

At the start of the day

Before prayer:

Calm me, O Lord, as you stilled the storm.
Still me, O Lord, keep me from harm.
Let all the tumult within me cease.
Enfold me, Lord, in your peace.

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

The night has passed and the day lies open
before us. As we rejoice in the gift of this new
day, may the light of your presence, O God, set
our hearts on fire with love for you, now and for
ever. Amen.

Psalm and reading (see insert)

Intercessions:

For the day and its tasks;
For the world and its needs;
For the Church and her life.

The Lord's Prayer.

Gracious and loving God, as I go through
today, may I stay close to you.
Fill me with your Spirit to give me your wisdom
and your love as I serve others.
Transform me into being more like Jesus.
Amen.

In the middle of the day

Loving Lord, all that I have done this morning, I
ask you to bless.

Everyone that I have met this morning, I ask
you to bless.

All that lies before me for the rest of the day, I
ask you to bless.

Psalms and readings:

Sunday Psalm 51: 1-10; Romans 6: 3-5

Monday Psalm 3; Joel 2: 12-14

Tuesday Psalm 6; 1Corinthians 9: 24-end

Wednesday Psalm 11; Romans 7: 21-25a

Thursday Psalm 12; Isaiah 58: 6-9a

Friday Psalm 32; Matthew 6:1-4

Saturday Psalm 61; Luke 10: 38-end

Intercessions:

for any people or situations.

Lord Jesus Christ, we thank you for all the
benefits that you have won for us, for all the
pains and insults that 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.
Amen.

Father, for the rest of the day, I trust your
goodness, love and power.
Amen.

At the end of the day

*This is the time of the day when it can be
helpful to look back over the day and thank God
for it.*

*There might be things that happened that you
wish to leave in God's hands.*

*There may be things that you have done or you
have not done that you wish to ask God's
forgiveness for.*

Lord, it is night. The night is for stillness. Let us
be still in the presence of God.

It is night after a long day. What has been
done has been done; what has not been done
has not been done; let it be.

The night is dark. Let our fears of the darkness
of the world and of our own lives rest in you.

The night is quiet. Let the quietness of your
peace enfold us, all who are dear to us and all
who have no peace.

The night heralds the dawn. Let us look
expectantly to a new day, new joys, new
possibilities.

In your name we pray. Amen.

Preserve us, O God, while waking,
And guard us while sleeping, that awake we
may watch with Christ, and asleep may rest in
peace. Amen.

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.

Amen.

(Anslem - 1109)

Eternal God,
the light of the minds that know you,
the joy of the hearts that love you,
and 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.

Amen.

(After Augustine of Hippo – 430)

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 and be brought by your
infinite mercy to your holy presence;
through Jesus Christ our Lord.
Amen.

(Alcuin of York - 804)

**DAILY
PRAYERS
FOR
LENT**