

Prayers

Into your hands, O Lord, we place our families, our neighbours, our brothers and sisters in Christ, and all whom we have met today . . . *(Pause, or name them.)* Enfold them in your will.

Into your hands, O Lord, we place all who are victims of prejudice, oppression or neglect; the unwanted, the frail . . . *(Pause, or name them.)* May everyone be cared for from conception to the grave.

Into your hands, O Lord, we place all who are restless, sick, or prey to the powers of evil . . . *(Pause, or name them.)* Keep them in your peace.

Into your hands, O Lord, we place the members of our community and others in our hearts . . . *(Pause, or name them.)* Watch over them and watch over us this night.

The Lord's Prayer (optional)

Closing

The grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with us all.
Amen.

NIGHT PRAYER

Opening

In the name of the restful Father,
in the name of the calming Son,
in the name of the peaceful Spirit.
May we and God be one.

We place our souls and bodies
under your guarding this night, O God,
O Father of help to frail pilgrims,
protector of heaven and earth.

We place our souls and bodies
under your guiding this night, O Christ,
O Son of the tears and the woundings,
may your cross this night be our shield.

We place our souls and bodies
under your glowing this night, O Spirit,
O gentle Companion, and Soul Friend,
our hearts' eternal Warmth.

A Psalm

Say Psalm 134 or verses from another psalm

Come bless the Lord, all you servants of the Lord,
Who stand by night in the house of the Lord;
Lift up your hands in the holy place,
Come bless the Lord, come bless the Lord.

Forgiveness

May that part of me that did not grow at morning,
grow at nightfall . . . *(Pause.)*

You are our Saviour and Lord.
In our stumbling be our shield.
In our tiredness be our Rest.
In our darkness be our Light.

A New Testament Reading

*Read these verses from Matthew 11:28-29
or some other words of Christ.*

Come to me, all you who are weary and burdened,
and I will give you rest. Take my yoke upon you and
learn from me, for I am gentle and humble of heart,
and you will find rest for your souls.

Keep a short silence.

Prayers

O God, bless and keep our dear ones, wherever they
are, especially . . . *(names)*

Closing

I lie down this night with God
and God will lie down with me.
I lie down this night with Christ
and Christ will lie down with me.
I lie down this night with the Spirit
and the Spirit will lie down with me.
God and Christ and the Spirit lying down with me.

I make the sign of the Cross of Christ.
My Christ, my Shield, my Encirler;
each day, each night, in light, in dark,
my Treasure, my dear One.

The almighty and merciful Three encircle us,
that awake we may watch with Christ,
and asleep we may rest in peace.

SIMPLE PRAYER PATTERNS FOR EVERY DAY

MORNING PRAYER

Opening

Shine on us, Lord like the sun that lights up day;
Chase away the dark and all shadow of sin.
May we wake eager to hear your Word;
As day follows night may we be bathed in your glory.

A Psalm

*Use the verses below from Psalm 63
or choose another psalm*

O God, I long for you from early morning;
my whole being desires you.
Like a dry, worn-out and waterless land
my soul is thirsty for you.

Let me see you in the place of prayer;
let me see how glorious you are.

Your constant love is better than life itself,
and so I will praise you.

I will give thanks as long as I live.
I will raise my hands to you in prayer.

My soul will feast and be satisfied,
and I will sing glad songs of praise to you.

A Bible Reading

Light up our hearts, O Lord; plant in us a desire for your
truth. May all that is false within us flee.

*Read Luke 4:16-21
or today's passage from a Bible reading scheme.*

Keep a short silence to think, pray or meditate.

Prayers

Lord, we offer you all we are, all we have, all we do, and
all whom we shall meet this day, that you will be given the
glory.
(Pause, or add your own prayers.)

We offer you our homes and work, our schools and
leisure, and everyone in our community today; may

everything be done as if for you.
(Pause, or add your own prayers.)

We offer you those who in need and those who earn. May the wealth and work of the world be available to all and for the exploitation of none.
(Pause, or add your own prayers.)

The Lord's Prayer (optional)

Closing

Circle us, Lord.
Keep strife without, keep peace within.
Keep fear without, keep hope within.
Keep pride without, keep trust within.
Keep harm without, keep good within.

May we walk in the hope of your kingdom.
Fill us with your light and love.
Be with us all through this day,
Father, Son, and Holy Spirit. Amen.

MIDDAY PRAYER

Opening

In the name of the creating Father,
in the name of the workaday Son,
in the name of the renewing Spirit,
in Love's name, the Three in One.

A Psalm

*Use the verses below from Psalm 127
or choose some verses from another psalm*

Unless the Lord builds the house,
the work of the builders is useless.
Unless the Lord builds the city,
the guards keep watch in vain.

It is useless to get up early and go to bed late;
for the Lord provides for those he loves.

As the press of work pauses at noon
may God's rest be upon us.
As the sun rides high at noon,
may the Sun of Righteousness shine upon us.
As the rain refreshes the stained, stale streets
may the Spirit bring rain upon our dry ground.

Short silence

A Bible Reading

*Read and meditate on these verses from
Ephesians 6:6-7 or another verse from the Bible.*

Whatever the work you do, do it to the Lord, with a sense of respect and responsibility to those you work for.

Prayers

Lead me from death to life, from falsehood to truth.
Lead me from despair to hope, from fear to trust.
Lead me from hate to love, from war to peace.

Deep peace of the Son of peace fill our hearts, our workplace, our world.

The Lord's Prayer may be said.

Closing

Bless us now, Lord, in the middle of the day,
be with us and all who are dear to us.
Keep us in the beautiful attitudes,
joyful, simple and gentle.

May the Three of limitless love
be in the eye of each one we shall meet,
and pour upon us tenderly and generously
hour by hour.

EVENING PRAYER

Opening

Spirit of the Risen Christ,
as lamps light up the evening, shine into our hearts
and kindle in us the fire of your love.
The light of Christ has come into the world!

We give you thanks that you led our forebears in the faith through a cloud by day and a fire by night. We give you thanks, kindly Light, that the torch of faith was brought to this land, and that you ever lead your people on. Light up our dark hearts by the light of your Christ; may his Word light up our way, for you pour forth your kindness upon your whole creation, Source and Saviour and radiant Spirit.

A Psalm

*Use the verses below from Psalm 27
or choose another psalm*

The Lord is my light and my salvation;
I will fear no one.
The Lord protects me from all danger;
I will never be afraid.

I have asked the Lord for one thing;
one thing only do I want:
to live in the Lord's house all my life,
to marvel there at his goodness,
and to ask for his guidance.

In times of trouble he will shelter me;
he will keep me safe in his Temple
and make me secure on a high rock.

So I will triumph over my enemies around me.
With shouts of joy I will offer sacrifices
in his Temple;
I will sing, I will praise the Lord.

Hear me, Lord, when I call to you!
Be merciful and answer me!

When you said, "Come worship me,"
I answered, "I will come, Lord."

Forgiveness

We offer to you, Lord, the troubles of this day; we lay down our burdens at your feet.

(Pause to reflect)

Forgive us our sins, give us your peace, and help us to receive your Word.

A Bible Reading

*Read Mark 4:35-41
or today's passage from a Bible reading scheme.*

Keep a short silence to think, pray or meditate.

Thanksgiving

We give you thanks that you are always present, in all things, each day and each night. We give you thanks for your gifts of creation, life, and friendship. We give you thanks for the blessings of this day . . .
(Name some examples)