

Morning Prayer on Sunday

You may wish to light a candle and have some reflective music playing in the background.

The Lord is good, a strong refuge when trouble comes.
God is close to those who trust in him.
Nahum 1.7

Opening Sentences

O Lord, open our lips
and our mouth shall proclaim your praise.

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Pause for reflection as you offer the day to God.

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 for ever. **Amen.**

Bible Readings

Psalm 23

1 The Lord is my shepherd; ◆
therefore can I lack nothing.
2 He makes me lie down in green pastures ◆
and leads me beside still waters.
3 He shall refresh my soul ◆
and guide me in the paths of righteousness for his name's sake.
4 Though I walk through the valley of the shadow of death,
I will fear no evil; ◆
for you are with me;
your rod and your staff, they comfort me.
5 You spread a table before me
in the presence of those who trouble me; ◆
you have anointed my head with oil
and my cup shall be full.
6 Surely goodness and loving mercy shall follow me
all the days of my life, ◆
and I will dwell in the house of the Lord for ever.

Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.

A reading from Isaiah 43:1-3a

But now thus says the Lord,
he who created you, O Jacob,
he who formed you, O Israel:
Do not fear, for I have redeemed you;
I have called you by name, you are mine.
When you pass through the waters, I will be with you;
and through the rivers, they shall not overwhelm you;
when you walk through fire you shall not be burned,
and the flame shall not consume you.
For I am the Lord your God,
the Holy One of Israel, your Saviour.

This is the Word of the Lord
Thanks be to God

Prayers

Almighty and everlasting God,
we thank you that you have brought us safely
to the beginning of this day.
Keep us from falling into sin or running into danger;
order us in all our doings
and guide us to do always what is righteous in your sight; through Jesus Christ our
Lord. **Amen.**

Keep us, good Lord,
under the shadow of your mercy
in this time of uncertainty and distress.
Sustain and support the anxious and fearful,
and lift up all who are brought low;
that we may rejoice in your comfort knowing that nothing can separate us from your
love in Christ Jesus our Lord. **Amen.**

MARY SUMNER'S Prayer

All this day, O Lord,
let me touch as many lives as possible for thee;
and every life I touch,
do thou by thy spirit quicken,
whether through the word I speak,
the prayer I breathe, or the life I live.

The Lord's 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 for ever. Amen.**

THE MOTHERS' UNION PRAYER

Loving Lord,
We thank you for your love
so freely given to us all.
We pray for families around the world.
Bless the work of the Mothers' Union
as we seek to share your love
through the encouragement, strengthening
and support of marriage and family life.
Empowered by your Spirit,
may we be united in prayer and worship,
and in love and service
reach out as your hands across the world.
In Jesus' name.

The 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.

Morning Prayer on Monday

You may wish to light a candle and have some reflective music playing in the background.

The Lord is good, a strong refuge when trouble comes.

God is close to those who trust in him.

Nahum 1.7

Opening Sentences

O Lord, open our lips

and our mouth shall proclaim your praise.

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Pause for reflection as you offer the day to God.

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 for ever. **Amen.**

Bible Readings

Psalm 16

Protect me, O God, for in you I take refuge.

²I say to the LORD, 'You are my Lord;

I have no good apart from you.'^[a]

³As for the holy ones in the land, they are the noble,
in whom is all my delight.

⁴Those who choose another god multiply their sorrows;^[b]
their drink-offerings of blood I will not pour out
or take their names upon my lips.

⁵The LORD is my chosen portion and my cup;
you hold my lot.

⁶The boundary lines have fallen for me in pleasant places;
I have a goodly heritage.

⁷I bless the LORD who gives me counsel;
in the night also my heart instructs me.

⁸I keep the LORD always before me;
because he is at my right hand, I shall not be moved.
⁹Therefore my heart is glad, and my soul rejoices;
my body also rests secure.
¹⁰For you do not give me up to Sheol,
or let your faithful one see the Pit.
¹¹You show me the path of life.
In your presence there is fullness of joy;
in your right hand are pleasures for evermore.

Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.

John 14:1-6

Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.' Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me.

This is the Word of the Lord
Thanks be to God

Prayers

Almighty and everlasting God,
we thank you that you have brought us safely
to the beginning of this day.
Keep us from falling into sin or running into danger;
order us in all our doings
and guide us to do always what is righteous in your sight; through Jesus Christ our
Lord. **Amen.**

For those in isolation

God of compassion,
be close to those who are ill, afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;

in their darkness, be their light;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord.
Amen.

TERESA OF AVILA'S PRAYER

Let nothing disturb you,
Let nothing frighten you,
All things are passing away:
God never changes.
Patience obtains all things
Whoever has God lacks nothing;
God alone suffices.

