

## *A Simple Form for Daily Prayer*



### **Preparation**

O Lord, open our lips  
and our mouth shall proclaim your praise.

### **Praise**

*One of the following verses might help you praise God – or you could read a couple of verses from another Psalm.*

Praise the Lord! Praise the Lord, O my soul!  
I will praise the Lord as long as I live;  
I will sing praises to my God all my life long.

*Psalm 146:1-2*

Let them thank the Lord for his steadfast love,  
for his wonderful works to humankind.  
For he satisfies the thirsty,  
and the hungry he fills with good things.

*Psalm 107:8-9*

God is our refuge and strength, a very present help in trouble.

*Psalm 46.1*

### **Reading**

*You might like to read one of these short passages – or maybe you would like to use Bible reading notes, or some other way of reading the Bible.*

*Isaiah 43.1-2*

But now thus says the Lord,  
he who created you, O Jacob,  
he who formed you, O Israel:  
Do not fear, for I have redeemed you;  
I have called you by name, you are mine.  
When you pass through the waters, I will be with you;  
and through the rivers, they shall not overwhelm you;  
when you walk through fire you shall not be burned,  
and the flame shall not consume you.

*Matthew 28.18-20*

And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."

*Colossians 2.6-7*

As you therefore have received Christ Jesus the Lord, continue to live your lives in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving.

## **Reflection & Prayer**

*What does the reading make you think about? What do you want to say to God?  
Offer it to him in prayer.*

*You might like to pray for*

- *the church*
- *the world*
- *those in need and those who do not know God's love*
- *yourself*

## **Beginning of the day**

Lord, I offer this day to you: the work I do,  
the people I meet, the pleasures and the problems,  
that in everything I may know the love of Christ, and be thankful.  
Amen.

*You could follow this prayer by offering the day's activities  
and appointments to God.*

## **Ending of the day**

*You might want to look back over the day, giving yourself a chance to offer  
thanksgiving, to ask for forgiveness, to pray for those things which have been hard or  
hurtful.*

Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ  
and asleep may rest in peace.  
Amen.

## **Prayer for Healing and Protection**

Our help is in the name of the Lord, the maker of heaven and earth. *Psalm 121.2*

Visit, Lord, we pray, this place  
and drive far from it all the snares of the enemy.  
Let your holy angels dwell here to keep us in peace,  
and may your blessing be upon us evermore;  
through Jesus Christ our Lord. 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.

## **Concluding Prayer**

The grace of our Lord Jesus Christ and the love of God  
and the fellowship of the Holy Spirit,  
be with me and with the whole Church and world evermore. Amen.