

Daily Prayer

Prayers to use at Home



It is our hope that this simple rhythm of prayer may serve as a set of helpful anchor points throughout this lockdown, renewing and strengthening us each day by kindling an awareness of God's presence with us.

We have suggested a time for each prayer. Please do not feel limited by this. If you are able to pray at the suggested time, simply know that others may be praying 'with' you.

Whenever you pray, be reminded and encouraged that others in our community are praying these prayers, too.

9am

Morning

The night has passed, and the day lies open before us.
As we rejoice in the gift of this new day,
so may the light of your presence, O God,
set our hearts on fire with love for you,
now and forever,
Amen.

from Common Worship Morning 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 forever,
Amen.

Matthew 6.9-13



12 noon

Midday

Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, and in danger,
Christ in all the hearts that love me,
Christ in mouth of friend and stranger.
Amen.

from St Patrick's Breastplate

"Be still and know that I am God.
I will be exalted among the nations,
I will be exalted in all the earth!"
The Lord of heaven's armies is with us;
The God of Jacob is our fortress.
Amen.

Psalms 46.10-11



6pm

Evening

Be a bright flame before me, O God,
a guiding star above me.

Be a smooth path below me,
a kindly shepherd behind me,
today, tonight, and for ever.

Alone with none but you, my God, I journey on my way;
What need I fear when you are near,
O Lord of night and day?

More secure am I within your hand,
than if a multitude did round me stand.

Amen.

St. Columba's Prayer

Lighten our darkness, we beseech thee, O Lord;
and by thy great mercy defend us
from all perils and dangers of this night;
for the love of thy only Son, our Saviour Jesus Christ.

Amen.

from The Book of Common Prayer



9pm

Night

O God of life, this night,
O darken not to me thy light.
O God of life, this night,
Close not thy gladness to my sight.
Keep your people, Lord,
In the arms of your embrace.
Shelter us under your wings.
Be our light in darkness.
Be our hope in distress.
Be our calm in anxiety.
Be our strength in weakness.
Be our comfort in pain.
Be our song in the night.

from The Northumbria Community's Daily Prayer

The Lord bless us and watch over us;
The Lord make his face shine upon us
and be gracious to us;
The Lord look kindly on us
and give us his peace.
Amen.

Numbers 6.24-26

