



The United Benefice

Bishop Thornton | Burnt Yates | Markington
Ripley | South Stainley

Testudo Simple Daily Prayer

I commit myself to prayer for our churches on the following days:

| Sun | | Mon | | Tue | | Wed | | Thu | | Fri | | Sat |

The United
Benefice:

Bishop Thornton,
Markington, Ripley,

Burnt Yates,
and South Stainley

Based upon Common Worship: Prayer During the Day

Common Worship: Daily Prayer; material from which is used in this service, is © The Archbishops' Council 2005.

Sunday

Preparation

O God, make speed to save us.

All: O Lord, make haste to help us.

My heart tells of your word, 'Seek my face.'

All: Your face, Lord, will I seek.

Psalm 27.10

Praise

You may like to listen to (or sing along with!) a hymn or song, or simply use these words:

We praise you, O God, we acclaim you as the Lord;
all creation worships you, the Father everlasting.
To you all angels, all the powers of heaven,
the cherubim and seraphim, sing in endless praise:
Holy, holy, holy Lord, God of power and might,
heaven and earth are full of your glory.

From Te Deum Laudamus (latin for 'We praise you, O God')

The Word of God

A Bible reading, either the one below, or if you are following your own Bible study series, you may like to use that.

If anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself.

2 Corinthians 5.17-19a

Response

Take some time to reflect on, and respond to, your scripture reading, through silence, study, or even song! You may like to use these words to end your time of reflection,

Jesus said, I am the living bread that came down from heaven.

All: Whoever eats of this bread will live for ever.

John 6.51a

Please pray for other Testudo members, those who are meeting for worship in our churches this day, as well as yourself, and all known to you who are in any kind of need. Some set prayers can be found on page 16 if these are useful.

This prayer may be used to gather, and round off your prayers,

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.

All: Amen.

From St Patrick's Breastplate

The Lord's Prayer is said.

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.

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
 who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.

Amen.

The Conclusion

May God who made both heaven and earth bless us.

All: Amen.

Monday

Preparation

O God, make speed to save us.

All: O Lord, make haste to help us.

Let the words of my mouth and the meditation of my heart

**All: be acceptable in your sight, O Lord,
my strength and my redeemer.**

Psalm 19.14

Praise

You may like to listen to (or sing along with!) a hymn or song, or simply use these words:

I bind unto myself today
the strong name of the Trinity,
by invocation of the same,
the Three in One, and One in Three.
Of whom all nature hath creation;
eternal Father, Spirit, Word:
Praise to the Lord of my salvation,
salvation is of Christ the Lord.

from St Patrick's Breastplate

The Word of God

A Bible reading, either the one below, or if you are following your own Bible study series, you may like to use that.

Jesus said, 'The kingdom of God is as if someone would scatter seed on the ground, and would sleep and rise night and day, and the seed would sprout and grow, he does not know how. The earth produces of itself, first the stalk, then the head, then the full grain in the head. But when the grain is ripe, at once he goes in with his sickle, because the harvest has come.'

Mark 4.26-29

Response

Take some time to reflect on, and respond to, your scripture reading, through silence, study, or even song! You may like to use these words to end your time of reflection,

Jesus said, I am the true vine.

All: My Father is glorified by this, that you bear much fruit.

John 15.1a,8

Please pray for other Testudo members, the church and community of Bishop Thornton, as well as yourself, and all known to you who are in any kind of need. Some set prayers can be found on page 16 if these are useful.

This prayer may be used to gather, and round off your prayers,

Eternal light, shine into our hearts,
eternal goodness, deliver us from evil,
eternal power, be our support,
eternal wisdom, scatter the darkness of our ignorance,
eternal pity, have mercy upon us;
that with all our heart and mind and soul and strength
we may seek your face and be brought by your infinite mercy
to your holy presence,
through Jesus Christ our Lord.

All: Amen.

Alcuin of York (804)

The Lord's Prayer is said.

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.

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
 who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.

The Conclusion

May God bless the work of our hands.

All: Amen.

Tuesday

Preparation

○ God, make speed to save us.

All: ○ Lord, make haste to help us.

To you, ○ Lord, I lift up my soul.

All: ○ my God, in you I trust.

