



*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 when alone)



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MORNING PRAYER

Focusing:

*Creator God, I pause in your presence and
hold my day before you. Still me, calm me,
guide me as I enter this day.*

Lord in you mercy, hear my prayer

The Word:

*Allow your eyes to rest on one of the phrases of the
Lord below. Allow his words to touch your heart.
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:

I hold my day before you God, especially ...

*I hold before you Lord, all those I love,
especially....*

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

*I hold before you Lord those I know who are
troubled this day...*

*I hold before you Lord all those who I will meet
this day...*

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

*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 me 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.*

(adapted from St Patrick's Breastplate)

A Blessing:

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

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

*May I acknowledge all the goodness you will
show me.*

*May you bring me back rejoicing to my place of
rest this night.....*

Creator God, I 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, I take this short, sacred pause; a moment to be still in your presence during my day; a moment to recall the mystery of the incarnation and its impact on me and on all whom I 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 I meet today have a divine origin; that each have 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 my head and in my understanding.

God be in mine 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 in mine eyes and my departing.

(Sarum Primer 1527)

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

EVENING PRAYER

Focusing:

Creator God as I come to the evening of this day I acknowledge that I 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 I have been called to be authentic, not perfect, this day.

Silent Pause and Reflection ...

Lord, I thank you for ...

Lord, I am sorry ...

Lord, I am worried ...

Lord, I hold before you ...

Lord, I 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 me 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 mine this night.
Jesus Son of God, may your peace be mine this night.
Holy Spirit of God, may your peace be mine 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

