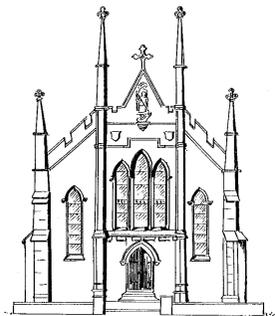


DAILY PRAYERS

SEVENTH SUNDAY IN ORDINARY TIME



HOLY TRINITY & ST GEORGE
CATHOLIC CHURCH
Serving Kendal and Sedbergh

www.kendalcatholicchurch.uk

Sunday – Week 7

Collect:

Grant, we pray, almighty God,
that, always pondering spiritual things,
we may carry out in both word and deed
that which is pleasing to You.

Through our Lord Jesus Christ, Your Son,
who lives and reigns with You in the unity of the Holy Spirit,
God, for ever and ever. Amen.

Today's Gospel reading: Matthew 5:38-48

Today's prayer:

O mightiest King, co-eternal with the Father,
by Your might You vanquished Hell and trod death under foot,
You have bound the strong,
by Your miraculous power You arose as the second Adam from the tomb.
Send forth Your invisible right hand,
which is full of blessing,
and bless us all.

Pity us, O Lord, and strengthen us with Your divine power.

Let the light shine into our souls
and dispel the surrounding darkness of sin.

Unite us to the all-blessed assembly that is pleasing to You;
for through You and with You,

all praise, honour, power, adoration, and thanksgiving
are due to the Father and the Holy Spirit, now and forever. Amen.

Monday – Week 7

Collect:

Grant, we pray, almighty God,
that, always pondering spiritual things,
we may carry out in both word and deed
that which is pleasing to You.
Through our Lord Jesus Christ, Your Son,
who lives and reigns with You in the unity of the Holy Spirit,
God, for ever and ever. Amen.

Today's Gospel reading: Mark 9:14-29

Today's prayer:

Jesus we come to You.
We find rest in You.
We need You.
We need the pardon You give for our sin,
we need the forgiveness You provide for our sin
and we need You to help us walk with God.
To obey God, to experience the delight of obedience to His commands.
God, we need Your help through Christ to live this Christian life.
We cannot do it on our own today.
We couldn't do it yesterday,
we can't do it tomorrow,
we can't do it today.
Please help us, we pray.
Help us in such a way that we find rest for our souls
as we abide in Jesus,
as we walk in the yoke with Jesus,
as we learn what it means to follow Jesus
we pray that our souls will grow into greater and greater rest with You.
Enjoyment of You,
delight in You
because of the work of Christ in us.
We ask this through the same Jesus Christ. Amen.

Tuesday – Week 7

St Peter Damian - Doctor of the Church

*No official patronage, but he is a great saint to seek prayers from in many circumstances.
Often seen as a companion, of those who have trouble sleeping since he was an insomniac!*

Collect:

Grant, we pray, almighty God,
that, always pondering spiritual things,
we may carry out in both word and deed
that which is pleasing to You.
Through our Lord Jesus Christ, Your Son,
who lives and reigns with You in the unity of the Holy Spirit,
God, for ever and ever. Amen.

Today's Gospel reading: Mark 9:30-37

Today's prayer:

All-powerful God,
help us to follow the teachings and example of St Peter Damian.
By making Christ and the service of His Church
the first love of our lives,
may we come to the joys of eternal light.
We ask this through Christ our Lord. Amen.

St Peter Damian, Pray for us

St Peter Damian (c1007 – 21st or 22nd February 1072 or 1073) He was born in Ravenna, and was orphaned early as a child. His youth was spent in hardship and poverty, and this resulted in remarkable intellectual gifts. His brother Damian was the Archpriest of Ravenna and noticed his gifts. He took him away to be educated, because of his great intellectual gifts. Peter was so grateful, he added his brother's name to his own, Peter Damian. He made such progress in his studies of theology and canon law, studying in Ravenna, Faenza, and finally Parma, that at the age of twenty-five he was a famous teacher at Parma and Ravenna. St Peter Damain was a reforming Benedictine monk and cardinal in the circle of Pope Leo IX. Dante placed him in one of the highest circles of Paradiso as a great redecessor of Francis of Assisi and he was declared a Doctor of the Church on 27 September 1828.

