

# A Simple Form of Daily Prayer

could be used in the morning or any time in the day

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

God is love, since God loves us we should love one another  
Lord, direct our thoughts, and teach us to pray.  
Lift up our hearts to worship you in spirit and in truth,  
through Jesus Christ our Lord.  
**Amen.**

## Opening Prayer

Father, we thank you for bringing us to another day. Help us through your Holy Spirit, that we may do everything that pleases you, through Jesus Christ our Lord. **Amen.**

## We ask for God's forgiveness

God of mercy, we are sorry that we have not always done what you wanted us to do. We have not loved you with all our heart, and we have not cared enough for other people. Forgive us, for Jesus' sake. **Amen.**

## Collect

In darkness and in light, in trouble and in joy, help us, heavenly Father, to trust your love, to serve your purpose, and to praise your name, through Jesus Christ our Lord. **Amen.**

## Bible reading

*Ahead of which we say:*

Jesus said, 'Ask, and you will receive; seek, and you will find; knock, and the door will be opened.' *Matthew 7:7*

*You might keep a time of quiet for reflection.*

*Afterwards we say:*

For the word of the Lord: thanks be to God.

*Please select the reading for today from the attached sheet or another*

## **Prayers of Intercession**

*These or other prayers could be used. Each bidding is followed by a time of quiet for your own prayer & ends with: your kingdom come, your will be done.*

God of peace, quieten our hearts, and help us to be still in your presence.

We bring to God a person or situation we have on our hearts today, for whom we want to pray....

We bring to God a troubled situation in our world .....

We bring to God someone who is hurting and who needs our prayer.....

We bring to God those who are seeking to care and bring relief .....

We bring to God silently, someone or a something we find difficult....

We bring ourselves to God,  
That we might grow in generosity of spirit,  
clarity of mind, and warmth of affection.

Eternal God, shed your light on us who watch for you,  
that our lips may praise you, our hearts bless you,  
and our lives glorify you, through Jesus Christ our Saviour.

**Amen.**

## **The Lord's Prayer**

### **Conclusion**

God of work and rest and pleasure,  
grant that what we do this day may  
be for us an offering to you.

**Amen.**

# A Simple Form of Night Prayer

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

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

*Deut. 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 use one of the following readings or choose another passage.*

### *Sunday*

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*

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*

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*

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*

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*

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*

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*

*You might keep a time of quiet for reflection.*

*Afterwards we say:*

For the word of the Lord: thanks be to God.

### **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**

#### **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.**