

Morning Prayer

As you begin the day, ask: Lord, what do you require of me today?

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does, in fact, please you. And I hope that I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this, you will lead me by the right road, though I may know nothing about it. Therefore, I will trust you always though I seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

~Thomas Merton, *Thoughts on Solitude*

Noonday Prayer

Read a psalm or portion of a psalm each day. How do the words of this psalm feel real and true?

Evening Prayer

As you end the day, ask: Lord, what should I release from this day before I rest?

Be our light in the darkness, O Lord, and in your great mercy defend us from all perils and dangers of this night; for the love of your only Son, our Savior Jesus Christ. *Amen.*

Be present, O merciful God, and protect us through the hours of this night, so that we who are wearied by the changes and chances of this life may rest in your eternal changelessness; through Jesus Christ our Lord. *Amen.*

Look down, O Lord, from your heavenly throne, and illumine this night with your celestial brightness; that by night as by day your people may glorify your holy Name; through Jesus Christ our Lord. *Amen.*

Visit this place, O Lord, and drive far from it all snares of the enemy; let your holy angels dwell with us to preserve us in peace; and let your blessing be upon us always; through Jesus Christ our Lord. *Amen.*

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, pity the afflicted, shield the joyous; and all for your love's sake. *Amen.*

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. *Amen.*

~*Book of Common Prayer*



Praying the Hours

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