



URBAN ABBEY

# MIDDAY PRAYER

*Based on liturgies produced by  
Northumbria Community, Lectio 365,  
Ffald-y-Brenin and others.*

**Words in BOLD should be read together.**

## DRAWING NEAR

**We pause in the middle of our day,  
to regather our scattered senses,  
to be still  
and to know that you are God.  
We lift our minds to think of you;  
We open our ears to hear your voice;  
We open our eyes to see the beauty that is all around us;  
We open our hearts as we respond to your invitation  
to be with you, to watch you,  
to learn from you, to work with you.**

*Take a moment of stillness and quiet to lean into God.*

## PRAYER

We join with our brothers and sisters across the globe as 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  
(the evil one),  
For the kingdom, the power, and the glory are yours,  
Now and for ever.  
Amen.**

**Trust in Him at all times O people;  
pour out your hearts before him;  
God is a refuge for us.**

(PSALM 62:5–8)

**Holy Spirit, help us to pray.  
lead us, and make us bold and quick to respond to your leading.**

Use Daily Bell as a starting point for prayer. Allow space to respond to the urgency that the Holy Spirit highlights.

The Daily Bell is usually the latest tweet on:

▶ [https://twitter.com/24\\_7prayernotts](https://twitter.com/24_7prayernotts)

Sign up for regular Daily Bell emails at:

▶ <https://bit.ly/dailybell>

## CLOSING PRAYER

**Bless us as we go about our work this afternoon.  
Help us to recognise where you're at work, and, Holy Spirit,  
we welcome your disruption and interruption  
as you lead us into fullness of life.  
Establish the work of our hands, Lord,  
and keep us in step with you;  
Walking in your peace we pray.  
Amen.**



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