

EVENING

Spend a few moments remembering that your heavenly Father is with you and that He loves you.

Say Holy, Holy, Holy Lord,
God of power and might.
Heaven and earth are full of your glory.
Hosanna in the highest.

Recall what has happened to you today.

Thank God for his care of you.

Tell him what you have done wrong ending with these words:

Almighty God, I have sinned against you, through my own fault, in thought and word and deed, and in what I have left undone. I am truly sorry and repent of all my sins.

For your Son our Lord Jesus Christ's sake, forgive me all that is past; and grant that I may serve you in newness of life to the glory of your name. *Amen.*

Pause in quiet to receive and accept God's forgiveness.

Bring to God someone you have met or remembered today and for whom you want to pray.

Bring to God someone who is hurting tonight and needs your prayer.

Bring to God a troubled situation in our world tonight.

Say: Night is drawing nigh -
For all that has been - thanks!
To all that shall be - Yes!

Into your hands, O Lord,
I commend my spirit. *Amen*

THE LORD'S PRAYER

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.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and for ever. *Amen.*

Our Father, who art in heaven,
Hallowed be Thy name;
Thy Kingdom come; Thy will be done,
On earth as it is in heaven.
Give us this day our daily bread,
And forgive us our trespasses,
As we forgive those who trespass against us.
And lead us not into temptation;
But deliver us from evil.
For Thine is the Kingdom,
The power and the glory, for ever and ever.
Amen

SUMMARY OF THE CHRISTIAN FAITH

I believe and trust in God the Father,
who made the world.

I believe and trust in his Son
Jesus Christ who redeemed mankind.

I believe and trust in his Holy Spirit,
who gives life to the people of God.

I believe and trust in one God:
Father, Son, and Holy Spirit. *Amen.*

DAILY PRAYER

MORNING

Spend a few moments remembering that your heavenly Father is with you and loves you.

Say: Lord, open my lips
And my mouth shall proclaim your
praise.

Read a passage from Scripture.
(Use Bible Reading Fellowship, Scripture
Union Notes, Everyday with Jesus or
similar to help you).

Pray for your family and friends.

Say the prayer for the day and then:

God be in my head,
and in my understanding.
God be in my eyes,
and in my looking.
God be in my mouth,
and in my speaking.
God be in my heart,
and in my thinking.
God be at my end
and at my departing. *Amen.*

O God our Creator, your kindness has brought me the gift of a new day. Help me to leave yesterday and not to long for tomorrow but to accept the uniqueness of today. *Amen.*

A PRAYER FOR SUNDAY

Eternal God, who art the light
of the minds that know Thee,
the joy of the hearts that love Thee,
and the strength of the wills that serve Thee:
Grant us so to know Thee that we may truly love
Thee, and so to love Thee
that we may fully serve Thee, whom to serve is
perfect freedom. *Amen.*
(After St. Augustine 396-430)

A PRAYER FOR MONDAY

Lord, make us instruments of your peace:
Where there is hatred, let us sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sorrow, joy.

Lord, grant that we may seek to console,
rather than to be consoled;
to understand, rather than to be understood;
to love, rather than to be loved.

For it is in giving that we receive,
in self-forgetting that we find our true selves,
in forgiving that we are forgiven and in dying that
we are raised up to life everlasting. *Amen.*
(After St. Francis of Assisi 1182 - 1226)

A PRAYER FOR TUESDAY

Teach us, good Lord, to serve Thee as Thou
deservest, to give and not to count the cost, to
fight and not to heed the wounds, to toil and not
to seek for rest, to labour and not to ask for any
reward save that of knowing we do Thy will. In
Thy name we pray. *Amen.*
(Ignatius of Loyola 1491 - 1556)

A PRAYER FOR WEDNESDAY

Thanks be to Thee, our Lord Jesus Christ,
for all the benefits which Thou hast given us,
for all the pains and insults which Thou
has borne for us.
Most merciful Redeemer, Friend and Brother,
May we know Thee more clearly,
Love Thee more dearly,
And follow Thee more nearly,
Day by day. *Amen*
(Richard of Chichester 1197 - 1253)

A PRAYER FOR THURSDAY

Make us worthy, Lord,
To serve our fellow men
Throughout the world who live and die
In poverty or hunger.
Give them through our hands
this day, their daily bread;
And by our understanding love
give peace and joy. *Amen*
(Mother Teresa, Calcutta (1910 - 1997))

A PRAYER FOR FRIDAY

Goodness is stronger than evil;
Love is stronger than hate;
Light is stronger than darkness;
Life is stronger than death;
Victory is ours through him who loves us.
Amen
(Desmond Tutu, South Africa 1931 -)

A PRAYER FOR SATURDAY

Lead us from death to life,
from falsehood to truth.
Lead us from despair to hope,
from fear to trust.
Lead us from hate to love,
from war to peace.
Let peace fill our hearts,
our world, our universe. *Amen*
(Prayer for Peace)

PSALM 23

1. The Lord is my shepherd:
therefore can I lack nothing.
2. He will make me lie down in green pastures:
and lead me beside still waters.
3. He will refresh my soul:
and guide me in right pathways for his
name's sake.
4. Though I walk through the valley of the
shadow of death I will fear no evil:
for you are with me
your rod and your staff comfort me.
5. You spread a table before me
in the face of those who trouble me:
you have anointed my head with oil
and my cup will be full.
6. Surely your goodness and loving-kindness
will follow me all the days of my life:
and I shall dwell in the house of the Lord for
ever.

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