



Keynsham Parish
Sharing Jesus Christ

A photograph of a rocky coastline with tide pools and a blue sky. The rocks are dark and jagged, and the water is a mix of blue and green. The sky is a clear, light blue with a few wispy clouds.

Daily Rhythm

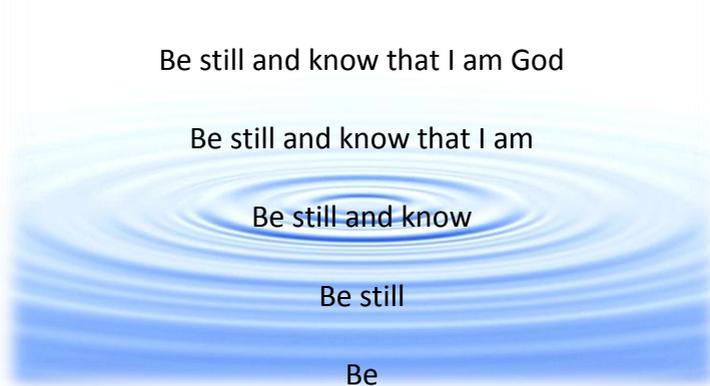
Daily resources for prayer and
worship during Lent

Can be used in conjunction Daily Bible Readings for Lent.

Daily Rhythm – Week One

Be still

Try and find somewhere quiet or where you cannot be disturbed. Take time. This is prime time. This is your special time. This is not wasted time. This is time for God. You might want to light a candle or focus on a cross or an image of Jesus. Reflect on these words:



Be open

All that I am, Lord	I place into your hands
All that I do, Lord	I place into your hands
Everything I work for	I place into your hands
Everything I hope for	I place into your hands
The troubles that weary me	I place into your hands
The thoughts that disturb me	I place into your hands
Each that I pray for	I place into your hands
Each that I care for	I place into your hands

Northumbrian Community

Monday:

*"O Lord, our Lord, how majestic is your name in all the earth!
You have set your glory above the heavens.
From the lips of children and infants you have ordained praise...
When I consider your heavens, the work of your fingers, the
moon and the stars, which you have set in place,
what is man that you are mindful of him,
the son of man that you care for him?
You have made him a little lower than the heavenly beings
And crowned him with glory and honour.
You made him ruler over the works of your hands;
You put everything under his feet...
O Lord, our Lord, how majestic is your name in all the earth."*

Psalm 8

Tuesday:

*"I sought the Lord, and he answered me;
he delivered me from all my fears.
Those who look to him are radiant;
their faces are never covered with shame.
This poor man called, and the Lord heard him;
he saved him out of all his troubles.
...Taste and see that the Lord is good;
blessed is the man who takes refuge in him.
...The Lord is close to the broken-hearted
and saves those who are crushed in spirit."*

Psalm 34

Wednesday:

*"Have mercy on me, O God, according to your unfailing love;
according to your great compassion
blot out my transgressions.
Wash away all my iniquity and cleanse me from my sin.
For I know my transgressions, and my sin is always before me.
Against you, you only, have I sinned
and done what is evil in your sight
...Create in me a pure heart,
O God, and renew a steadfast spirit within me.
Do not cast me from your presence or take your Holy Spirit from
me.
Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me."*

Psalm 51

Thursday:

*"The LORD is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters,
he refreshes my soul.
He guides me along the right paths for his name's sake.
Even though I walk through the darkest valley,
I will fear no evil, for you are with me;
your rod and your staff, they comfort me.
You prepare a table before me in the presence of my enemies.
You anoint my head with oil; my cup overflows.
Surely your goodness and love will follow me all the days of my
life,
and I will dwell in the house of the LORD for ever."*

Psalm 23

Friday:

*"The LORD is compassionate and gracious,
slow to anger, abounding in love.
He will not always accuse,
nor will he harbour his anger for ever;
he does not treat us as our sins deserve or repay us according to
our iniquities.
For as high as the heavens are above the earth,
so great is his love for those who fear him;
as far as the east is from the west,
so far has he removed our transgressions from us.
As a father has compassion on his children,
so the LORD has compassion on those who fear him;
for he knows how we are formed,
he remembers that we are dust.
The life of mortals is like grass,
they flourish like a flower of the field;
the wind blows over it and it is gone,
and its place remembers it no more.
But from everlasting to everlasting the LORD's love is with those
who fear him,
and his righteousness with their children's children."*

Psalm 103

Saturday:

*"I lift up my eyes to the mountains
– where does my help come from?
My help comes from the LORD, the Maker of heaven and earth.
He will not let your foot slip*

*– he who watches over you will not slumber;
indeed, he who watches over Israel will neither slumber nor
sleep.*

The LORD watches over you

*– the LORD is your shade at your right hand;
the sun will not harm you by day, nor the moon by night.*

*The LORD will keep you from all harm –he will watch over your
life;*

*the LORD will watch over your coming and going
both now and for evermore."*

Psalm 121

Sunday:

*"God is our refuge and strength,
an ever-present help in trouble.*

*Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
though its waters roar and foam*

and the mountains quake with their surging

.... He makes wars cease to the ends of the earth.

He breaks the bow and shatters the spear;

he burns the shields with fire.

He says, 'Be still, and know that I am God;

I will be exalted among the nations,

I will be exalted in the earth.'

The LORD Almighty is with us; the God of Jacob is our fortress."

