



# Morning Prayers

In the name of the Father, and the Son,  
and the Holy Spirit.

One thing I have asked of the Lord,  
this is what I seek:  
that I may dwell in the house of the  
Lord all the days of my life;  
to behold the beauty of the Lord  
and to seek Him in His temple.

Lord God, we seek you with all of our  
heart and soul, mind and strength.

Lord, have mercy.  
Help us in our time of need.

To whom shall we go?  
You alone  
have the words of eternal life,  
and we have believed  
and have come to know  
that You are the Holy One of God.

Praise to You, Lord Jesus Christ,  
King of endless glory.

**Scripture Reading** (continue to follow  
your own rhythm, or read a Psalm  
and/or New Testament passage, or  
follow along with the Book of Common  
Prayer).

**Prayers for others:** *Along with daily  
praying for your loved ones and neighbours,  
pray for*

Monday: *healthcare workers*

Tuesday: *government leaders*

Wednesday: *the poor*

Thursday: *the lonely*

Friday: *the sick*

Saturday: *local businesses*

Sunday: *our church congregation & leaders*

Christ, as a light  
illumine and guide me.

Christ, as a shield  
overshadow me.

Christ under me;

Christ over me;

Christ beside me

on my left and my right.

This day be within and without me,  
lowly and meek, yet all-powerful.

Be in the heart of each to whom I speak;  
in the mouth of each who speaks unto me.

This day be within and without me,  
lowly and meek, yet all-powerful.

Christ as a light;

Christ as a shield;

Christ beside me

on my left and my right.



# evening prayers

## the prayer of examen

Begin with a pause and a slow, deep breath or two; become aware that you are in the presence of God.

### Thanksgiving:

Consider what you are grateful for.  
Turn these thoughts into prayers of thanks.

### Petition:

Ask God to help you see the truth of Him *and* yourself as you review your day.

### Review:

When did I feel close to God today?  
When did I feel far from God today?  
What has troubled me today?  
What has challenged me today?  
Where and when did I pause today?

**Response:** In light of my review, what is my response to the God of my life?

### A Look Ahead:

As I look ahead, what comes to mind?  
With what spirit do I want to enter tomorrow?

Adapted from  
<https://www.xavier.edu/jesuit-resource/jesuit-a-z/terms-e/daily-examen>

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.

Father, bless the work that is done  
and the work that is to be.

Father, bless the servant that I am  
and the servant that I will be.

Thou Lord and God of power,  
shield and sustain me this night.

I will lie down this night with God,  
and God will lie down with me;  
I will lie down this night with Christ,  
and Christ will lie down with me;  
I will lie down this night with the Spirit,  
and the Spirit will lie down with me;

The peace of God be over me to shelter me,  
under me to uphold me,

about me to protect me,

behind me to direct me,

ever with me to save me.

The peace of all peace be mine this night  
in the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen.

Adapted from *Celtic Daily Prayer*, The Northumbria Community Trust,

