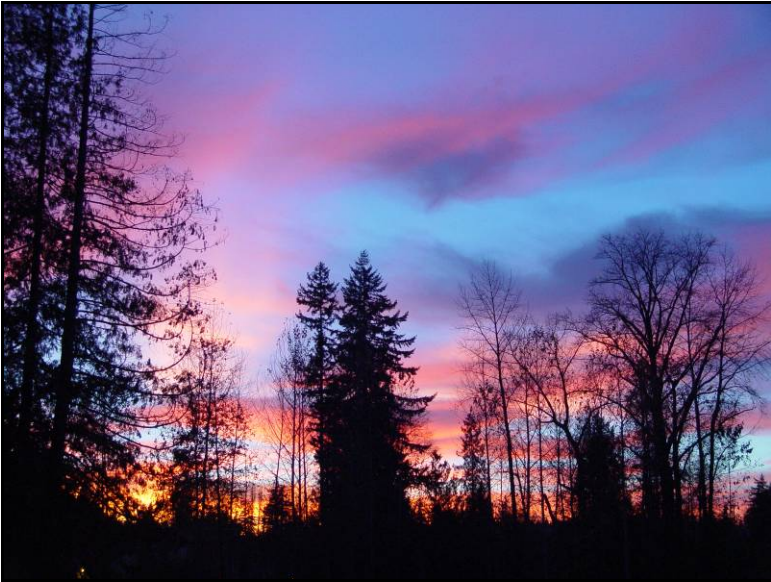


*Morning
and
Evening
Prayers*





Sunday Morning

Early In The Morning

Dietrich Bonhoeffer

O God, early in the morning I cry to you.
Help me to pray
And to concentrate my thoughts on you;
I cannot do this alone.
In me there is darkness,
But with you there is light;
I am lonely, but you do not leave me;
I am feeble in heart, but with you there is help;
I am restless, but with you there is peace.
In me there is bitterness, but with you there is patience,
I do not understand your ways,
But you know the way for me.

O heavenly Father,
I praise and thank you
For the peace of the night;
I praise and thank you for this new day;
I praise and thank you for all your goodness
and faithfulness throughout my life.

You have granted me many blessings;
Now let me also accept what is hard
from your hand.
You make all things work together for good
for your children.

Amen.



Sunday Evening



Beneath Your Tender Care

Dietrich Bonhoeffer

O LORD MY GOD, thank you for bringing this day
to a close;
Thank you for giving me rest in body and soul.
Your hand has been over me and has guarded and preserved me.
Forgive my lack of faith
and any wrong that I have done today,
and help me to forgive all who have wronged me.

Let me sleep in peace under your protection,
and keep me from the temptations of darkness.
Into your hands I commend my loved ones
and all who dwell in this house;
I commend to you my body and soul.
O God, your holy named be praised.

Amen.

Monday Morning

Breastplate of St Patrick

I arise today
Through a mighty strength, the invocation of the Trinity,
Through belief in the threeness,
Through confession of the oneness
Of the Creator of Creation.

I arise today
Through the strength of Christ's birth with his baptism
Through the strength of his crucifixion with his burial,
Through the strength of his resurrection with his ascension,
Through the strength of his descent for the judgment of Doom.

I arise today
Through the strength of the love of Cherubim,
In obedience of angels,
In the service of archangels,
In hope of resurrection to meet with reward,
In prayers of patriarchs,
In predictions of prophets,
In preaching of apostles,
In faith of confessors,
In innocence of holy women,
In deeds of righteous men.

I arise today
Through the strength of heaven:
Light of sun,
Radiance of moon,
Splendor of fire,
Speed of lightning,
Swiftiness of wind,
Depth of sea,
Stability of earth,
Firmness of rock.



I arise today
Through God's strength to pilot me:
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's way to lie before me,
God's shield to protect me,
God's host to save me
From snares of devils,
From temptations of vices,
From everyone who shall wish me ill,
Afar and anear,
Alone and in multitude.



