

## **A simple form of daily prayer**

*This short form of prayer can be used morning, noon or night, silently on the way to work, out loud at home or wherever else you find yourself.*

### **Opening**

O Lord, open our lips  
And our our mouth shall proclaim your praise

O God make speed to save us.

O Lord make haste to help us.

Glory be to the Father,  
and to the Son, and to the Holy Spirit.  
As it was in the beginning, is now,  
and ever shall be, world without end. Amen.

### **Scripture reading**

*Slowly read through a psalm. Remember that God is with you, as he has been with his people throughout all generations, and remains with you even when times are hard.*

*You may want to read another passage of the Bible, perhaps a passage from one of the four gospels.*

### **Prayer**

*Spend a few minutes bringing your day to God, quietly or out loud, whatever feels best:*

- *The day's tasks*
- *The people you love*
- *The people you have met/will meet*
- *Your cares and worries*
- *The things that have made you angry/hurt*
- *The things you want to thank God for*

*To conclude your prayers:*

Almighty God,  
you search us and know us:  
may we rely on you in strength  
and rest on you in weakness,  
now and in all our days;  
through Jesus Christ our Lord. Amen.

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  
who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
for ever and ever. Amen.

### **Conclusion**

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life. Amen.

Let us bless the Lord.  
Thanks be to God.