

Daily Prayer

Preparation

O God, make speed to save us,
O Lord, make haste to help us.

Heavenly Father,
as I turn to you in prayer,
help me to become more fully aware
of your presence beside me,
and assist me to hear your voice speak to me,
that I may draw ever closer to you. Amen.

Praise and thanksgiving

You are the love of each living creature O God,
you are the warmth of the rising sun,
you are the whiteness of the moon at night,
you are the life of the growing earth,
you are the strength of the waves of the sea.
Speak to me this day O God.
Speak to me your truth.
Dwell with me this day O God.
Dwell with me in love.

Psalm 139

- ¹ O Lord, you have searched me and known me.
² You know when I sit down and when I rise up;
you discern my thoughts from far away.
³ You search out my path and my lying down,
and are acquainted with all my ways.
⁴ Even before a word is on my tongue,
O Lord, you know it completely.
⁵ You hem me in, behind and before,
and lay your hand upon me.
⁶ Such knowledge is too wonderful for me;
it is so high that I cannot attain it.
⁷ Where can I go from your spirit?
Or where can I flee from your presence?
⁸ If I ascend to heaven, you are there;
if I make my bed in Sheol, you are there.
⁹ If I take the wings of the morning
and settle at the farthest limits of the sea,
¹⁰ even there your hand shall lead me,
and your right hand shall hold me fast.
¹¹ If I say, "Surely the darkness shall cover me,
and the light around me become night,"
¹² even the darkness is not dark to you;
the night is as bright as the day,
for darkness is as light to you.
¹³ For it was you who formed my inward parts;
you knit me together in my mother's womb.
¹⁴ I praise you, for I am fearfully and wonderfully made.
Wonderful are your works;
that I know very well.

- ¹⁵ My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth.
- ¹⁶ Your eyes beheld my unformed substance.
In your book were written all the days that were
formed for me, when none of them as yet existed.
- ¹⁷ How weighty to me are your thoughts, O God!
How vast is the sum of them!
- ¹⁸ I try to count them—they are more than the sand;
I come to the end—I am still with you.

Prayers of intercession

*Pray for those known to you that are in need, for those
whom you love, for those that you have met this past
day and for whatever else is on your heart.*

Collect

Pray the prayer for the week or day.

The Lord's Prayer

Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread
and forgive us our trespasses,
as we forgive those that trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever. Amen.

Close

Lord, be with me throughout this day.
May I be a blessing to those I meet,
and may you guide my thoughts,
my words and my deeds this day.
Amen.