Psalm 25.1a

Praise

You may like to listen to (or sing along with!) a hymn or song, or simply use these words:

I am giving you worship with all my life,
I am giving you obedience with all my power,
I am giving you praise with all my strength,
I am giving you honour with all my speech.

I am giving you love with all my heart,
I am giving you affection with all my sense,
I am giving you my being with all my mind,
I am giving you my soul, ○ most high and holy God.

Praise to the Father, Praise to the Son, Praise to the Spirit,
The Three in One.

adapted from Alexander Carmichael, Carmina Gadelica (1900)

The Word of God

A Bible reading, either the one below, or if you are following your own Bible study series, you may like to use that.

They shall see the glory of the Lord, the majesty of our God. Strengthen the weak hands, and make firm the feeble knees. Say to those who are of a fearful heart, 'Be strong, do not fear! Here is your God. He will come with vengeance, with terrible recompense. He will come and save you.' Then the eyes of the blind shall be opened, and the ears of the deaf unstopped; then the lame shall leap like a deer, and the tongue of the speechless sing for joy. For waters shall break forth in the wilderness, and streams in the desert.

Isaiah 35.2c-6

Response

Take some time to reflect on, and respond to, your scripture reading, through silence, study, or even song! You may like to use these words to end your time of reflection,

Jesus said, I am the light of the world.

All: Whoever follows me will have the light of life.

John 8.12

Please pray for other Testudo members, the church and community of Burnt Yates, as well as yourself, and all known to you who are in any kind of need. Some set prayers can be found on page 16 if these are useful.

This prayer may be used to gather, and round off your prayers,

Eternal God,
the light of the minds that know you,
the joy of the hearts that love you,
and the strength of the wills that serve you:
grant us so to know you
that we may truly love you,
so to love you that we may truly serve you,
whose service is perfect freedom;
through Jesus Christ our Lord.

All: Amen.

after Augustine of Hippo (430)

The Lord's Prayer is said.

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.

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
 who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.

The Conclusion

May Christ our redeemer bring us healing and wholeness.

All: Amen.

Wednesday

Preparation

○ God, make speed to save us.

All: ○ Lord, make haste to help us.

Make me to know your ways, ○ Lord,

All: and teach me your paths.

Psalm 25.3

Praise

You may like to listen to (or sing along with!) a hymn or song, or simply use these words:

You, Christ, are the King of glory,
the eternal Son of the Father.

When you took our flesh to set us free
you humbly chose the Virgin's womb.

You overcame the sting of death
and opened the kingdom of heaven to all believers.

You are seated at God's right hand in glory.

from Te Deum Laudamus

The Word of God

A Bible reading, either the one below, or if you are following your own Bible study series, you may like to use that.

The spirit of the Lord God is upon me, because the Lord has anointed me; he has sent me to bring good news to the oppressed, to bind up the broken-hearted, to proclaim liberty to the captives, and release to the prisoners; to proclaim the year of the Lord's favour, and the day of vengeance of our God; to comfort all who mourn; to provide for those who mourn in Zion - to give them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a faint spirit.

Isaiah 61.1-3a

Response

Take some time to reflect on, and respond to, your scripture reading, through silence, study, or even song! You may like to use these words to end your time of reflection,

Jesus said, I am the way, and the truth, and the life.

All: No one comes to the Father except through me.

John 14.6

Please pray for other Testudo members, the church and community of Ripley, as well as yourself, and all known to you who are in any kind of need. Some set prayers can be found on page 16 if these are useful.

This prayer may be used to gather, and round off your prayers,

O Lord our God,
grant us grace to desire you with our whole heart;
that so desiring, we may seek and find you;
and so finding, may love you;
and so loving, may hate those sins from which you have delivered us;
through Jesus Christ our Lord.

All: Amen.

Anselm (1109)

The Lord's Prayer is said.

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.

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
 who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.

Amen.

The Conclusion

May God grant to the world justice, truth and peace.

All: Amen.

Thursday

Preparation

○ God, make speed to save us.

All: ○ Lord, make haste to help us.

Teach me to do what pleases you, for you are my God;

All: let your kindly spirit lead me on a level path.

