

During the Day on Monday

Preparation

O God, make speed to save us.

O Lord, make haste to help us.

Let the words of my mouth and the meditation of my heart

be acceptable in your sight, O Lord,

my strength and my redeemer.

Psalm 19.14

Praise

I bind unto myself today
the strong name of the Trinity,
by invocation of the same,
the Three in One, and One in Three.
Of whom all nature hath creation;
eternal Father, Spirit, Word:
Praise to the Lord of my salvation,
salvation is of Christ the Lord.

from St Patrick's Breastplate

The Word of God

Psalmody

On any Monday Psalm 126

(or)

Week 1

Psalm 49

Week 2

Psalm 65

Week 3

Psalm 104.26-end

Week 4

Psalm 50.1-15

Each psalm may end with

**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.**

Short readings

Week One

The Lord called me before I was born, while I was in my mother's womb he named me. He made my mouth like a sharp sword, in the shadow of his hand he hid me; he made me a polished arrow, in his quiver he hid me away. And he said to me, 'You are my servant, Israel, in whom I will be glorified.' But I said, 'I have laboured in vain, I have spent my strength for nothing and vanity; yet surely my cause is with the Lord, and my reward with my God.'

Isaiah 49.1b-4

Week Two

Do not be wise in your own eyes; fear the Lord, and turn away from evil. It will be a healing for your flesh and a refreshment for your body. Honour the Lord with your substance and with the first fruits of all your produce; then your barns will be filled with plenty, and your vats will be bursting with wine. My child, do not despise the Lord's discipline or be weary of his reproof, for the Lord reproves the one he loves, as a father the son in whom he delights.

Proverbs 3.7-12

Week Three

Jesus said, 'The kingdom of God is as if someone would scatter seed on the ground, and would sleep and rise night and day, and the seed would sprout and grow, he does not know how. The earth produces of itself, first the stalk, then the head, then the full grain in the head. But when the grain is ripe, at once he goes in with his sickle, because the harvest has come.'

Mark 4.26-29

Week Four

After a long time the master of those slaves came and settled accounts with them. Then the one who had received the five talents came forward, bringing five more talents, saying, 'Master, you handed over to me five talents; see, I have made five more talents.' His master said to him, 'Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.'

Matthew 25.19-21

Or, on any Monday

Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.'

Matthew 11.28

Response

Spend some time re-reading and thinking about the scripture you have read asking God to speak to you through it.

Jesus said, I am the true vine.

My Father is glorified by this, that you bear much fruit.

John 15.1a,8

Prayers

Spend some time praying for the issues of the day, people in need, national and world leaders, the church, our community, your family and friends.

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.
Amen.

Alcuin of York (804)

The Lord's Prayer

The Conclusion

May God bless the work of our hands. **Amen.**