

MORNING PRAYER
&
EVENING PRAYER

INTRODUCTION

Lord, I do not create this day, the day is yours.
This day comes to me as a gift from you.
This day is full of glory as a part of your eternal purpose.
This may be the day on which you return.
This may be the day when I die and go to be with you.
Whatever it may hold, this is your day.
As the day begins, I yield myself afresh to you;
I consecrate myself to be attentive to you.

PRAISE

Lord, open our hearts to glorify and praise your name.

Sunday:

Shout for joy to the LORD, all the earth.
Worship the LORD with gladness;
come before him with joyful songs.
Know that the LORD is God.
It is he who made us, and we are his;
we are his people, the sheep of his pasture.
Enter his gates with thanksgiving and his courts with praise;
give thanks to him and praise his name.
For the LORD is good and his love endures forever;
his faithfulness continues through all generations.
(Psalm 100)

Monday:

The earth is the LORD's, and everything in it,
the world, and all who live in it;
for he founded it on the seas and established it on the waters.
Who may ascend the mountain of the LORD?
Who may stand in his holy place?
Those who have clean hands and a pure heart,
who do not put their trust in an idol or swear by a false god.

They will receive blessing from the LORD
and vindication from God their Savior.
Such is the generation of those who seek him,
who seek your face, God of Jacob.

Lift up your heads, you gates;
be lifted up, you ancient doors,
that the King of glory may come in.
Who is this King of glory?
The LORD strong and mighty,
the LORD mighty in battle.
Lift up your heads, you gates;
lift them up, you ancient doors,
that the King of glory may come in.
Who is he, this King of glory?
The LORD Almighty—he is the King of glory.
(*Psalms 24*)

Tuesday:

Ascribe to the LORD, you heavenly beings,
ascribe to the LORD glory and strength.
Ascribe to the LORD the glory due his name;
worship the LORD in the splendor of his holiness.
The voice of the LORD is over the waters;
the God of glory thunders,
the LORD thunders over the mighty waters.
The voice of the LORD is powerful;
the voice of the LORD is majestic.
The voice of the LORD breaks the cedars;
the LORD breaks in pieces the cedars of Lebanon.
He makes Lebanon leap like a calf, Sirion like a young wild ox.
The voice of the LORD strikes with flashes of lightning.
The voice of the LORD shakes the desert;
the LORD shakes the Desert of Kadesh.
The voice of the LORD twists the oaks
and strips the forests bare.
And in his temple all cry, "Glory!"
The LORD sits enthroned over the flood;
the LORD is enthroned as King forever.
The LORD gives strength to his people;
the LORD blesses his people with peace
(*Psalm 29*)

Wednesday:

Sing joyfully to the LORD, you righteous;
it is fitting for the upright to praise him.
Praise the LORD with the harp;
make music to him on the ten-stringed lyre.
Sing to him a new song;
play skillfully, and shout for joy.
For the word of the LORD is right and true;
he is faithful in all he does.
The LORD loves righteousness and justice;
the earth is full of his unfailing love.

By the word of the LORD the heavens were made,
their starry host by the breath of his mouth.
He gathers the waters of the sea into jars;
he puts the deep into storehouses.
Let all the earth fear the LORD;
let all the people of the world revere him.
For he spoke, and it came to be;
he commanded, and it stood firm.

Blessed is the nation whose God is the LORD,
the people he chose for his inheritance

We wait in hope for the LORD; he is our help and our shield.
In him our hearts rejoice, for we trust in his holy name.
May your unfailing love be with us, LORD,
even as we put our hope in you.
(Psalm 33:1-12, 20-22)

Thursday:

Clap your hands, all you nations; shout to God with cries of joy.
For the LORD Most High is awesome,
the great King over all the earth.
He subdued nations under us, peoples under our feet.
He chose our inheritance for us,
the pride of Jacob, whom he loved.
God has ascended amid shouts of joy,
the LORD amid the sounding of trumpets.
Sing praises to God, sing praises;
sing praises to our King, sing praises.
For God is the King of all the earth;
sing to him a psalm of praise.
God reigns over the nations;
God is seated on his holy throne.
The nobles of the nations assemble
as the people of the God of Abraham,
for the kings of the earth belong to God;
he is greatly exalted.
(Psalm 47)

Friday:

Come, let us sing for joy to the LORD;
let us shout aloud to the Rock of our salvation.
Let us come before him with thanksgiving
and extol him with music and song.
For the LORD is the great God, the great King above all gods.
In his hand are the depths of the earth,
and the mountain peaks belong to him.
The sea is his, for he made it,
and his hands formed the dry land.

Come, let us bow down in worship,
let us kneel before the LORD our Maker;
for he is our God and we are the people of his pasture,
the flock under his care.

(Psalm 95:1-7)

Saturday:

Sing to the LORD a new song,
for he has done marvelous things;
his right hand and his holy arm
have worked salvation for him.
The LORD has made his salvation known
and revealed his righteousness to the nations.
He has remembered his love
and his faithfulness to the house of Israel;
all the ends of the earth have seen the salvation of our God.
Shout for joy to the LORD, all the earth,
burst into jubilant song with music;
make music to the LORD with the harp,
with the harp and the sound of singing,
with trumpets and the blast of the ram's horn—
shout for joy before the LORD, the King.
Let the sea resound, and everything in it,
the world, and all who live in it.
Let the rivers clap their hands,
let the mountains sing together for joy;
let them sing before the LORD,
for he comes to judge the earth.
He will judge the world in righteousness
and the peoples with equity.

(Psalm 98)

PENITENCE

Our Lord Jesus Christ said,

The first commandment is this:

‘Hear o Israel, the Lord our God is the only Lord.

You shall love the Lord your God with all your heart,
with all your soul, with all your mind,
and with all your strength.’

