



**HOLY TRINITY**  
WESTBURY ON TRYM - BRISTOL

## Daily Office Prayer

This is a form of prayer that you can use during the day. It is sometimes called an 'office', and you can use it on its own, or to expand your daily quiet time with the Bible. If you are doing the latter, replace the suggested readings with the ones that your Bible notes/plan suggest. You might also choose to use the readings in the 'Daily Eucharistic Lectionary' (see pp. 36–48 of [The Common Worship Weekday Lectionary](#)), or the readings for Morning or Evening Prayer.

You should always say a Psalm, but you could use a different scheme. The simplest is to work through the Book of Psalms using a Psalm a day (perhaps splitting some of them).

O God, make speed to save us.

**O Lord, make haste to help us.**

*Psalm 70.1*

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

**Your face, Lord, will I seek.**

*Psalm 27.8*

End the Psalm with the following words:

**Glory be to the Father, and to the Son, and to the Holy Spirit.**

**As it was in the beginning, is now and shall be for ever. Amen.**

You could sing a hymn, listen to music, or say the following prayer:

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.

Your prayer time can follow here. You can pray for all those in your heart, and for a better understanding of God's presence with you, loving you as His child.