

# flow



vineyard  church  
sutton

*O Christ my light, O Christ my shield,  
O Christ my light, O Christ my protector.  
O Christ my light, O Christ my strong tower.  
O Christ my light, O Christ my encircler.  
Guard me in your night; Keep me in your light,  
each day, each night, now and for evermore,  
now and for evermore. Amen*

# Daily prayer Index

*Explanation p.4*

*Daily Prayer P.5*

*Scripture reading for Today P.7*

*Confirmation of the Trinity p.7*

*Declaration of faith p.8*

*The Lord's Prayer p.8*

*Bible readings ps.9-17*



# Daily Prayer

Christians have practiced a form of daily prayer for many centuries but it was St Benedict who first saw the benefit of formulating this prayer into a structured daily reading.

He wrote an order or 'office' for his monks to help them pray on a regular basis, to help give them structure to their days and to help them grow in Christ.

This daily office has not only survived for 1500 years but has also thrived. It is now used not just by his Benedictine monks but by many Christians from a multitude of denominations.

We have written our own daily office for the 40 days. It is preferable that you partake of it in the morning although it can be used any time.

Each day has a different bible reading which can be found on page X and repeated at the appropriate time.

Otherwise please read it as it is and make these prayers your own.

*NB + = sign yourself with sign of the cross, if you wish*

# Daily Prayer



## **Our main daily Prayer**

In the name of The Father, Son and Holy Spirit+  
Today Lord, I declare your name

O Father, come to my aid  
O Lord, make haste to help me

O Lord, open my lips  
That my mouth will proclaim your praise

O Lord, open my eyes  
that my vision will behold your beauty

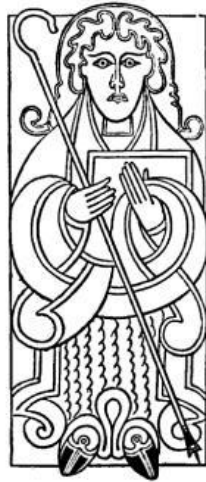
O Lord, open my ears  
that I my hearing may be of your wisdom

O Lord, journey with me today. Amen

# Scripture reading for Today

Now turn to pages 9-13 and you will find a scripture reading for days 1 – 40.

Please read through appropriate reading three times and take a few moments to consider it before moving on.



## Confirmation of the Trinity

The hand of God keeping me,  
The love of Christ in my veins,  
The strong Spirit bathing me,  
The Three shielding and aiding me,  
The Three shielding and aiding me;  
The hand of Spirit bathing me,  
The Three each step aiding me.

## Declaration of faith

To whom shall we go?

You have the words of eternal life,

and we have believed and have come to know that You are the Holy One of God.

Praise to You, Lord Jesus Christ,

King of endless glory.

*Now take a moment to consider and pray for those who may be ill and may be in need to God's grace.*

## As our Saviour taught us, so we pray

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.

In the name of the Father, Son and Holy Spirit+

Amen.

# Biblical Readings

## Day 1

The Risen Christ said to the disciples: "Peace be with you. As the Father sent me, so am I sending you." Then he breathed on them and said, "Receive the Holy Spirit." **John 20:19-23**

## Day 2

The person who trusts in the Lord is like a tree planted by the water: in a year of drought it is untroubled and never ceases to bear fruit. **Jeremiah 17:5-8**

## Day 3

Many keep saying, "Who will give us happiness?" Lord, let the light of your face shine upon us. **Psalms 4**

## Day 4

Jesus said to his disciples: You are the salt of the earth. But if salt loses its taste, what can make it salty again? **Matthew 5:13-16**

## Day 5

Paul explained his ministry, saying: We do not want to be masters of your faith, but fellow workers with you for your joy. **2 Corinthians 1:18-24**

## Day 6

Paul writes to Timothy: I remind you now to fan into a flame the gift God has placed in you. For God did not give us a spirit of timidity, but a spirit of inward strength, of love and of self-control. **2 Timothy 1:6-18**

## Day 7

Watch over those who are entrusted to you, not simply as a duty, but willingly and with gladness of heart, according to God's will **1 Peter 5:1-4**

## Day 8

The Risen Christ said to the apostles: This is what is written: The Christ will suffer, and rise from the dead on the third day. And repentance and forgiveness of sins will be preached in his name to all nations. **Luke 24:35-48**

