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;
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. Full texts for all suggested psalms and readings can be found online at ***CofE.io/WeeklyPattern***

Psalm 23

1 The Lord is my shepherd;
therefore can I lack nothing.

2 He makes me lie down in green pastures
and leads me beside still waters.

3 He shall refresh my soul
and guide me in the paths of righteousness
for his name's sake.

4 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, they comfort me.

5 You spread a table before me
in the presence of those who trouble me;
you have anointed my head with oil
and my cup shall be full.

6 Surely goodness and loving 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 suggested reading or follow the weekly pattern of short readings given on the next page, or choose a passage of your own. Full texts for all suggested psalms and readings can be found online at ***CofE.io/WeeklyPattern***

Sunday, or on any day

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 Saviour.

Isaiah 43.1-3a

Monday	*John 14.1-6*
Tuesday	*Philippians 4.8-9*
Wednesday	*Colossians 3.16,17*
Thursday	*Ephesians 2.19-22*
Friday	*Romans 12.9-12*
Saturday	*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 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.

(or)

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.

Night 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 Whoever dwells in the shelter of the Most High
and abides under the shadow of the Almighty,

2 Shall say to the Lord, 'My refuge and my
stronghold, my God, in whom I put my trust.'

3 For he shall deliver you from the snare of the
fowler and from the deadly pestilence.

4 He shall cover you with his wings
and you shall be safe under his feathers;
his faithfulness shall be your shield and buckler.

5 You shall not be afraid of any terror by night,
nor of the arrow that flies by day;

6 Of the pestilence that stalks in darkness,
nor of the sickness that destroys at noonday.

7 Though a thousand fall at your side
and ten thousand at your right hand,
yet it shall not come near you.

8 Your eyes have only to behold
to see the reward of the wicked.

9 Because you have made the Lord your refuge
and the Most High your stronghold,

10 There shall no evil happen to you,
neither shall any plague come near your tent.

11 For he shall give his angels charge over you,
to keep you in all your ways.

12 They shall bear you in their hands,
lest you dash your foot against a stone.

13 You shall tread upon the lion and adder;
the young lion and the serpent
you shall trample underfoot.

14 Because they have set their love upon me,
therefore will I deliver them;
I will lift them up, because they know my name.

15 They will call upon me and I will answer them;
I am with them in trouble,
I will deliver them and bring them to honour.

16 With long life will I 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 one of the following short readings or choose a passage of your own.

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*

or

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*

or
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

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 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.

(or)

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.