Psalm 143.10

Praise

You may like to listen to (or sing along with!) a hymn or song, or simply use these words:

Come, my Way, my Truth, my Life:	Come, my Light, my Feast, my Strength:
Such a Way, as gives us breath:	Such a Light, as shows a Feast:
Such a Truth, as ends all strife:	Such a Feast, as mends in length:
And such a Life, as killeth death.	Such a Strength, as makes his guest.

Come, my Joy, my Love, my Heart:

Such a Joy, as none can move:

Such a Love, as none can part:

Such a Heart, as joys in Love.

George Herbert (1633)

The Word of God

A Bible reading, either the one below, or if you are following your own Bible study series, you may like to use that.

As you have sent me into the world, so I have sent them into the world. And for their sakes I sanctify myself, so that they also may be sanctified in truth. I ask not only on behalf of these, but also on behalf of those who will believe in me through their word, that they may all be one. As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me.

The glory that you have given me I have given them, so that they may be one, as we are one, I in them and you in me, that they may become completely one, so that the world may know that you have sent me and have loved them even as you have loved me.

John 17.18-23

Response

Take some time to reflect on, and respond to, your scripture reading, through silence, study, or even song! You may like to use these words to end your time of reflection,

Jesus said, I am the gate for the sheep.

All: I came that they may have life, and have it abundantly.

John 10.7,10b

Please pray for other Testudo members, the church and community of Markington, as well as yourself, and all known to you who are in any kind of need. Some set prayers can be found on page 16 if these are useful.

This prayer may be used to gather, and round off your prayers,

O gracious and holy Father,
give us wisdom to perceive you,
diligence to seek you,
patience to wait for you,
eyes to behold you,
a heart to meditate upon you,
and a life to proclaim you,
through the power of the Spirit
of Jesus Christ our Lord.

All: Amen.

Benedict of Nursia (c.550)

The Lord's Prayer is said.

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.

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
 who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.

The Conclusion

May God kindle in us the fire of love.

All: Amen.

Friday

Preparation

O God, make speed to save us.

All: O Lord, make haste to help us.

Make me a clean heart, O God,

All: and renew a right spirit within me.

Psalm 51.11

Praise

You may like to listen to (or sing along with!) a hymn or song, or simply use these words:

Jesus, Saviour of the world, come to us in your mercy:
we look to you to save and help us.

By your cross and your life laid down, you set your people free:
we look to you to save and help us.

When they were ready to perish, you saved your disciples:
we look to you to come to our help.

In the greatness of your mercy, loose us from our chains,
forgive the sins of all your people.

Make yourself known as our Saviour and mighty deliverer;
save us and help us that we may praise you.

Come now and dwell with us, Lord Christ Jesus:
hear our prayer and be with us always.

And when you come in your glory:
make us to be one with you and to share the life of your kingdom.

Unknown

The Word of God

A Bible reading, either the one below, or if you are following your own Bible study series, you may like to use that.

Jesus said to the disciples, 'The Son of Man must undergo great suffering, and be rejected by the elders, chief priests, and scribes, and be killed, and on the third day be raised.' Then he said to them all, 'If any want to become my followers, let them deny themselves and take up their cross daily and follow me. For those who want to save their life will lose it, and those who lose their life for my sake will save it. What does it profit them if they gain the whole world, but lose or forfeit themselves?'

Luke 9.22-25

Response

Take some time to reflect on, and respond to, your scripture reading, through silence, study, or even song! You may like to use these words to end your time of reflection,

Jesus said, I am the good shepherd.

All: The good shepherd lays down his life for the sheep.

John 10.11

Prayers

Please pray for other Testudo members, the church and community of South Stainley, as well as yourself, and all known to you who are in any kind of need. Some set prayers can be found on page 16 if these are useful.

This prayer may be used to gather, and round off your prayers,

Lord Jesus Christ, we thank you
for all the benefits you have won for us,
for all the pains and insults you have borne for us.
Most merciful redeemer, friend and brother,
may we know you more clearly, love you more dearly,
and follow you more nearly, day by day.

All: Amen.

After Richard of Chichester (1253)

The Lord's Prayer is said.

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.

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
 who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.

Amen.

The Conclusion

May Christ our Saviour give us peace.

