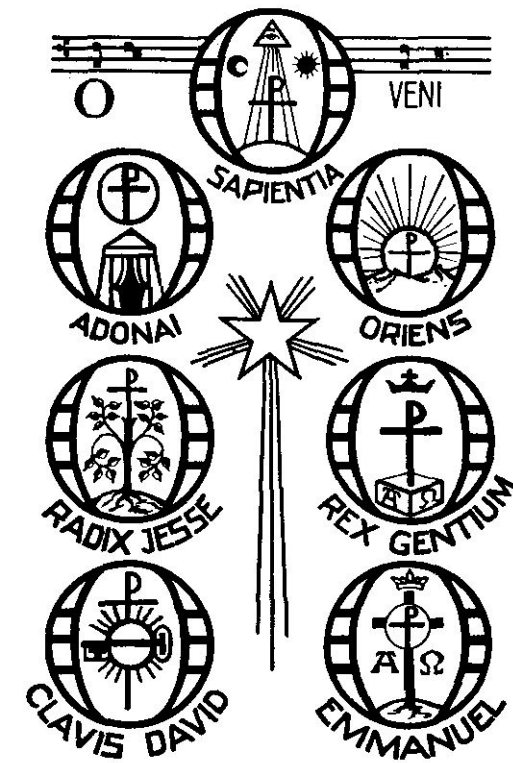


# DAILY PRAYER DURING ADVENT



*For the Benefice of Grimshoe in the Diocese of Ely  
Taken from Celebrating Daily Prayer*



## THE PREPARATION

O Lord, open our lips  
**and our mouth shall proclaim your praise**

Blessèd are you, Sovereign God of all,  
to you be praise and glory for ever.  
In your tender compassion  
the dawn from on high is breaking upon us  
to dispel the lingering shadows of night.  
As we look for your coming among us this day,  
open our eyes to behold your presence  
and strengthen our hands to do your will,  
that the world may rejoice and give you praise.  
Blessèd be God, Father, Son, and Holy Spirit:  
**Blessèd be God for ever!**

## THE WORD OF GOD

### Sundays in Advent – Psalm 24

- 1 The earth is the Lord's and all that fills it, •  
the compass of the world and all who dwell therein.
- 2 For he has founded it upon the seas •  
and set it firm upon the rivers of the deep.
- 3 'Who shall ascend the hill of the Lord, •  
or who can rise up in his holy place?'
- 4 'Those who have clean hands and a pure heart, •  
who have not lifted up their soul to an idol,  
nor sworn an oath to a lie;
- 5 'They shall receive a blessing from the Lord, •  
a just reward from the God of their salvation.'
- 6 Such is the company of those who seek him, •  
of those who seek your face, O God of Jacob.
- 7 Lift up your heads, O gates;  
be lifted up, you everlasting doors; •  
and the King of glory shall come in.
- 8 'Who is the King of glory?' •  
'The Lord, strong and mighty,  
the Lord who is mighty in battle.'

9 Lift up your heads, O gates;  
be lifted up, you everlasting doors; •  
and the King of glory shall come in.

10 'Who is this King of glory?' •  
'The Lord of hosts,  
he is the King of glory.'

#### **Mondays in Advent – Psalm 75**

1 We give you thanks, O God, we give you thanks, •  
for your name is near, as your wonderful deeds declare.

2 'I will seize the appointed time; •  
I, the Lord, will judge with equity.

3 'Though the earth reels and all that dwell in her, •  
it is I that hold her pillars steady.

4 'To the boasters I say, "Boast no longer," •  
and to the wicked, "Do not lift up your horn.

5 "'Do not lift up your horn on high; •  
do not speak with a stiff neck."