The second is this:

‘Love your neighbour as yourself.’

There is no other commandment greater than these.

On these two commandments hang all the law and the prophets.

Lord, I am fully conscious of my failure

to live out these commandments,

And I know that those whose lives intersect with mine
also fail to live out these commandments.

As I begin this day, I humbly acknowledge my need

of your grace and forgiveness,

both for myself and for those I will interact with today.

MEDITATION ON SCRIPTURE

You may wish to follow the set readings of the church Lectionary,

using one or all of the scriptures;

or you may follow your own reading plan.

Pray any concerns raised by your reading.

PRAYERS

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.
Save us from the time of trial and deliver us from evil.
For the kingdom, the power and the glory are yours
now and forever. Amen.

PRAYER OF ATTENTIVENESS

Lord, as I wait on you this morning,
I ask you to bring to my mind
any person in need of my care,
any situation in need of my concern,
and any activity in need of my attention...

PRAYERS OF DAILY CONSECRATION

Sunday:

Teach me, O Lord, so to use all the circumstances of my life today
that they may produce in me the fruits of holiness
rather than the fruits of sin.
Let me use disappointment as material for patience.
Let me use success as material for thankfulness.
Let me use suspense as material for perseverance.
Let me use danger as material for courage.
Let me use reproach as material for longsuffering.
Let me use praise as material for humility.

Let me use pleasures as material for self-control.
Let me use pain as material for endurance. Amen

Monday:

O God, who has been a refuge to the faithful
through all the generations, be my refuge today
in every circumstance of need.
Be my guide through all that is dark and doubtful.
Be my guard against all that threatens the wellbeing of my spirit.
Be my strength in time of testing.
Gladden my heart with your peace
through the eternal grace of Jesus Christ my Lord. Amen

Tuesday:

O God, my Creator and Redeemer,
I dare not go into this day unless you accompany me
with your blessing.
I don't want to live this day relying on my own resources.
All my abilities of mind and body,
all my possessions and all my influence over others,
I rededicate to you.
All these are yours, Lord, to use as you wish.
Speak through my words today,
be in my thoughts, work through my actions,
that my life may be a channel of your love and strength. Amen

Wednesday:

Glorious Creator and Lord of Life,
as I begin this day I praise you for the life that stirs in me.
I praise you for the beautiful world into which I go.

I praise you for the work you have given
and equipped me to do.
I praise you for loved ones and friends.
I praise you for the pure pleasures of life.
I praise you for the gift of your Spirit
who consecrates all of these things and makes them holy.
May the Spirit of Jesus, the light of the world,
rule within my heart throughout this day. Amen

Thursday:

Eternal God, you are far beyond my understanding.
Your ways are beyond my comprehension.
Yet you have breathed your Spirit into my spirit;
you have formed my mind to seek you;
you have shaped my heart to love you;
you have made me restless for the rest that is found in you. You
have planted in me a hunger and thirst
that cannot be satisfied by anything this world has to offer.
I praise and glorify you, Lord,
that you have set your seal on my inmost being
and called me to be an heir of your eternal Kingdom.
Grant me so to live this day
that I remain always true to this high identity. Amen

Friday:

At the dawn of the day I, a pilgrim of eternity,
stand before you, the Eternal One.
My heart is stirred by a desire for you;
let me not quench that desire as the day unfolds.
Rather let me go where that desire leads me.

May I see everything today in the light of your Kingdom purposes and grant me bold faith to respond as your Spirit leads me. Amen

Saturday:

Heavenly Father, whose mercies are new every morning,
lead me through this day
and help me to follow you step by step with a trustful heart,
steadfast and unafraid.
Make me equal to all that the day may demand of me,
save me from wasting its hours,
and bring me to its end with something accomplished for your
glory and your praise. Amen

CONCLUSION

MORNING COLLECT

Almighty and everlasting Father,
You have safely brought us to the beginning of another day.
Defend us by your mighty power
That we may be kept free from all sin and safe from every danger;
And enable us this day to do only what is right in your eyes:
Through Jesus Christ our Lord. Amen

FINAL BLESSING

May the Lord bless us and watch over us,
May the Lord make his face shine on us
and be gracious to us,
May the Lord look kindly on us and give us peace. Amen

PRAYER IN THE EVENING

PRAISE

Oh, praise the LORD, all you servants of the LORD,
you who serve at night in the house of the LORD.

Lift your hands toward the sanctuary,
and praise the LORD.

May the LORD, who made heaven and earth,
bless you from Jerusalem. *Psalm 134*

PRAYER OF EXAMEN

Take time in stillness to become aware of God's presence.

Review the day with gratitude. What has brought joy and energy to your soul and drawn you closer to God?

What has distressed you, troubled your conscience, drained your energies, and caused you to feel alienated from God?

Pay attention to your emotions as you review the day. Choose one feature of the day and dwell on it, asking the Lord to give you deeper understanding.

Offer this to the Lord and ask him to give you rest and prepare you for the coming day.

PENITENCE

(You may want to use this occasionally instead of or in addition to the Prayer of Examen.)

Almighty God, our heavenly Father,
in penitence we confess
that we have sinned against you
through our own fault
in thought, word, and deed
and in what we have left undone.

For the sake of your Son, Jesus Christ,
forgive us all that is past
and grant that we may serve you
in newness of life to the glory of your Name. Amen

CONCLUDING PRAYER

Gracious God, you are our companion and guide. Thank you for the good you enabled me to do today, and for all that has brought joy to my soul. Bless those with whom I have related today and those who are my concern.

Lord in you there is no darkness: over every instance in this day where I have failed to demonstrate your character of love and goodness, shed the light of your forgiveness, your healing and your peace; that when I wake from sleep I may know once more the brightness of your presence.

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