I summon today all these powers between me and those evils,
Against every cruel merciless power that may oppose my body and soul,
Against every knowledge that corrupts man's body and soul.

Christ to shield me today
Against poison, against burning,
Against drowning, against wounding,
So that there may come to me abundance of reward.
Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down, Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

I arise today
Through a mighty strength, the invocation of the Trinity,
Through belief in the threeness,
Through confession of the oneness,
Of the Creator of the Creation.

Amen.

Monday Evening

Ebba Compline

Find rest, O my soul, in God alone:
my hope comes from Him.

Come I this night to the Father,
come I this night to the Son,
come I to the Holy Spirit powerful:
come I this night to God.
Come I this night with Christ,
come I with the Spirit of kindness.
Come I to You, Jesus.
Jesus, shelter me.

I will lie down and sleep.
I wake again,
because the Lord sustains me.

By day the Lord directs His love;
at night His song is with me—
a prayer to the God of my life.

Be strong and take heart,
all you who hope in the Lord.

This dwelling, O God, by You be blessed;
and each one who here this night does rest.

May God be in my sleep;
may Christ be in my dreams.
May the Spirit be in my repose,
in my thoughts, in my heart.
In my soul always
may the Sacred Three dwell.





May the Father of heaven
have care of my soul,
His loving arm about my body,
through each slumber
and sleep of my life.

The Son of God be shielding me from harm,
the Son of God be shielding me from ill,
the Son of God be shielding me with power.
The Son of God be shielding me this night.

Sleep, O sleep in the calm of each calm.
Sleep, O sleep in the guidance of all guidance.
Sleep, O sleep in the love of all loves,
Sleep, O beloved, in the Lord of life.
Sleep, O beloved, in the God of life.

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.

Tuesday Morning

A Prayer of Relinquishment

Teresa of Avila

Today, O LORD, I yield myself to you.
May your will be my delight today.
May your way have perfect sway in me.
May your love be the pattern of my living.

I surrender to you
my hopes,
my dreams,
my ambitions.

Do with them what you will, when you will, as you will.

I place into your loving care
my family,
my friends,
my future.

Care for them with a care that I can never give.

I release into your hands
my need to control,
my craving for status,
my fear of obscurity.

Eradicate the evil, purify the good, and establish your
kingdom on earth.

For Jesus' sake,

Amen.



Tuesday Evening

Felgild Compline

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.

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;
God and Christ and the Spirit,
be lying down with me.

The peace of God be over me to shelter
me,

under me to uphold me,

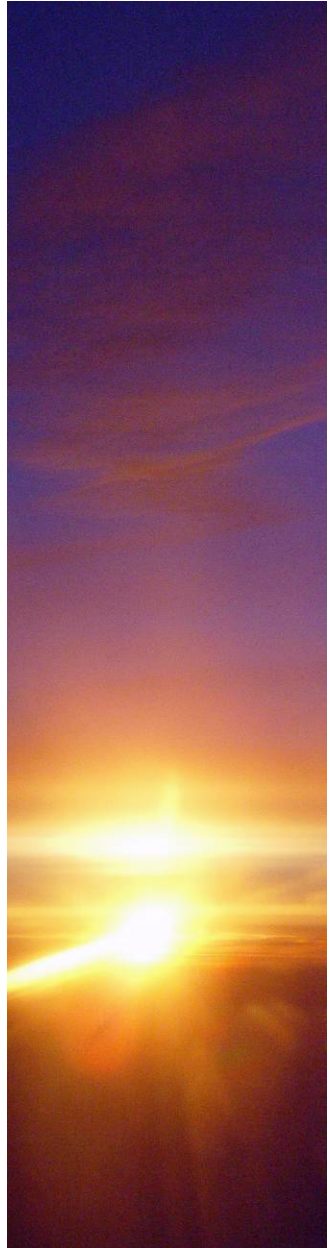
about me to protect me,

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.



