Daytime Prayer

Thursday, February 23, 2023

Saint Polycarp, Bishop and Martyr

OPENING

O God, come to my assistance.

Lord, make haste to help me.

Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be forever. Amen.

HYMN

> **Lord, Who Throughout These Forty Days**
>
> Lord, who throughout these forty days
> for us did fast and pray,
> teach us with you to mourn our sins
> and close by you to stay.

PSALMODY

Psalm 119 *Forever, O Lord, Your Word (Caph)*

> *Ant. Turn to me, O Lord, and have mercy on me.*

Forever, O Lord, your word stands firm in heaven.

Your truth is from generation to generation; you have founded the earth, and it endures.

By your ordinance the day persists, for all things serve you.

Unless your law had been my meditation, perhaps then I would have perished in my humiliation.

Your justifications I will never forget, for in them you have given me life.

I am yours; save me, for I have sought your justifications.

The wicked have waited for me to destroy me; but I have understood your testimonies.

I have seen the end of all perfection; your commandment is exceedingly broad.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

> *Ant. Turn to me, O Lord, and have mercy on me.*

Psalm 119 *How I Love Your Law! (Lamed)*

> *Ant. Turn to me, O Lord, and have mercy on me.*

O how I have loved your law, O Lord! All day long it is my meditation.

By your commandment, you have made me wiser than my enemies; for it is mine forever.

I have understood more than all my teachers, because your testimonies are my meditation.

I have understood more than the elders, because I have sought your commandments.

From every evil path I have restrained my feet, so that I might keep your words.

I have not declined from your judgments, because you have established a law for me.

How sweet are your words to my palate, more so than honey to my mouth!

By your commandments I have gained understanding; therefore I have hated every path of iniquity.

Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be forever. Amen.

> *Ant. Turn to me, O Lord, and have mercy on me.*

SHORT READING

1 JOHN 1:9

If we acknowledge our sins, he is faithful and just and will forgive our sins and cleanse us from every wrongdoing.

RESPONSORY

V. We adore your cross, O Lord.

R. We praise your holy resurrection.

CONCLUDING PRAYER

Gracious God, at this midday hour we remember Christ's suffering and death. Let that memory shape how we treat others for the rest of this day; through the same Jesus Christ our Lord. Amen.

DISMISSAL

Let us praise the Lord.

And give him thanks.