

Morning

Opening

“O Lord, open my lips, and my mouth will declare your praise.” ~Psalm 51:15

Psalms *(Pick one to pray for the whole week)*

Psalm 1	Psalm 23	Psalm 51	Psalm 116
Psalm 8	Psalm 32	Psalm 100	Psalm 139
Psalm 13	Psalm 42	Psalm 103	Psalm 145

[Pause for personal prayers of thanksgiving and petitions/requests]

Closing

“Almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome with any adversity; and in all we do, direct us to the fulfilling of your purpose through Jesus Christ our Lord. Amen.”

Noon

Christ above me, God of very God;
Christ below me, incarnate of the dust.
Christ before me, when seen;
Christ behind me, when unseen.
Christ at my right hand, in my strength;
Christ at my left hand, in my weakness.
Christ around me, filling all in all;
Christ within me, formed by faith.

Evening

Opening

“Lord Jesus Christ, Son of God, have mercy on me.” ~Jesus Prayer

Gospel Reading

“Blessed be the God and Father of our Lord Jesus Christ! By his great mercy we have been born anew to a living hope through the resurrection of Jesus Christ from the dead.” ~1 Peter 1:3

[Read a passage from the Gospels of your choosing.]

The Lord’s Prayer

Our Father in heaven, Hallowed be Your name.

Your kingdom come, Your will be done, on earth as it is in heaven.

Give us this day our daily bread,

Forgive us our debts, as we also have forgiven our debtors,

Lead us not into temptation, but deliver us from evil.

For Yours is the kingdom, and the power, and the glory forever. Amen.

[Pause for personal prayers, confessions, intercessions, thanksgivings; then sit with Jesus in silence]

Closing

“Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, shield the joyous; and all, for your love’s sake. Amen.”

GIVE AWAY

GIVE UP

TAKE ON

TAKE UP