

## Morning Prayer

*You may wish to light a candle and have some reflective music playing in the background.*

The Lord is good, a strong refuge when trouble comes.  
God is close to those who trust in him.

Nahum 1.7

### Opening Sentences

O Lord, open our lips  
**and our mouth shall proclaim your praise.**

The night has passed, and the day lies open before us;  
let us pray with one heart and mind.

*Pause for reflection as you offer the day to God.*

As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you and for our neighbors;  
now and for ever. Amen.

### Bible Reading

*You may wish to say Psalm 23 or another psalm here, such as Psalm 16 or Psalm 139.*

#### Psalm 23

- 1 The LORD is my shepherd; I shall not want.
- 2 He maketh me to lie down in green pastures:  
he leadeth me beside the still waters.

- 3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.
- 4 Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.
- 5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.
- 6 Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD for ever.

Glory 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 may wish to use the weekly pattern of short readings given below, or choose a passage of your own.*

### **Sunday Morning**

But now thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: Do not fear, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Savior.

Isaiah 43.1-3a

### **Monday Morning**

'Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And

you know the way to the place where I am going.' Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me.

John 14.1-6

### **Tuesday Morning**

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Philippians 4.8-9

### **Wednesday Morning**

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

Colossians 3.16,17

### **Thursday Morning**

You are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

Ephesians 2.19-22

### **Friday Morning**

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing

honor. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.

Romans 19.9-12

### **Saturday Morning**

He said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.

Luke 12.22-31

### **Prayers**

Almighty and everlasting God,  
we thank you that you have brought us safely  
to the beginning of this day.  
Keep us from falling into sin or running into danger;  
order us in all our doings  
and guide us to do always what is righteous in your sight;  
through Jesus Christ our Lord.

**Amen.**

Keep us, good Lord,  
under the shadow of your mercy  
in this time of uncertainty and distress.  
Sustain and support the anxious and fearful,  
and lift up all who are brought low;  
that we may rejoice in your comfort  
knowing that nothing can separate us from your love  
in Christ Jesus our Lord.

**Amen.**

### **The Lord's Prayer**

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**

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life.

**Amen.**

Let us bless the Lord.

**Thanks be to God.**

## Evening Prayer

*You may wish to light a candle and have some reflective music playing in the background.*

The eternal God is your refuge, and underneath are the everlasting arms.

Deuteronomy 33.27

### Opening Sentences

The Lord almighty grant us a quiet night and a perfect end. **Amen.**

Our help is in the name of the Lord  
**who made heaven and earth.**

*Pause and reflect on the day that is past.*

Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ  
and asleep may rest in peace.

### Bible Reading

You may wish to say here the psalm given below, or Psalm 27, or another chosen psalm.

#### Psalm 91

- 1 You who live in the shelter of the Most High,  
who abide in the shadow of the Almighty,
- 2 will say to the LORD, "My refuge and my fortress;  
my God, in whom I trust."

- 3** For he will deliver you from the snare of the fowler  
and from the deadly pestilence;
- 4** he will cover you with his pinions,  
and under his wings you will find refuge;  
his faithfulness is a shield and buckler.
- 5** You will not fear the terror of the night,  
or the arrow that flies by day,
- 6** or the pestilence that stalks in darkness,  
or the destruction that wastes at noonday.
- 7** A thousand may fall at your side,  
ten thousand at your right hand,  
but it will not come near you.
- 8** You will only look with your eyes  
and see the punishment of the wicked.
- 9** Because you have made the LORD your refuge,  
the Most High your dwelling place,
- 10** no evil shall befall you,  
no scourge come near your tent.
- 11** For he will command his angels concerning you  
to guard you in all your ways.
- 12** On their hands they will bear you up,  
so that you will not dash your foot against a stone.
- 13** You will tread on the lion and the adder,  
the young lion and the serpent you will trample under foot.
- 14** Those who love me, I will deliver;  
I will protect those who know my name.

- 15** When they call to me, I will answer them;  
I will be with them in trouble,  
I will rescue them and honor them.
- 16** With long life I will satisfy them,  
and show them my salvation.

**Glory 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 may wish to use the weekly pattern of short readings given below, or choose a passage of your own.*

### **Sunday Evening**

You, O Lord, are in the midst of us, and we are called by your name;  
leave us not, O Lord our God.

Jeremiah 14.9

### **Monday Evening**

Thus said the Lord God, the Holy One of Israel: In returning and rest  
you shall be saved; in quietness and in trust shall be your strength.

Isaiah 30.15

### **Tuesday Evening**

Jesus said, 'Come to me, all you that are weary and are carrying  
heavy burdens, and I will give you rest. Take my yoke upon you, and  
learn from me; for I am gentle and humble in heart, and you will find  
rest for your souls. For my yoke is easy, and my burden is light.

Matthew 11.28-end

### **Wednesday Evening**

Humble yourselves under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you.

1 Peter 5.6,7

### **Thursday Evening**

Jesus said, 'I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!'

John 16.33

### **Friday Evening**

God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him.

1 Thessalonians 5.9,10

### **Saturday Evening**

Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'

John 8.12

## **Prayers**

Merciful God,  
we entrust to your unfailing and tender care this night  
those who are ill or in pain,  
knowing that whenever danger threatens  
your everlasting arms are there to hold us safe.  
Comfort and heal them,  
and restore them to health and strength;  
through Jesus Christ our Lord.

**Amen.**

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 rest upon your eternal changelessness;  
through Jesus Christ our Lord.

**Amen.**

Visit this place, O Lord, we pray,  
and drive far from it the snares of the enemy;  
may your holy angels dwell with us in peace,  
and may your blessing be always upon us;  
through Jesus Christ our Lord.

**Amen.**

### **The Lord's Prayer**

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**

In peace we will lie down and sleep;  
for you alone, Lord, make us dwell in safety.

The Lord bless us and watch over us;  
The Lord make his face to shine upon us and be gracious to us;  
The Lord look kindly upon us and give us peace. Amen

Adapted from Common Prayer  
Bible passages from New Revised Standard Version