

Morning Prayers

God, help me to remember that you are always with me, and that you will give me the courage, strength, and hope I need to face this day with your grace. Amen.

For this new morning with its light,
For rest and shelter in the night,
For health and food, for love and friends,
For everything your goodness sends,
I thank you God, Amen.

An Ancient Collect:

O God, you have folded back the cover of the night to clothe us in the golden glory of the day. Chase from my heart all gloomy thoughts, and make me glad with the brightness of hope, that I may effectively aspire to promised virtues; through Jesus Christ our Lord. Amen.

Psalm 118:24

This is the day that the Lord has made; I will rejoice and be glad in it.

Prayer attributed to St. Patrick (can be sung to the tune of Morning Has Broken)

This day God gives me
strength of high heaven,
sun and moon shining,
flame in my hearth,
flashing of lightning,
wind in its swiftness,
deeps of the ocean,
firmness of earth.

This day God sends me
strength to sustain me,
might to uphold me,
wisdom as guide.
Your eyes are watchful,
your ears are listening,
your lips are speaking,
at my side.

Evening Prayers

God, my Guide, my Companion,
you have brought me through this day,
and to this time of rest.
Calm my soul, refresh me with your peace,
and be my shelter through this night. Amen

Now I lay me down to sleep,
I pray the Lord my soul to keep,
Watch and guard me through the night,
and wake me with the morning light. Amen

Dear God, as I lay me down to sleep,
relax the tension of my body;
calm the restlessness of my mind;
still the thoughts which worry and perplex me.
Help me to rest myself and all my problems in your strong and loving arms.
Let your Spirit speak to my mind and heart while I am asleep,
so that, when I wake up in the morning,
I may find that I have received in the night-time,
light for my way;
strength for my tasks;
peace for my worries;
forgiveness for my sins.
Grant me sleep tonight, and tomorrow power to live.
Amen

Psalm 4:8:

In peace, I'll lie down,
In peace I will sleep;
For you alone, God,
Keep me perfectly safe.