

# Prayer in the Morning

*Use this first page as soon as you awake. If you can memorise these words, or the first section up to the Lord's Prayer, use them before you rise from bed.*

*When prayers are plural (we/us) you are praying with and for your church family.*

The steadfast love of the Lord never ceases,  
His mercies never come to an end;  
They are new every morning, new every morning,  
great is Thy faithfulness, O Lord,  
great is Thy faithfulness.

Lord, have mercy upon us.  
Christ, have mercy upon us.  
Lord, have mercy upon us.

## **The Lord's Prayer**

*(Use whichever version you prefer. See page 7)*

Grant, we beseech Thee, merciful Lord,  
to Thy faithful people pardon and peace;  
that they may be cleansed from all their sins,  
and serve Thee with a quiet mind;  
through Jesus Christ our Lord. Amen.

Let God arise,  
Let His enemies be scattered;  
Let those who hate Him flee before Him.  
But let the righteous be glad;  
Let them rejoice before God;  
Yes, let them rejoice greatly.

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.

### **A Prayer from Martin Luther**

I thank You, my Heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angels be with me, that the evil foe may have no power over me. Amen.

### **A Prayer from Metropolitan Philaret**

O Lord, grant me to greet the coming day in peace. Help me in all things to rely upon Your holy will. In every hour of the day reveal Your will to me. Bless my dealings with all who surround me. Teach me to treat all that comes to me throughout the day with peace of soul and with firm conviction that Your will governs all. In all my deeds and words guide my thoughts and feelings. In unforeseen events let me not forget that all are sent by You. Teach me to act firmly and wisely, without embittering and embarrassing others. Give me strength to bear the fatigue of the coming day with all that it shall bring. Direct my will, teach me to pray. Pray Yourself in me.

Most Holy God, I pray and beseech You, give me a pure heart, a way of speaking that befits the faith I profess. Grant me uprightiness of purpose, powers of reasoning unhindered by passions, conduct that becomes those who fear You, and perfect knowledge of Your commandments. May I enjoy health in body and in spirit.

Grant me a life of peace, genuine faith and living hope, sincere love and bountiful generosity, patience that knows no bounds and the light of Your truth to proclaim Your goodness to me, that for ever and in all things placing my trust only in You, I may abound in every good work, and that in Christ Your gifts may increase in every soul.

For to You belong all glory, honour and majesty, Father, Son and Holy Spirit, now and ever and unto ages of ages. Amen.

## **The Apostles' Creed**

I believe in God, the Father almighty,  
creator of heaven and earth.

I believe in Jesus Christ, God's only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended to the dead.  
On the third day He rose again;  
He ascended to heaven,  
He is seated at the right hand of the Father,  
and He will come to judge the living and the dead.

I believe in the Holy Spirit,  
the holy catholic church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen.

## **A Prayer of Commissioning**

Father God, You have adopted us as Your daughters and sons:  
help us to live as children of light  
bringing glory to your Holy name.

Jesus Christ, You suffered and rose again for us:  
teach us to seek first Your kingdom  
as we deny ourselves, take up the cross and follow You.

Holy Spirit, You stir us to love and good works:  
strengthen us to fight against sin, the world, and the devil  
so that Your will, not ours, may be done.

Father, Son and Holy Spirit, You have saved us:  
send us into the world to proclaim Your gospel. Amen.

*Spend time praying for those close to you. Ask God's strength as you undertake your responsibilities. Pray that you might bless those you meet.*

*Use some or all of these prayers to end your time of prayer.*

O God, who art the author of peace and lover of concord,  
in knowledge of whom standeth our eternal life,  
whose service is perfect freedom;  
defend us Thy humble servants in all assaults of our enemies;  
that we, surely trusting in Thy defence,  
may not fear the power of any adversaries;  
through the might of Jesus Christ our Lord. Amen.

O Lord, our heavenly Father,  
almighty and everlasting God,  
who hast safely brought us to the beginning of this day;  
defend us in the same with Thy mighty power;  
and grant that this day we fall into no sin,  
neither run into any kind of danger,  
but that all our doings may be ordered by Thy governance,  
to do always that which is righteous in Thy sight;  
through Jesus Christ our Lord. Amen.

Heavenly Father, I worship You as the creator  
and sustainer of the universe.

Lord Jesus, I worship You, Saviour and Lord of the world.

Holy Spirit, I worship You, sanctifier of the Church.

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

Heavenly Father, I pray that I may live this day in Your presence  
and please You more and more.

Lord Jesus, I pray that this day I may take up my cross and follow You.

Holy Spirit, I pray that this day You will fill me with Yourself and cause  
Your fruit to ripen in my life: love, joy, peace, patience, kindness,  
goodness, faithfulness, gentleness and self-control.