## Day 9

As the earth sends up its shoots and a garden lets its seeds sprout, so God will cause justice and praise to spring up. **Isaiah 61:10-11**

Day 10

My soul is waiting for the Lord, I rely on his promise; my soul relies on the Lord more than a night-watchman on the coming of dawn. **Psalms 130**

Day 11

God's Word is very near to you, it is on your lips and in your heart for you to put it into practice. **Deuteronomy 30:11-14**

Day 12

Paul writes: Do nothing out of selfish ambition, look not to your own interests but to those of others. **Philippians 2:1-4**

Day 13

God wakens my ear every morning to listen as a disciple. **Isaiah 50:4-9**

Day 14

Jesus said: The harvest is plentiful but the workers are few. So pray that the Lord of the harvest may send out workers into his harvest. **Luke 10:1-9**

Day 15

Jesus said: I am the good shepherd; the good shepherd lays down his life for his sheep.

**John 10:11-15**

Day 16

Paul writes: The Spirit seeks life and peace. **Romans 8:5-11**

Day 17

Jesus said: Seek first God's Kingdom, and all other things will be given to you as well.

**Luke 12:22-31**

Day 18

Paul writes: The point of all our toiling and battling is that we have put our trust in the living God, who is the saviour of all people. **1 Timothy 4:7-10**

Day 19

O you, who are faithful and humble in heart, bless the Lord! Sing God's praises forever! His love is everlasting. **Daniel 3:51-90**

Day 20

James writes: Do not only listen to the Word, put it into practice. **James 1:22-25**

Day 21

Praised be God who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God. **2 Corinthians 1:3-7**

Day 22

Jesus said: I am the true vine. Just as a branch cannot bear fruit unless it remains part of the vine, neither can you bear fruit unless you remain in me. **John 15:1-8**

Day 23

Jesus said: How blessed are the poor in spirit: the kingdom of heaven is theirs. Blessed are the gentle, for they will inherit the earth. **Matthew 5:1-12**

Day 24

Paul writes: The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. **Galatians 2:15-21**

Day 25

This is the command Christ gave us: whoever loves God must also love their brother and sister. **1 John 4:16-21**

Day 26

May Christ dwell in your hearts through faith, and may you be rooted and established in love, so that knowing the love of Christ, which is beyond all knowledge, you may be filled to the measure of all the fullness of God. **Ephesians 3:14-19**

Day 27

St. Paul writes: I am certain that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation will be able to separate us from the love of God which is in Christ Jesus. **Romans 8:31-39**

Day 28

Paul writes: These three things remain: Faith, hope and love. And the greatest of them is love.

**1 Corinthians 13:8-13**

Day 29

Jesus said: This is my commandment — love one another as I have loved you.

**John 15:9-13**

Day 30

On Mount Sinai, God said: I am the Lord your God who brought you out of the land of slavery. You shall have no gods except me. **Exodus 20:1-21**

Day 31

Jesus said: The Son of man has come to seek out and save what was lost.

**Luke 19:1-10**

Day 32

The Lord says to his people: Look and see the joy that is coming to you from God. **Baruch 4:36-37**

Day 33

After Jesus' Ascension, the disciples went out and proclaimed the Gospel everywhere, while the Lord worked with them and confirmed his word. **Mark 16:15-20**

Day 34

Jesus told his disciples: When the Spirit of truth comes, who issues from the Father, He will bear witness to me. **John 15:18-27**

Whoever loves their brother or sister lives in the light and need not be afraid of stumbling.

**1 John 2:3-11**

Day 35

Jesus prayed to his Father for his disciples, saying: I am no longer in the world; they are in the world and I am coming to you, Holy Father. Keep those you have given me true to your name, so that they may be one as we are one.

**John 17:6-11**

Day 36

Bless those who persecute you; bless and do not curse. Rejoice with those who are rejoicing, weep with those who weep. **Romans 12:14-21**

Day 37

Paul writes: When you give, give generously, from the heart; when you do works of mercy, do so with joy. **Romans 12:3-13**

Day 38

Come to Christ, the living stone, rejected by human beings but chosen and precious in God's sight. **1 Peter 2:4-10**

Day 39

Jesus said: God is not a God of the dead but of the living; for him all people are alive. **Luke 20:27-38**

Day 40

Peter said: God, who knows human hearts, showed that he accepts all people by giving the Holy Spirit to all who believe. **Acts 15:5-12**