Wednesday Morning

Morning Prayers—from Carmina Gadelica

Thanks to You, O God, that I have risen today,
To the rising of this life itself;
May it be to Your own glory, O God of every gift,
And to the glory of my soul likewise.

O great God, aid now my soul
With the aiding of Your own mercy;
Even as I clothe my body with wool,
Cover now my soul with the shadow of Your wing.

Help me to avoid every sin,
And the source of every sin to forsake;
And as the mist scatters on the crest of the hills,
May each ill haze clear from my soul, O God.



God to enfold me,
God to surround me,
God in my speaking,
God in my thinking.

God in my sleeping,
God in my waking,
God in my watching,
God in my hoping.

O Being of life!
O Being of peace!
O Being of time!
O Being of eternity!
O Being of eternity!

Keep me in good means,
Keep me in good intent,
Keep me in good estate,
Better than I know to ask,
Better than I know to ask.

Shepherd me this day,
Relieve my distress,
Enfold me this night,
Pour upon me Your grace,
Pour upon me Your grace!

Guard for me my speech,
Strengthen for me my love,
Illumine for me the stream,
Minister to me in death,
Console me in death!

God in my life,
God in my lips,
God in my soul,
God in my heart.

God in my sufficing,
God in my slumber,
God in my ever-living soul,
God in my eternity.

Amen.



Wednesday Evening

Aidan Compline

O Christ, Son of the living God,
may your holy angels guard our sleep,
may they watch over us as we rest
and hover around our beds.

Let them reveal to us in our dreams
visions of Your glorious truth,
O High Prince of the universe,
O High Priest of the mysteries.

May no dreams disturb our rest
and no nightmares darken our dreams.
May no fears or worries delay
our willing, prompt repose.

May the virtue of our daily work
hallow our nightly prayers.
May our sleep be deep and soft
so our work be fresh and hard.

I will lie down and sleep in peace
for You alone, Lord,
make me dwell in safety.

My dear ones, O God, bless You and keep,
in every place where they are.

Into Your hands I commit my spirit;
I give it to You with all the love of my heart.

How precious to me are Your thoughts, O God!
How vast is the sum of them!

Were I to count them,
they would outnumber the grains of sand.
When I awake, I am still with You.



I make the cross of Christ
upon my breast,
over the tablet of
my hard heart,
and I beseech the
Living God of the universe—
may the Light of Lights come
to my dark heart from Your place;
may the Spirit's wisdom come
to my heart's tablet from my Savior.

Christ without sin,
Christ of wounds,
I am placing my soul and my body
under Your guarding this night,
Christ of the poor,
Christ of tears.
Your cross be my shielding this night,
O Thou Son of tears, of the wounds,
of the piercing.

I am going now into the sleep;
O be it in Your dear arm's keep,
O God of grace, that I shall awake.

My Christ!
My Christ!
My shield,
my encircler,
each day, each night,
each light,
each dark.

My Christ!
My Christ!
My shield,
my encircler,
each day, each night,
each light, each dark.
Be near me,
uphold me,
my treasure,
my triumph.



Circle me, Lord,
keep protection near
and danger afar.

Circle me, Lord,
keep light near
and darkness afar.

Circle me, Lord,
keep peace within;
keep evil out.

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.

Thursday Morning



Morning Prayer

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

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.

Who is it that you seek? *We seek the Lord our God.*

Do you seek Him with all your heart? *Amen. Lord, have mercy.*

Do you seek Him with all your soul? *Amen. Lord, have mercy.*

Do you seek Him with all your mind? *Amen. Lord, have mercy.*

Do you seek Him with all your strength? *Amen. Christ, have mercy.*

To whom shall we go?

You 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.

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.

May the peace of the Lord Christ go with you,
wherever He may send you.
May He guide you through the wilderness,
protect you through the storm.
May He bring you home rejoicing
at the wonders He has shown you.
May He bring you home rejoicing
once again into our doors.

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

Amen.



