

# Prayer in the morning.

*Find somewhere quiet and spend a few moments remembering that God is with you and loves you.*

**Say:** O Lord open my lips, and my mouth shall proclaim your praise.

*Read a short passage from the Bible.*

**Pray:** For your family and friends by name

**Say:** 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 my end and at my departing. Amen



O God, our Creator, your kindness has brought me the gift of a new day. Help me to leave behind the events of yesterday, and not to long for tomorrow, but to accept the challenges of today. Amen

## A PRAYER FOR SUNDAY

Eternal God, who art the light of the minds that know Thee, the joy of the hearts that love Thee, and the strength of the wills that serve Thee. Grant us so to know Thee, that we may truly love Thee, and love thee, that we may truly serve Thee, whom to serve is perfect freedom. Amen.

## A PRAYER FOR MONDAY

Lord make us instruments of your peace: where there is hatred, let us sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sorrow, joy. Amen.

## A PRAYER FOR TUESDAY

Teach us, good Lord, to serve Thee as Thou deservest, to give and not to count the cost, to fight and not to heed the wounds, to toil and not to seek for rest, to labour and not to ask for any reward, save that of knowing that we do Thy will. Through Jesus Christ, our Lord. Amen.

## A PRAYER FOR WEDNESDAY

Thanks be to Thee, our Lord, Jesus Christ, for all the benefits which Thou hast given us, for all the pains and insults which Thou hast borne for us. Most merciful Redeemer, Friend, and Brother, may we know Thee more clearly, love Thee more dearly, and follow Thee more nearly, day by day. Amen.

## A PRAYER FOR THURSDAY

Make us worthy, Lord, to serve our fellow men throughout the world who live and die in poverty and hunger. Give them through our hands this day their daily bread, and by our understanding love give peace and joy. Amen

## A PRAYER FOR FRIDAY

Goodness is stronger than evil; love is stronger than hate; light is stronger than darkness; life is stronger than death. Victory is ours through the saving Grace of him who loves us. Amen

## A PRAYER FOR SATURDAY

Lead us from death to life; from falsehood to truth. Lead us from despair to hope; from fear to trust. Lead us from hate to love; from war to peace. Let peace fill our hearts, our homes, our world. Amen.

# Prayer in the evening.

*Find somewhere quiet and spend a few moments remembering that God is with you and loves you.*

**Say:** Into your hands, O Lord, I commend my spirit.

*Remember what has happened to you today and thank God for his care.*

**Say:** Heavenly Father, I am truly sorry for the things I have done wrong and the good I have failed to do. Please forgive me all that is past and help me to love my neighbours as myself. Amen.

**Pray:** For someone you have met or remembered today.  
For someone who is hurting and needs comfort.  
For your home, family, and community.  
For people who are sick or in trouble.  
For a troubled situation in our world.



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, forever and ever. Amen.

I believe and trust in God the Father who made the world.

I believe and trust in Jesus his Son, who redeemed mankind.

I believe and trust in the Holy Spirit who gives life to the people of God.

I believe in one God, Father, Son, and Holy Spirit. Amen

## PSALM 23

The Lord is my shepherd: therefore can I lack nothing.  
He will make me lie down in green pastures and lead me beside still waters  
He will refresh my soul and guide me in right pathways for his name's sake.  
Though I walk through the valley of the shadow of death I will fear no evil,  
For you are with me; your rod and your staff comfort me  
You spread a table before me in the face of those who trouble me  
You have anointed my head with oil and my cup will be full.  
Surely your goodness and loving kindness will follow me all the days of my life,  
And I shall dwell in the house of the Lord forever.



Be present, O merciful God, and protect us through the silent hours of this night, so that we who are wearied by the changes and chances of this fleeting world may repose upon thy eternal changelessness; through Jesus Christ our Lord. Amen.