

## Morning Prayer

Hosea 6:3 – *Let us acknowledge the Lord; let us press on to acknowledge him. As surely as the sun rises, he will appear; **He will come to us like the winter rains, like the spring rains that water the earth.***

Psalm 27:1-4 – *The Lord is my light and my salvation; whom shall I fear?*

*The Lord is the stronghold of my life; of whom shall I be afraid?*

*When the wicked advance against me to devour me, it is my enemies and my foes who will stumble and fall. Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident. One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple.*

[pause in silence to be in the Father's presence]

Thought: Life brings us love and loss, pain and grace, hope and fear.

As the people come and go, the Father calls to each one:

know my voice, know my love, know my grace, know my hope.

**Our Father in heaven, may your name be kept holy.**

**May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need,**

**and forgive us our sins, as we have forgiven those who sin against us.**

**And don't let us yield to temptation, but rescue us from the evil one.**

**The kingdom, the power, and the glory are yours forever. Amen.**

[pause in silence to ask the Spirit for his guidance today]

**Living God, enable us this day to be pilgrims and companions:**

**committed to the way of Christ, faithful to the call of Christ,**

**discerning the mind of Christ, offering the welcome of Christ,**

**growing in the likeness of Christ, engaging in the mission of Christ,**

**in the world that belongs to Christ.**

*May the Lord bless us and protect us. May the Lord smile on us and be gracious to us. May the Lord show us his favour and give us his peace.*

## Midday Prayer

Psalm 37:5-7 – *Commit everything you do to the Lord. Trust him, and he will help you. **He will make your innocence radiate like the dawn, and the justice of your cause will shine like the noonday sun. Be still in the presence of the Lord, and wait patiently for him to act.***

Jeremiah 31:33-34 – *“I will make this agreement with the people of Israel,” says the Lord. “I will put my teachings in their minds and I will write them on their hearts. I will be their God, and they will be my people. People will no longer have to teach their neighbours and relatives to know the Lord.*

*This is because all people will know me, from the least to the most important,” says the Lord. “I will forgive them for the wicked things they did. I will not remember their sins anymore.”*

[pause in silence to thank Jesus for his care this morning]

Thought: What God may hereafter require of you, you must not give yourself the least trouble about. Everything He gives you to do, you must do as well as ever you can. That is the best possible preparation for what He may want you to do next.

*George MacDonald*

**Holy Spirit, may your fruit would be in us:: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.**

[pause in silence; ask the Spirit to lead your steps this afternoon]

**Our God, Father of all humanity, for whom nothing is too difficult and whose love is unailing, arm us with strength; guard us with peace and open our eyes to the reality of your Spirit's power with us, so we may walk with confidence in the light and protection of your presence and grow in the grace and knowledge of our Lord Jesus Christ. Amen.**

*May the grace of our Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with us all, evermore. Amen.*

## Evening Prayer

*Psalm 42:8 – By day the Lord directs his love, **at night his song is with me – a prayer to the God of my life.***

Luke 11:5-10 – Then, teaching them more about prayer, [Jesus] used this story: “Suppose you went to a friend’s house at midnight, wanting to borrow three loaves of bread. You say to him, ‘A friend of mine has just arrived for a visit, and I have nothing for him to eat.’ And suppose he calls out from his bedroom, ‘Don’t bother me. The door is locked for the night, and my family and I are all in bed. I can’t help you.’ But I tell you this – though he won’t do it for friendship’s sake, if you keep knocking long enough, he will get up and give you whatever you need because of your shameless persistence. “And so I tell you, keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you. For everyone who asks, receives. Everyone who seeks, finds. and to everyone who knocks, the door will be opened.”

[pause in silence to ask the Father for something for this evening]

Thought: In a world where so many take their worth from the opinions of others, may you be deeply rooted in the knowledge that you are wonderfully made by the same Father who decides your worth and who paid deeply for your freedom.

**Lord Jesus, may your grace and the love of the Father give us eternal comfort and wonderful hope and would you strengthen us you in every good thing you do and say.**

[pause in silence to ask the Spirit for strength this evening]

**Loving God, King of life and bringer of light, who creates and goes on creating, speak to our hearts in mighty and tender tones and help us hear you, that we may learn your voice and follow you.**

May the God of hope fill us with all joy and peace in believing, so that by the power of the Holy Spirit we may abound in hope.