Ash Wednesday

Today is a day of fasting and abstinence

Collect:

Grant, O Lord, that we may begin with holy fasting this campaign of Christian service, so that, as we take up battle against spiritual evils, we may be armed with weapons of self-restraint. Through our Lord Jesus Christ, Your Son, who lives and reigns with You in the unity of the Holy Spirit, God, for ever and ever. Amen.

Today's Gospel reading: Matthew 6:1-6, 16-18

Today's prayer:

Gracious God,
today begins a period of inner reflection and examination.
The days stretch before me
and invite me inward
to that silent, holy space that holds Your Spirit.
This special time
beckons me to see my life
through Christ's eyes
and the truth and reality of Your love incarnate.
Give me the grace to enter the space of these days
with anticipation of our meeting.
And, when I open my soul to Your presence,
Let Your loving kindness flow over me
and seep into the pockets of my heart.
I ask this for the sake of Your love.
You who love me so much.

Fasting = that the amount of food we eat is considerably reduced.

Abstinence = that we give up a particular kind of food or drink or form of amusement.

Today we begin a spiritual journey, toward the Second Coming of Christ and our future life in Heaven. In order to emphasize the penitential nature of that journey, the Church, during Lent, removes the 'Alleluia' from the Mass and her prayer life. We no longer sing with the choirs of angels; instead, we acknowledge our sins and practice repentance so that one day we may again have the privilege of worshipping God as the angels do!

Thursday after Ash Wednesday

Collect:

Prompt our actions with your inspiration, we pray, O Lord, and further them with Your constant help, that all we do may always begin from You and by You be brought to completion. Through our Lord Jesus Christ, Your Son, who lives and reigns with You in the unity of the Holy Spirit, God, for ever and ever. Amen.

Today's Gospel reading: Luke 9:22-25

Today's prayer:

O God, You see that we have no strength in ourselves.
Keep us both outwardly and inwardly.
Defend us from all adversities
which hurt the body,
and cleanse us from all evil thoughts
which afflict the mind;
through Christ our Lord. Amen.

Friday after Ash Wednesday

Today is a day of fasting and abstinence

Collect:

Show gracious favour, O Lord, we pray,
to the works of penance, we have begun,
that we may have strength to accomplish with sincerity
the bodily observances we undertake.
Through our Lord Jesus Christ, Your Son,
who lives and reigns with You in the unity of the Holy Spirit,
God, for ever and ever. Amen.

Today's Gospel reading: Matthew 9:14-15

Today's prayer:

Create a clean heart in me, O God:
a humble heart,
a meek heart,
a peaceful heart,
a benevolent heart,
a devout heart which does evil to no one,
which does not repay evil for evil,
but overcomes evil with good,
which loves You above all things,
thinks always about You,
speaks about You,
and gives You thanks. Amen.

Saturday after Ash Wednesday

Collect:

Almighty ever-living God,
look with compassion on our weakness
and ensure us Your protection
by stretching forth the right hand of Your majesty.
Through our Lord Jesus Christ, Your Son,
who lives and reigns with You in the unity of the Holy Spirit,
God, for ever and ever. Amen.

Today's Gospel reading: Luke 5:27-32

Today's prayer:

Jesus,
You have known us from the beginning of time,
You have known us in the depths of our dreams
and in the darkness of our shame,
You know us as Your beloved.
Help us to own that core identity more and more
in this season of repentance and mercy.
Give us the rock-solid assurance of Your unwavering faith in us
as we seek the same in You. Amen.