All: Amen.

Saturday

Preparation

○ God, make speed to save us.

All: ○ Lord, make haste to help us.

Your love, ○ Lord, reaches to the heavens

All: and your faithfulness to the clouds.

Psalm 36.5

Praise

You may like to listen to (or sing along with!) a hymn or song, or simply use these words:

What shall I give you, Lord, in return for all your kindness?

Glory to you for your love.

Glory to you for your patience.

Glory to you for forgiving us all our sins.

Glory to you for coming to save our souls.

Glory to you for your incarnation in the virgin's womb.

Glory to you for your bonds.

Glory to you for receiving the cut of the lash.

Glory to you for accepting mockery.

Glory to you for your crucifixion.

Glory to you for your burial.

Glory to you for your resurrection.

Glory to you that you were preached to all.

Glory to you in whom they believed.

Ephrem the Syrian (373)

The Word of God

A Bible reading, either the one below, or if you are following your own Bible study series, you may like to use that.

For this reason I bow my knees before the Father, from whom every family in heaven and earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Ephesians 3.14-19

Response

Take some time to reflect on, and respond to, your scripture reading, through silence, study, or even song! You may like to use these words to end your time of reflection,

Jesus said, I am the resurrection and the life.

All: Those who believe in me will never die.

cf John 11.25,26

Prayers

Please pray for other Testudo members, the world, as well as yourself, and all known to you who are in any kind of need. Some set prayers can be found on page 16 if these are useful.

This prayer may be used to gather, and round off your prayers,

God be in my head, and in my understanding;

God be in my eyes, and in my looking;

God be in my mouth, and in my speaking;

God be in my heart, and in my thinking;

God be at mine end, and at my departing.

All: Amen.

Sarum Primer

The Lord's Prayer is said.

*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.

*Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.*

Give us this day our daily bread.

*And forgive us our trespasses,
as we forgive those*

who trespass against us.

*And lead us not into temptation;
but deliver us from evil.*

*For thine is the kingdom,
the power and the glory,
for ever and ever.*

Amen.

The Conclusion

May Christ dwell in our hearts by faith.

All: Amen.

Welcome to Testudo!

Thank you for joining in with Testudo, you are now one of a growing number of people committed to praying regularly for our churches, on set days – so you can know that you are not praying alone, even when there is no one with you!

This booklet contains a simple set order of prayers for each day of the week. The first question to answer is, “Which days do I want to commit to praying on?”

Once you have decided on anywhere between 1 and 7 days, you are invited to circle those days on the front of this booklet, as a way of personally registering your commitment, and to act as a visual reminder. It would be good if you could also send your name and your days to The Revd. Paul Harford (01765 677123, revpaulharford@gmail.com), so he can share the information with other Testudo! members, so we all know who to pray for!

How to use this booklet

On each day, you will be guided through a simple pattern of prayer, with a suggested short Bible reading to reflect upon (alternatively, if you already use Bible Study notes, you might like to use Testudo prayer around them).

You will notice that some parts are in bold, and marked as **All:**. This is in case people are using Testudo in groups of 2 or more; however, if you are praying by yourself just read it all – you may also appreciate the gentle reminder throughout that despite being by yourself, you are still praying with others **all:** of whom will be saying those words today!

You will see there is space each day for your own prayers, with suggestions of what to pray for. You are invited to use this space however best suits you, either freely extemporising, or using a set pattern you are already familiar with, or these:

A Prayer for Testudo members

Father, I pray today for those who are praying with me, and for me. Pour out your spirit upon *[names]* this day, that they may know your presence. Grant them courage, confidence, and opportunity to share the love they have in you with others; and bring all their good works this day to completion.

A Prayer for our Churches

God of mission, who alone brings growth to your Church, send your Holy Spirit to give vision to our planning, wisdom to our actions, and power to our witness. Help our church to grow in numbers, in spiritual commitment to you, and in service to our local community, through Christ our Lord.

A Prayer for those in need

Father, I pray today for those who are suffering in body, mind, or spirit. *[In particular today we pray for...]* Pour out your healing Spirit upon them, and those who support them and care for them. May they know the strength of your presence. Grant them the abundance of life that is your promise in Christ Jesus.