## Night Prayer

*Isaiah 26:9 – My soul yearns for you in the night; in the morning my spirit longs for you. **When your judgments come upon the earth, the people of the world learn righteousness.***

1 Chronicles 16:23-27 – Sing to the Lord, all the earth; proclaim his salvation day after day. Declare his glory among the nations, his marvellous deeds among all peoples. For great is the Lord and most worthy of praise; he is to be feared above all gods. For all the gods of the nations are idols, but the Lord made the heavens. Splendour and majesty are before him; strength and joy are in his dwelling place.

[pause in silence to thank the Father for the day he has given]

Thought: At work, leisure and rest, from greetings to conversations and noise to quietness, you have surrounded us this day. Under your loving gaze, Lord Jesus, we reflect on the day that is past, and pray for the light and guidance of your Spirit.

**Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don’t let us yield to temptation, but rescue us from the evil one. The kingdom, the power, and the glory are yours forever. Amen.**

[pause in silence to ask the Spirit for his rest]

Leader: Come, Holy Spirit, we pray that your fruit would be in us:  
**love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.**

No matter how cold the night, the Father is still present. No matter how black the darkness, Jesus is still the light. No matter how empty the space until the dawn, the Spirit dwells in it. May this amazing God, Father Son and Holy Spirit, bless us now.

## Pause for Prayer

*alone or with others*

Psalm 46:10-11 He says: “Be still,  
and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth.”

**The Lord Almighty is with us; the  
God of Jacob is our fortress.**

*[pause to thank the Father  
for his blessings so far today]*

Psalm 28:7 The Lord is my strength  
and my shield; my heart trusts  
in him, and he helps me. My heart  
leaps for joy, and with my song  
I praise him.

## Pause for Prayer

*alone or with others*

Psalm 46:10-11 He says: “Be still,  
and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth.”

**The Lord Almighty is with us; the  
God of Jacob is our fortress.**

*[pause to thank the Father  
for his blessings so far today]*

Psalm 28:7 The Lord is my strength  
and my shield; my heart trusts  
in him, and he helps me. My heart  
leaps for joy, and with my song  
I praise him.

*[pause to thank Jesus for his love]*

Psalm 90:17 **Lord our God, be  
pleased with us. Give us success  
in what we do. Yes, give us success  
in what we do.**

God can do much, much more than  
anything we can ask or think of.  
To him be glory in the church and in  
Christ Jesus forever and ever. Amen.

*[pause to ask the Spirit for courage  
and guidance in the hours ahead]*

**Be at peace.  
Love and serve the Lord Jesus**

*[pause to thank Jesus for his love]*

Psalm 90:17 **Lord our God, be  
pleased with us. Give us success  
in what we do. Yes, give us success  
in what we do.**

God can do much, much more than  
anything we can ask or think of.  
To him be glory in the church and in  
Christ Jesus forever and ever. Amen.

*[pause to ask the Spirit for courage  
and guidance in the hours ahead]*

**Be at peace.  
Love and serve the Lord Jesus**

## Pause for Prayer

*alone or with others*

Psalm 46:10-11 He says: “Be still,  
and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth.”

**The Lord Almighty is with us; the  
God of Jacob is our fortress.**

*[pause to thank the Father  
for his blessings so far today]*

Psalm 28:7 The Lord is my strength  
and my shield; my heart trusts  
in him, and he helps me. My heart  
leaps for joy, and with my song  
I praise him.

## Pause for Prayer

*alone or with others*

Psalm 46:10-11 He says: “Be still,  
and know that I am God;  
I will be exalted among the nations,  
I will be exalted in the earth.”

**The Lord Almighty is with us; the  
God of Jacob is our fortress.**

*[pause to thank the Father  
for his blessings so far today]*

Psalm 28:7 The Lord is my strength  
and my shield; my heart trusts  
in him, and he helps me. My heart  
leaps for joy, and with my song  
I praise him.

*[pause to thank Jesus for his love]*

Psalm 90:17 **Lord our God, be  
pleased with us. Give us success  
in what we do. Yes, give us success  
in what we do.**

God can do much, much more than  
anything we can ask or think of.  
To him be glory in the church and in  
Christ Jesus forever and ever. Amen.

*[pause to ask the Spirit for courage  
and guidance in the hours ahead]*

**Be at peace.  
Love and serve the Lord Jesus**

*[pause to thank Jesus for his love]*

Psalm 90:17 **Lord our God, be  
pleased with us. Give us success  
in what we do. Yes, give us success  
in what we do.**

God can do much, much more than  
anything we can ask or think of.  
To him be glory in the church and in  
Christ Jesus forever and ever. Amen.

*[pause to ask the Spirit for courage  
and guidance in the hours ahead]*

**Be at peace.  
Love and serve the Lord Jesus**