Holy, blessed and glorious Trinity, three persons in one God,  
have mercy upon me. Amen.

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

Amen.

## Prayer at the End of the Day

*You do not need to use all these prayers every day. Neither do you need to use all of this at once. For example you could use pages 5 and 6 earlier in the evening, then pages 7 and 8 just before you lie down.*

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

Lord, have mercy upon us.  
Christ, have mercy upon us.  
Lord, have mercy upon us.

O Lord our God, during this day I have sinned, in thought, word and deed. Forgive me all, for You are good and love mankind. Grant me peaceful and undisturbed sleep, and deliver me from all influence and temptation of the evil one. Raise me up again in proper time that I may glorify You; for You are blessed: with Your Only-begotten Son and Your All-holy Spirit: now and ever, and unto ages of ages. Amen.

Eternal and loving Lord, teach us to remember that life is short and to seek after heavenly wisdom. Grant that, though our bodies grow weak, we may increase in spiritual strength; so that, entrusting ourselves to Your care and mercy, we may accept Your will and at the last enter into the joy of Your eternal kingdom; through Jesus Christ our Lord. Amen.

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.

*[Silence to give thanks to God for his blessings this day.]*

## **A Prayer to God The Father**

O Eternal God, King of all creation, who has allowed me to reach this hour, forgive me the sins which I have committed this day in thought, word and deed, and cleanse me, Lord, from every stain of flesh and spirit. Let me sleep through this night in peace, to rise from my bed and to please Your Holy Name the rest of my life, and to conquer the dark spiritual forces that fight against me. Deliver me from all false pride and evil desires. For Yours is the kingdom and the power and the glory of the Father and of the Son and of the Holy Spirit, now and ever and forever. Amen.

## **A Prayer to God the Son**

O Almighty Lord, Word of the Father, Jesus Christ, who Yourself are perfect, for the sake of Your great mercy, never depart from me, but dwell in me forever. O Jesus, Good Shepherd of Your sheep, deliver me from the attacks of the evil one. Lord Jesus Christ, Holy King, keep me while I sleep in the unchanging light of Your Holy Spirit, the Spirit with which You sanctified Your disciples. Enlighten my mind with the light of understanding Your holy Gospel, my soul with the love of Your Cross, my heart with the purity of Your Word, my body with Your sacred Passion, my senses with Your humility, and awaken me at the proper time to glorify You. For You, above all, are always to be adored, together with Your eternal Father and Holy Spirit, now and ever and forever. Amen.

## **A Prayer to God the Holy Spirit**

O Holy Spirit, most merciful Comforter: You proceed from the Father in a way we cannot understand. Come, I ask You, and dwell in my heart. Purify and cleanse me from all sin, and sanctify my soul. Cleanse it from every impurity, water its dryness, melt its coldness, save it from the paths of sin. Teach me humility that I may be pleasing to You, that You will dwell in me forever. Most blessed Light, comforting Light, enlighten me. Joy of paradise, fountain of delight, my God, give Yourself to me; kindle within me the fire of Your love. My Lord, instruct, direct and defend me in all things. Give me strength against all my fears and keep me from despair. Give me a faith that is real, a firm hope, and a sincere and perfect love. Let me always do Your most holy will. Amen.

*[Silence. Let your breathing settle.]*

Into Your hands, O Lord, I commend my spirit,  
for You have redeemed me, Lord God of truth.  
Into Your hands, O Lord, I commend my spirit.  
Keep me as the apple of Your eye.  
Hide me under the shadow of Your wings.

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

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.

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

Our Father in heaven,  
hallowed be Your name,  
Your kingdom come,  
Your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are Yours  
now and for ever.  
Amen.

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.

In peace we will lie down and sleep;  
for You alone, Lord, make us dwell in safety.  
Abide with us, Lord Jesus,  
for the night is at hand and the day is now spent.  
As the night watch looks for the morning,  
so do we look for You, O Christ.

Return, O Lord, to the countless thousands of Your people.

O God, the God of peace, sanctify me through and through.  
May my whole spirit, soul and body be kept blameless  
at the coming of the Lord Jesus Christ.  
You have called me, You are faithful, and You will do it.

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 and guard us in peace,  
and may Your blessing be always upon us;  
through Jesus Christ our Lord. Amen.

Lighten our darkness, we beseech Thee, O Lord; and by Thy great  
mercy defend us from all perils and dangers of this night; for the love  
of Thy only Son, our Saviour Jesus Christ. Amen.

*End with one of these prayers.*

The Lord bless us and keep us;  
the Lord make His face to shine upon us and be gracious to us;  
the Lord turn His face towards us and give us peace. Amen.

Into Your hands, O Lord Jesus Christ our God, we commend our souls  
and bodies. Bless us, have mercy upon us, and bring us to eternal life.