
be with us all evermore. Amen.

## The Jesus Prayer

Lord Jesus Christ, Son of the living God,  
have mercy on me, a sinner

## Collect for St Mark

Almighty God,  
who enlightened your holy Church  
through the inspired witness  
of your evangelist Saint Mark:  
grant that we, being firmly grounded  
in the truth of the gospel,  
may be faithful to its teaching both in word and deed;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. Amen.

## Collect for St Anne

Lord God of Israel,  
who bestowed such grace on Anne and Joachim  
that their daughter Mary grew up obedient to your word  
and made ready to be the mother of your Son:  
help us to commit ourselves in all things to your keeping  
and grant us the salvation you promised to your people;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. Amen.

## Daily Prayer online or App

<https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>

Daily  
Prayer