6 For neither from the east nor from the west, •  
nor yet from the wilderness comes exaltation.

7 But God alone is judge; •  
he puts down one and raises up another.

8 For in the hand of the Lord there is a cup, •  
well mixed and full of foaming wine.

9 He pours it out for all the wicked of the earth; •  
they shall drink it, and drain the dregs.

10 But I will rejoice for ever •  
and make music to the God of Jacob.

11 All the horns of the wicked will I break, •  
but the horns of the righteous shall be exalted.

#### **Tuesdays in Advent – Psalm 123**

1 To you I lift up my eyes, •  
to you that are enthroned in the heavens.

2 As the eyes of servants look to the hand of their master, •  
or the eyes of a maid to the hand of her mistress,

#### **THE PRAYERS**

Watchful at all times, let us pray for strength to stand with  
confidence before our Maker and Redeemer

That God may bring in his kingdom with justice and mercy,  
let us pray to the Lord: **R Come Lord Jesus.**

That we may seek him in the scriptures, and recognize him in the breaking of the  
bread, let us pray to the Lord: **R**

That God may bind up the brokenhearted, restore the sick and raise up all who have  
fallen, let us pray to the Lord: **R**

*Free prayer may be offered and silence is kept.*

Let us commend the world, which Christ will judge,  
to the mercy and protection of God this day.

Almighty God,  
give us grace to cast away the works of darkness  
and to put on the armour of light,  
now in the time of this mortal life,  
in which your Son Jesus Christ came to us in great humility;  
that on the last day,  
when he shall come again in his glorious majesty  
to judge the living and the dead,  
we may rise to the life immortal;  
through Jesus Christ our Lord.  
**Amen.**

#### **THE LORD'S PRAYER**

Let us bless the Lord.

**Thanks be to God.**

*THE GOSPEL CANTICLE: BENEDICTUS*

*Refrain*

**Like the sun in the morning sky,  
the Saviour of the world will dawn;  
like the rain upon the meadows,  
the Christ will come down upon us.**

- 1 ✠ Blessèd be the Lord the God of Israel, •  
who has come to his people and set them free.
- 2 He has raised up for us a mighty Saviour, •  
born of the house of his servant David.
- 3 Through his holy prophets God promised of old •  
to save us from our enemies,  
from the hands of all that hate us,
- 4 To show mercy to our ancestors, •  
and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham: •  
to set us free from the hands of our enemies,
- 6 Free to worship him without fear, •  
holy and righteous in his sight  
all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High, •  
for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation •  
by the forgiveness of all their sins.
- 9 In the tender compassion of our God •  
the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the shadow of death, •  
and to guide our feet into the way of peace.

*Luke 1.68-79*

**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.**

- 3 So our eyes wait upon the Lord our God, •  
until he have mercy upon us.
- 4 Have mercy upon us, O Lord, have mercy upon us, •  
for we have had more than enough of contempt.
- 5 Our soul has had more than enough of the scorn of the arrogant, •  
and of the contempt of the proud.

**Psalm 124**

- 1 If the Lord himself had not been on our side, •  
now may Israel say;
- 2 If the Lord had not been on our side, •  
when enemies rose up against us;
- 3 Then would they have swallowed us alive •  
when their anger burned against us;
- 4 Then would the waters have overwhelmed  
us and the torrent gone over our soul; •  
over our soul would have swept the raging waters.
- 5 But blessed be the Lord •  
who has not given us over to be a prey for their teeth.
- 6 Our soul has escaped as a bird from the snare of the fowler; •  
the snare is broken and we are delivered.
- 7 Our help is in the name of the Lord, •  
who has made heaven and earth.

**Wednesdays in Advent – Psalm 28**

- 1 To you I call, O Lord my rock; be not deaf to my cry, •  
lest, if you do not hear me, I become like those who go down to the Pit.
- 2 Hear the voice of my prayer when I cry out to you, •  
when I lift up my hands to your holy of holies.
- 3 Do not snatch me away with the wicked, with the evildoers, •  
who speak peaceably with their neighbours, while malice is in their hearts.
- 4 Repay them according to their deeds •  
and according to the wickedness of their devices.
- 5 Reward them according to the work of their hands •  
and pay them their just deserts.