Psalm 46

Be fed

A reading from scripture

(see: *Daily Bible Readings*)

Be prayerful

Prayers for the day

Monday: *For the needs of the world* - people and events in the news. Pray for God's protection, strength and the ability to cope.

Tuesday: *For you own needs* - particular challenges you face today.
Pray for guidance, wisdom and the ability to show love and forgiveness.

Wednesday: *For justice in the world* - where there is violence, war, injustice and oppression.
Pray for peace of Christ, for understanding, toleration and reconciliation.

Thursday: *For the needs of family and friends* - those you care about or who care about you.
For healing, for help in relationships, for their particular needs.

Friday: *For your own personal development* - spiritual and emotional growth
For greater understanding, more of God's love and presence in your life.

Saturday: *For the needs of your local community* - your town, village or the nation.
For local needs, community leaders, politicians and business.

Sunday: *Give thanks to God* - praise, adoration and thankfulness.
Thanks for all that is good, counting your blessings, God's work among us.

*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 for ever. Amen*

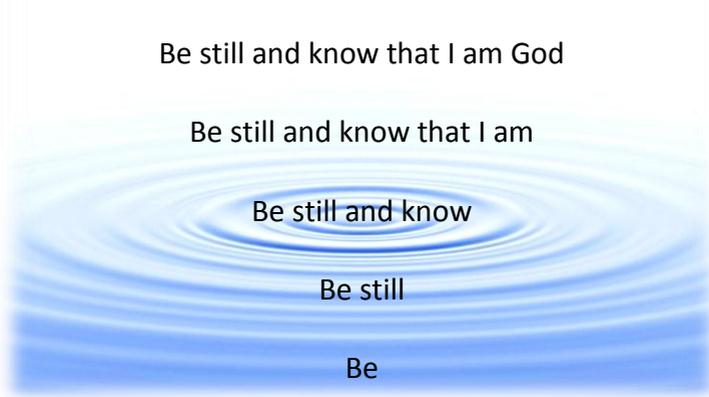
Be travelling on

Go before me this day, Lord I pray
May your will enfold me
Your love surround me
Your strength uphold me
Your joy fill me
And your path unfold before me
This day and every day. Amen.

Daily Rhythm – Week Two

Be still

This is time for God. You might want to light a candle or focus on a cross or an image of Jesus. Reflect on these words:



Be open

*This day dear Lord with me go
If life ebb or if it flow
This day dear Lord, be with me
On firm ground or all at sea
God ahead, God behind
God be on the path I wind
God above, God below
God be everywhere I go
God in the steep
God in the shade
God keep me safe
Come to my aid*

Prayer of the Bretton Fisherman

Daily Rhythm – Week Three

Be still

This is time for God. You might want to light a candle or focus on a cross or an image of Jesus. Reflect on these words:

The Lord is my light and my salvation
Whom shall I fear?
The Lord is the stronghold of my life
Of whom shall I be afraid



Be open

*Come, Lord Jesus.
When this world is as dark as night
You are the One we call the Light.
When we are tempted to go astray
You are the One we call the Way.
When we are falling in the strife
You are the One who is the Life.
When troubles to our life bring harm
You are the One who brings us calm.
When the storms of life increase
You are the One who is our peace.
When our lives are full of woe
You are the One to whom we go
When we are down and all forlorn
Come as the resurrection morn
Come, Lord Jesus*

David Adam

Be prayerful

Prayers for the day (see above)

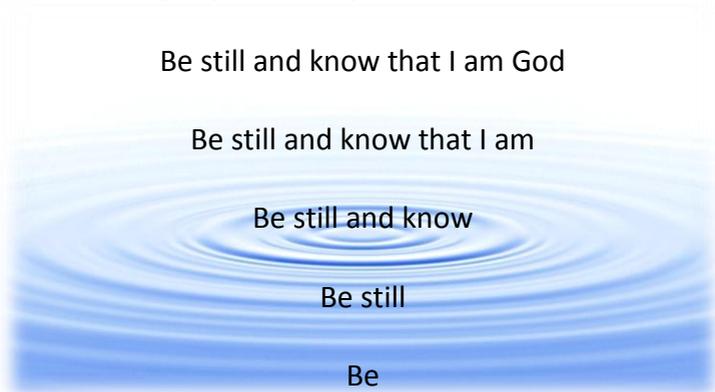
*Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours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

Be travelling on

God of power,
may the boldness of your Spirit transform me,
may the gentleness of your Spirit lead me,
may the gifts of your Spirit
equip me to serve and worship you
now and always. Amen.

Daily Rhythm – Week Five

This is time for God. You might want to light a candle or focus on a cross or an image of Jesus. Reflect on these words:



Be open

Teach me, Good Lord
To serve you as you deserve.
To give and not count the cost.
To fight and not heed the wounds.
To toil and not to seek for rest.
To labour and not to ask for any reward
Except that of knowing that I do Your Will.
Through Jesus Christ our Lord, Amen.

Ignatius of Loyola

Be mindful

The Psalm for the day *(see above)*

Be fed

A reading from scripture
(see: Daily Bible Readings)

Be prayerful

Prayers for the day (see above)

*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 for ever. Amen*

Be travelling on

*May the strength of God pilot me.
May the power of God preserve me.
May the wisdom of God instruct me.
May the hand of God protect me.
May the way of God direct me.
May the shield of God defend me.
May the host of God guard me
against the snares of the evil one
And the temptations of the world.
May Christ be with me
Christ above me; Christ in me; Christ before me
May your salvation O Lord, be always mine.
This day and for evermore.*

Saint Patrick