

MORNING PRAYER

Pause

As I enter prayer now, I pause to be still; to breathe slowly; to re-centre my scattered senses upon the presence of God.

(Psalm 46:10) **Be still and know that I am God.**

Opening Prayer

Awaken me Lord to your Light
Open my eyes to your Presence.
Awaken me Lord to your Love
Open my heart to your Abiding.
Awaken me Lord to your Voice
Open my ears to you Speaking.
Awaken me Lord to your Purposes
Open my will to your Leading.

(Psalm 103)

**Praise the LORD, Oh my soul;
Let all my innermost being,
praise his holy name.
Praise the LORD, Oh my soul,
and forget not all his benefits
who forgives all my sins
and heals all my diseases,
who redeems my life from the pit
and crowns me with love and
compassion,
who satisfies my desires with good
things
so that my youth is renewed like the
eagle's.**

(Psalm 118:24)

**This is the day the Lord has made,
I will rejoice and be glad in it.**

The Lord's Prayer

Our Father in heaven,
May your name be honoured.
May your kingdom come,
And your will be done,
On earth as it is in heaven.
Give us this day our daily bread.

And forgive us our sins
As we forgive those who sin against us
Lead us not into temptation
But deliver us from evil.
For yours is the kingdom, the power,
and the glory for ever and ever.
Amen.

(Matthew 6:9-15)

(Lamentations 3:22-23)

**The steadfast love of the Lord never ceases; his mercies never come to an end;
they are new every morning; great is your faithfulness.**

Preparation

We prepare ourselves for the day ahead, 'praying in' the scriptures below...

(James 4:6-7)

God opposes the proud but shows favour to the humble.

Submit yourselves to God...

Resist the devil, and he will flee from you...

Draw near to God and he will draw near to you...

Prayer for Holy Spirit infilling

Dear Lord,

Please come and cleanse me from all sin,

Heal me from all hurt and dis-ease,

And fill me with your Holy Spirit.

Come Lord Jesus, Come Lord Jesus,

Pour out your Spirit I pray,

Come Lord Jesus, Come Lord Jesus,

Pour out your Spirit on me today.

(Romans 15:13)

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

(Galatians 5:22-23)

The fruit of the Spirit is

LOVE,

JOY,

PEACE,

PATIENCE,

KINDNESS,

GOODNESS,

FAITHFULNESS,

GENTLENESS

and SELF-CONTROL



Prayer for grace

Lord God, Almighty and Everlasting Father,

Thank you for bringing us safely into this new day;

Preserve us by Your mighty power,

that we may not be drawn into sin,

or overcome by any adversity;

and in all we do, direct us to the fulfilling of Your purposes;

through Jesus Christ our Lord.

Amen.

(Psalm 62:5-8)

My soul finds rest in God; My hope comes from him. He is my rock and my salvation, he is my fortress; I shall not be shaken. Trust in him at all times, you people; pour out your heart to him; for God is our refuge.

Intercessions

Before interceding for others take time now to lift your coming day to the Lord handing any worries or concerns over to him

Our families and loved ones

Pause to lift up to God our families, those we love...

Loving Father, we pray that you will protect and provide for those we love, may they know your peace and presence. Holy Spirit please work in those who don't yet know you; Open their eyes, Soften their hearts, that they may turn to you. May those we love, know you as their rock, their deliverer and refuge.

(Psalm 18:2)

Those who are ill

Pause to lift up by name individuals who are ill to God....

Merciful God, we entrust to your unfailing love and tender care, those who are ill or in pain. May they know that whenever danger threatens, your everlasting arms are there to hold them and comfort them. Please bring healing, restore them to health and give them new strength.

Those who are isolated, worried or anxious

Pause to name before God those on your heart who are isolated, worried or anxious...

God of compassion, be close to those we've prayed for, and all who are afraid or in isolation. In their loneliness, be their comfort and encouragement; In their anxiety, be their hope; In their darkness, be their light.

Committing our day to God

As we draw to a close we commit ourselves afresh to God...

Prayer to the crucified Christ

Lord Jesus, you stretched out Your arms of love upon the hard wood of the cross that everyone might come within the reach of your saving embrace; So clothe us in your Spirit that we, reaching forth our hands in love, may bring those who do not know you to the knowledge and love of you; for the honour of Your name.

Prayer of St. Francis

Lord, make me an instrument of your peace
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light;
Where there is sadness, joy;
O divine master, grant that I may not so much
seek to be consoled, as to console;
To be understood, as to understand;
To be loved, as to love.
For it is in giving that we receive.
It is in pardoning that we are pardoned.
And it is in dying that we are born to eternal life
Amen

Closing Prayer

Father, help me to live
this day to the full,
Being true to you, in
every way.
Jesus, help me to give
myself away to others,
Being kind to everyone
I meet.
Spirit, help me to love
the lost,
Proclaiming Christ in all
I do and say.
Amen

Confession of the Mystery

Christ has died. Christ is risen. Christ will come again. Hallelujah! Hallelujah!

1 Corinthians 15:58

**Be steadfast immovable, always abounding in the work of the Lord, knowing
that your labour in the Lord is not in vain.**