- 6 They take no heed of the Lord's doings, nor of the works of his hands; •  
therefore shall he break them down and not build them up.
- 7 Blessed be the Lord, •  
for he has heard the voice of my prayer.
- 8 The Lord is my strength and my shield; •  
my heart has trusted in him and I am helped;
- 9 Therefore my heart dances for joy •  
and in my song will I praise him.
- 10 The Lord is the strength of his people, •  
a safe refuge for his anointed.
- 11 Save your people and bless your inheritance; •  
shepherd them and carry them for ever.

#### Thursdays in Advent – Psalm 62

- 1 On God alone my soul in stillness waits; •  
from him comes my salvation.
- 2 He alone is my rock and my salvation, •  
my stronghold, so that I shall never be shaken.
- 3 How long will all of you assail me to destroy me, •  
as you would a tottering wall or a leaning fence?
- 4 They plot only to thrust me down from my place of honour;  
lies are their chief delight; •  
they bless with their mouth, but in their heart they curse.
- 5 Wait on God alone in stillness, O my soul; •  
for in him is my hope.
- 6 He alone is my rock and my salvation, •  
my stronghold, so that I shall not be shaken.
- 7 In God is my strength and my glory; •  
God is my strong rock; in him is my refuge.
- 8 Put your trust in him always, my people; •  
pour out your hearts before him, for God is our refuge.
- 9 The peoples are but a breath, the whole human race a deceit; •  
on the scales they are altogether lighter than air.

#### Wednesdays in Advent

Moses said, 'Remember the long way that the Lord your God has led you these forty years in the wilderness, in order to humble you, testing you to know what was in your heart, whether or not you would keep his commandments. He humbled you by letting you hunger, then by feeding you with manna, with which neither you nor your ancestors were acquainted, in order to make you understand that one does not live by bread alone, but by every word that comes from the mouth of the Lord.'

*Deuteronomy 8.2-3*

#### Thursdays in Advent

Take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication.

*Ephesians 6.13-18a*

#### Fridays in Advent

All of you must clothe yourselves with humility in your dealings with one another, for 'God opposes the proud, but gives grace to the humble.' Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you.

*1 Peter 5.5b-7*

#### Saturdays in Advent

Then the word of the Lord came to Elijah, saying, 'What are you doing here, Elijah?' He answered, 'I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.' He said, 'Go out and stand on the mountain before the Lord, for the Lord is about to pass by.' Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave.

*1 Kings 19.9-13a*

#### **RESPONSARY**

Now it is time to awake out of sleep,  
**for the night is far spent and the day is at hand.**

- 6 Then shall the lamp leap like a hart, •  
and the tongue of the dumb sing for joy.
- 7 For waters shall break forth in the wilderness, •  
and streams in the desert;
- 8 The ransomed of the Lord shall return with singing, •  
with everlasting joy upon their heads.
- 9 Joy and gladness shall be theirs, •  
and sorrow and sighing shall flee away.

*From Isaiah 35*

**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.**

### *THE SCRIPTURE READING*

#### **Sundays in Advent**

God said to Noah, 'I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.' God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth.

*Genesis 9.11-13*

#### **Mondays in Advent**

You know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armour of light; Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

*Romans 13.11-12, 14*

#### **Tuesdays in Advent**

Moses and Aaron went to Pharaoh and said, 'Thus says the Lord, the God of Israel, "Let my people go, so that they may celebrate a festival to me in the wilderness."' But Pharaoh said, 'Who is the Lord, that I should heed him and let Israel go? I do not know the Lord, and I will not let Israel go.'

*Exodus 5.1-2*

- 10 Put no trust in oppression; in robbery take no empty pride; •  
though wealth increase, set not your heart upon it.
- 11 God spoke once, and twice have I heard the same, •  
that power belongs to God.
- 12 Steadfast love belongs to you, O Lord, •  
for you repay everyone according to their deeds.