Thursday Evening

Ita Compline

The Sacred Three
to save
to shield
to surround
the hearth
the home
this night
and every night.

Search me, O God, and know my heart.
Test me and know my thoughts.

See if there is any wicked way in me
and lead me in the way everlasting.

O Father, O Son, O Holy Spirit,
forgive me my sins.
O only begotten Son of the Heavenly
Father,
forgive.

O God who is one,
O God who is true,
O God who is first,
O God who is one substance,
O God only mighty,
in three Persons, truly merciful,
forgive.

O God of life, this night,
darken not to me Your light.

O God of life, this night,
close not Your gladness to my sight.

Keep Your people, Lord,
in the arms of your embrace.
Shelter them under your wings.





Be their light in darkness.

Be their light in distress.

Be their calm in anxiety.

Be strength in their weakness.

Be their comfort in pain.

Be their song in the night.

In peace I will lie down, for it is You, O Lord,
You alone who makes me to rest secure.

Be it on Your own beloved arm,
O God of grace, that I in peace shall awake.

The peace of the Spirit be mine this night.
The peace of the Son be mine this night.
The peace of the Father be mine this night.
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.

Friday Morning

Breastplate Prayer of St. Fursa

May the yoke of the Law of God
be upon your shoulder,
the coming of the Holy Spirit
on your head,
the sign of Christ
on your forehead,
the hearing of the Holy Spirit
in your ears,
the smelling of the Holy Spirit
in your nose,
the vision of the people of heaven
in your eyes,
the speech of the people of heaven
in your mouth,
the work of the Church of God
in your hands,
the good of God and of neighbor
in your feet,
May God dwell in your heart
and may you belong entirely to God the Father.

Amen.



Friday Evening

The Patrick Compline

In the name of the King of life,
in the name of the Christ of love,
in the name of the Holy Spirit;
the Triune of my strength.

I love you, O Lord my strength.
The Lord is my rock, my fortress and my deliverer.
My God is my rock in whom I take refuge.

I will praise the Lord who counsels me,
even at night my heart instructs me.

I have set the Lord always before me.
Because He is at my right hand, I shall not be shaken.

I am placing my soul and my body
under your guarding this night, O Christ.
May your cross this night be shielding me.

Into your hands I commit my spirit.
Redeem me, O Lord, the God of Truth.

The God of life with guarding hold you;
the loving Christ with guarding fold you;
the Holy Spirit, guarding, mold you;
each night of life to aid, enfold you;
each day and night of life uphold you.

May God shield me. May God fill me.
May God keep me. May God watch me.
May God bring me this night to the nearness of His love.

The peace of the Father of joy,
the peace of the Christ of hope,
the peace of the Spirit of grace,
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.



Saturday Morning

Make Me An Instrument of Your Peace

St Francis of Assisi

Lord, Make me an instrument of your peace;
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
and where there is sadness, joy.

O Divine Master,
grant that I may not so much seek
to be consoled as to console;
to be understood, as to understand;
to be loved, as to love;
for it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.



The Methodist Covenant Prayer

I am no longer my own, but Yours.
Put me to what You will,
rank me with whom You will;
put me to doing, put me to suffering;
let me be employed for You
or laid aside for You;
let me be exalted for You,
or brought low for You;
let me be full,
let me be empty;
let me have all things,
let me have nothing;
I freely and heartily yield all things
to Your pleasure and disposal.

And now, O glorious and blessed
God,

Father, Son and Holy Spirit,
You are mine, and I am Yours.

So be it.

And the covenant
which I have made on earth,
let it be ratified in heaven.

Amen.

Saturday Evening

A Formation Prayer

Richard J. Foster

O Lord, My God. Form me more fully into your likeness.
Use the circumstances and interactions of this day to form
your will in me.

From the frustrations of this day form peace.

From the joys of this day form strength.

From the struggles of this day form courage.

From the beauties of this day form love.

In the name of Jesus Christ who is all peace and strength
and courage and love.

Amen.



