



A Rhythm of Daily Prayer when alone or with others

Morning, Midday and Evening Prayer

... for all who seek a daily rhythm of quiet prayer in their lives; in union with friends and family and all who seek balance

(Prayer with others)



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MORNING PRAYER

Focusing:

Creator God, we pause in your presence and hold our day before you. Still us, calm us, guide us as we enter this day.

Lord in you mercy, hear our prayer

The Word:

(Allow your eyes to rest on one of the phrases of the Lord below. Allow his words to touch your hearts. Or, if time permits seek the reading of the day.....)

I am a stranger, welcome me

I am with you always

You are in me and I in you

I call you my friend

Do not be afraid

Response:

(To be led by one of the group)

We hold our day before you God, especially ...

We hold before you Lord, all those we love, especially....

We hold before you Lord those who are sad because someone they love has died...

We hold before you Lord those we know who are troubled this day...

We hold before you Lord all those who we will meet this day especially...

Lord God grant us the faith this day to truly walk in the light of Christ:

*Christ, as a light
Illumine and guide us.
Christ as a shield
Overshadow us.
Christ under us;
Christ over us;
Christ beside us on our left and our right.
This day be within us and without us,
lowly and meek, yet all powerful.
Be in the heart of each to whom we speak;
In the mouth of each who speaks unto us.
This day be within and without us,
lowly and meek, yet all-powerful.
Christ as a light;
Christ as a shield;
Christ beside us
on our left and our right.*

(adapted from St Patrick's Breastplate)

A Blessing:

Creator God, may your peace go with us wherever you send us this day.

May you guide us through the challenges, protect us in any traumas.

May we acknowledge all the goodness you will show us.

May you bring us back rejoicing to our place of rest this night.....

Creator God, we now go into this day.....

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

MIDDAY PRAYER

A Holy Pause:

Creator God, we take this short, sacred pause; a moment to be still in your presence during our day; a moment to recall the mystery of the incarnation and its impact on us and on all whom we meet this day:

That you chose to become human in the person of Jesus Christ;
That all humanity is blessed;
That not one person is more important than any other; not one of any less worth;
That each of those we meet today has a divine origin; that each has an eternal destiny; each gifted and made in your image and likeness.

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A few moments silence followed by the Lord's Prayer

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Closing Blessing:

God be in our head and in our understanding.

God be in our eyes and in our looking.

God be in our mouths and in our speaking.

God be in our hearts and in our thinking.

God be in our eyes and our departing.

(Sarum Primer 1527)

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

EVENING PRAYER

Focusing:

Creator God as we come to the evening of this day we acknowledge that we pause in the sacrament of the present moment; that there has been no distinction between sacred and ordinary experiences of this day; all has been one, and that we have been called to be authentic, not perfect, this day.

Silent Pause and Reflection ...

Lord, we thank you for ...

Lord, we are sorry ...

Lord, we are worried ...

Lord, we hold before you ...

Lord, we trust the past to your mercy;
the present to your love
and the future to your providence.

(Adapted from St Augustine of Hippo)

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Encircling Prayer:

Circle us Lord
Keep within
Keepout

Circle (name) Lord
Keep within
Keep out

Circle (name) Lord
Keep Within
Keep out

Scripture Reading:

If time permits, seek the reading of the day. If not, take a few moments to meditate on the words of the prophet Micah 6:8

This is what the Lord asks of you,
Only this
That you act justly
That you love tenderly
That you walk humbly
with your God.

This is the Word of the Lord
Thanks be to God

.....

For all those who have died this day:

Eternal rest grant to them O Lord and let perpetual light shine upon them, may they rest in peace. Amen.

Blessing:

Creator God, may your peace be ours this night.
Jesus Son of God, may your peace be ours this night.
Holy Spirit of God, may your peace be ours this night.

May the peace of all peace be with me this night and with all those I love.

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