#### **Fridays in Advent – Psalm 40**

- 1 I waited patiently for the Lord; •  
he inclined to me and heard my cry.
- 2 He brought me out of the roaring pit,  
out of the mire and clay; •  
he set my feet upon a rock and made my footing sure.
- 3 He has put a new song in my mouth,  
a song of praise to our God; •  
many shall see and fear  
and put their trust in the Lord.
- 4 Blessed is the one who trusts in the Lord, •  
who does not turn to the proud that follow a lie.
- 5 Great are the wonders you have done, O Lord my God.  
How great your designs for us! •  
There is none that can be compared with you.
- 6 If I were to proclaim them and tell of them •  
they would be more than I am able to express.
- 7 Sacrifice and offering you do not desire •  
but my ears you have opened;
- 8 Burnt offering and sacrifice for sin you have not required, •  
then said I: 'Lo, I come.
- 9 'In the scroll of the book it is written of me  
that I should do your will, O my God; •  
I delight to do it: your law is within my heart.'
- 10 I have declared your righteousness in the great congregation; •  
behold, I did not restrain my lips;  
and that, O Lord, you know.

- 11 Your righteousness I have not hidden in my heart;  
I have spoken of your faithfulness and your salvation; •  
I have not concealed your loving-kindness and truth  
from the great congregation.
- 12 Do not withhold your compassion from me, O Lord; •  
let your love and your faithfulness always preserve me,
- 13 For innumerable troubles have come about me;  
my sins have overtaken me so that I cannot look up; •  
they are more in number than the hairs of my head,  
and my heart fails me.
- 14 Be pleased, O Lord, to deliver me; •  
O Lord, make haste to help me.
- 15 Let them be ashamed and altogether dismayed  
who seek after my life to destroy it; •  
let them be driven back and put to shame  
who wish me evil.
- 16 Let those who heap insults upon me •  
be desolate because of their shame.
- 17 Let all who seek you rejoice in you and be glad; •  
let those who love your salvation say always,  
'The Lord is great.'
- 18 Though I am poor and needy, •  
the Lord cares for me.
- 19 You are my helper and my deliverer; •  
O my God, make no delay.

**Saturdays in Advent – Psalm 146**

- 1 Alleluia.  
Praise the Lord, O my soul:  
while I live will I praise the Lord; •  
as long as I have any being,  
I will sing praises to my God.
- 2 Put not your trust in princes,  
nor in any human power, •  
for there is no help in them.
- 3 When their breath goes forth, they return to the earth; •  
on that day all their thoughts perish.

- 4 Happy are those who have the God of Jacob for their help, •  
whose hope is in the Lord their God;
- 5 Who made heaven and earth,  
the sea and all that is in them; •  
who keeps his promise for ever;
- 6 Who gives justice to those that suffer wrong •  
and bread to those who hunger.
- 7 The Lord looses those that are bound; •  
the Lord opens the eyes of the blind;
- 8 The Lord lifts up those who are bowed down; •  
the Lord loves the righteous;
- 9 The Lord watches over the stranger in the land;  
he upholds the orphan and widow; •  
but the way of the wicked he turns upside down.
- 10 The Lord shall reign for ever, •  
your God, O Zion, throughout all generations.  
Alleluia.

*The Psalms are finished with the following:*

**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.**

*THE OLD TESTAMENT CANTICLE: A SONG IN THE WILDERNESS*

*Refrain*

**Lift up your voice with strength,  
O herald of good tidings.**

- 1 The wilderness and the dry land shall rejoice, •  
the desert shall blossom and burst into song.
- 2 They shall see the glory of the Lord, •  
the majesty of our God.
- 3 Strengthen the weary hands, •  
and make firm the feeble knees.
- 4 Say to the anxious, 'Be strong, fear not,  
your God is coming with judgement, •  
coming with judgement to save you.'
- 5 Then shall the eyes of the blind be opened, •  
and the ears of the deaf unstopped;