The Lord's 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 for ever. Amen.**

THE MOTHERS' UNION PRAYER

Loving Lord,
We thank you for your love
so freely given to us all.
We pray for families around the world.
Bless the work of the Mothers' Union
as we seek to share your love
through the encouragement, strengthening
and support of marriage and family life.
Empowered by your Spirit,
may we be united in prayer and worship,
and in love and service
reach out as your hands across the world.
In Jesus' name.

The 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.

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let us pray with one heart and mind.

Pause for reflection as you offer the day to God.

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so may the light of your presence, O God,
set our hearts on fire with love for you;
now and for ever. **Amen.**

Bible Readings

Psalm 139

O LORD, you have searched me and known me.
²You know when I sit down and when I rise up;
you discern my thoughts from far away.
³You search out my path and my lying down,
and are acquainted with all my ways.
⁴Even before a word is on my tongue,
O LORD, you know it completely.
⁵You hem me in, behind and before,
and lay your hand upon me.
⁶Such knowledge is too wonderful for me;
it is so high that I cannot attain it.
⁷Where can I go from your spirit?
Or where can I flee from your presence?
⁸If I ascend to heaven, you are there;
if I make my bed in Sheol, you are there.

⁹If I take the wings of the morning
and settle at the farthest limits of the sea,
¹⁰even there your hand shall lead me,
and your right hand shall hold me fast.
¹¹If I say, 'Surely the darkness shall cover me,
and the light around me become night',
¹²even the darkness is not dark to you;
the night is as bright as the day,
for darkness is as light to you.
¹³For it was you who formed my inward parts;
you knit me together in my mother's womb.
¹⁴I 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.
¹⁶Your 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.
¹⁷How weighty to me are your thoughts, O God!
How vast is the sum of them!
¹⁸I try to count them—they are more than the sand;
I come to the end^[a]—I am still with you.

Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.

Philippians 4:8-9

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

This is the Word of the Lord
Thanks be to God

Prayers

Almighty and everlasting God,
we thank you that you have brought us safely
to the beginning of this day.
Keep us from falling into sin or running into danger;
order us in all our doings
and guide us to do always what is righteous in your sight; through Jesus Christ our
Lord. **Amen.**

For those who are worried

Loving Jesus, you are compassionate to those in need
and heal the sick in body and mind.
Look kindly on those who are fearful at this time.
Help us all to put away all thoughts and actions
that separate us from you and from one another.
Give us grace to live our lives
confident in your promise that you are with us always.
Amen.

SUSANNAH WESLEY'S PRAYER

Enable me, O God,
to collect and compose my thoughts
before an immediate approach to Thee in prayer. May I be careful
to have my mind in order
when I take upon myself the honour
to speak to the sovereign Lord of the universe.
Save me
from engaging in rash and precipitate prayers
and from abrupt breaking away to follow business or pleasure,
as though I had never prayed.

The Lord's 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 for ever. Amen.**

THE MOTHERS' UNION PRAYER

Loving Lord,
We thank you for your love
so freely given to us all.
We pray for families around the world.
Bless the work of the Mothers' Union
as we seek to share your love
through the encouragement, strengthening
and support of marriage and family life.
Empowered by your Spirit,
may we be united in prayer and worship,
and in love and service
reach out as your hands across the world.
In Jesus' name.

The 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.

Morning Prayer on Wednesday

You may wish to light a candle and have some reflective music playing in the background.

The Lord is good, a strong refuge when trouble comes.

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Nahum 1.7

Opening Sentences

O Lord, open our lips

and our mouth shall proclaim your praise.

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Pause for reflection as you offer the day to God.

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 for ever. **Amen.**

Bible Readings

Psalm 26

¹The LORD is my light and my salvation;
whom shall I fear?

The LORD is the stronghold^[a] of my life;
of whom shall I be afraid?

²When evildoers assail me
to devour my flesh—
my adversaries and foes—
they shall stumble and fall.

³Though an army encamp against me,
my heart shall not fear;
though war rise up against me,
yet I will be confident.

⁴One thing I asked of the LORD,
that will I seek after:
to live in the house of the LORD

all the days of my life,
to behold the beauty of the LORD,
and to inquire in his temple.
5 For he will hide me in his shelter
in the day of trouble;
he will conceal me under the cover of his tent;
he will set me high on a rock.
6 Now my head is lifted up
above my enemies all around me,
and I will offer in his tent
sacrifices with shouts of joy;
I will sing and make melody to the LORD.
7 Hear, O LORD, when I cry aloud,
be gracious to me and answer me!
8 'Come,' my heart says, 'seek his face!'
Your face, LORD, do I seek.
9 Do not hide your face from me.
Do not turn your servant away in anger,
you who have been my help.
Do not cast me off, do not forsake me,
O God of my salvation!
10 If my father and mother forsake me,
the LORD will take me up.
11 Teach me your way, O LORD,
and lead me on a level path
because of my enemies.
12 Do not give me up to the will of my adversaries,
for false witnesses have risen against me,
and they are breathing out violence.
13 I believe that I shall see the goodness of the LORD
in the land of the living.
14 Wait for the LORD;
be strong, and let your heart take courage;
wait for the LORD!

Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.

Colossians 3:16,17

Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God. And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

This is the Word of the Lord

Thanks be to God

Prayers

Almighty and everlasting God,
we thank you that you have brought us safely
to the beginning of this day.
Keep us from falling into sin or running into danger;
order us in all our doings
and guide us to do always what is righteous in your sight; through Jesus Christ our
Lord. **Amen.**

For social cohesion

Lord Jesus Christ,
you taught us to love our neighbour,
and to care for those in need
as if we were caring for you.
In this time of anxiety, give us strength
to comfort the fearful, to care for the sick,
and to assure the isolated
of our love, and your love,
for your name's sake.
Amen.

Prayer of JULIAN OF NORWICH

In you, Father all-mighty,
we have our preservation and our bliss.
In you, Christ,
we have our restoring and our saving.
You are our mother, brother, and Saviour.
In you, our Lord the Holy Spirit,
is marvellous and plenteous grace.
You are our clothing;
for love you wrap us and embrace us.
You are our maker, our lover, our keeper.
Teach us to believe
that by your grace all shall be well,
and all shall be well,

and all manner of things shall be well. Amen

The Lord's 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 for ever. Amen.**

THE MOTHERS' UNION PRAYER

Loving Lord,
We thank you for your love
so freely given to us all.
We pray for families around the world.
Bless the work of the Mothers' Union
as we seek to share your love
through the encouragement, strengthening
and support of marriage and family life.
Empowered by your Spirit,
may we be united in prayer and worship,
and in love and service
reach out as your hands across the world.
In Jesus' name.

The 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.

Morning Prayer on Thursday

You may wish to light a candle and have some reflective music playing in the background.

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God is close to those who trust in him.
Nahum 1.7

Opening Sentences

O Lord, open our lips
and our mouth shall proclaim your praise.

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Pause for reflection as you offer the day to God.

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 for ever. **Amen.**

Bible Readings

Psalm 121

I lift up my eyes to the hills—
from where will my help come?
²My help comes from the LORD,
who made heaven and earth.
³He will not let your foot be moved;
he who keeps you will not slumber.
⁴He who keeps Israel
will neither slumber nor sleep.
⁵The LORD is your keeper;
the LORD is your shade at your right hand.
⁶The sun shall not strike you by day,
nor the moon by night.
⁷The LORD will keep you from all evil;
he will keep your life.
⁸The LORD will keep

your going out and your coming in
from this time on and for evermore.

Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.

Ephesians 2:19-22

You are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

This is the Word of the Lord

Thanks be to God

Prayers

Almighty and everlasting God,
we thank you that you have brought us safely
to the beginning of this day.
Keep us from falling into sin or running into danger;
order us in all our doings
and guide us to do always what is righteous in your sight; through Jesus Christ our
Lord. **Amen.**

For those who are ill

Merciful God,
we entrust to your unfailing and tender care,
those who are ill or in pain,
knowing that whenever danger threatens
your everlasting arms are there to hold us safe.
Comfort and heal them,
and restore them to health and strength;
through Jesus Christ our Lord.
Amen.

Prayer of CATHERINE OF SIENA

Holy Spirit, come into my heart;
draw it to Thee by Thy power, O my God,
and grant me charity with filial fear.
Preserve me, O ineffable Love,

from every evil thought;
warm me, inflame me with Thy dear love,
and every pain will seem light to me.
My Father, my sweet Lord,
help me in all my actions.
Jesus, love, Jesus, love. Amen.

The Lord's 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 your
now and for ever. Amen.**

THE MOTHERS' UNION PRAYER

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We thank you for your love
so freely given to us all.
We pray for families around the world.
Bless the work of the Mothers' Union
as we seek to share your love
through the encouragement, strengthening
and support of marriage and family life.
Empowered by your Spirit,
may we be united in prayer and worship,
and in love and service
reach out as your hands across the world.
In Jesus' name.

The 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.

Morning Prayer on Friday

You may wish to light a candle and have some reflective music playing in the background.

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Nahum 1.7

Opening Sentences

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and our mouth shall proclaim your praise.

The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Pause for reflection as you offer the day to God.

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 for ever. **Amen.**

Bible Readings

Psalm 61

Hear my cry, O God;
listen to my prayer.

²From the end of the earth I call to you,
when my heart is faint.

Lead me to the rock
that is higher than I;

³for you are my refuge,
a strong tower against the enemy.

⁴Let me abide in your tent for ever,
find refuge under the shelter of your wings. *Selah*

⁵For you, O God, have heard my vows;
you have given me the heritage of those who fear your name.

⁶Prolong the life of the king;
may his years endure to all generations!

⁷May he be enthroned for ever before God;
appoint steadfast love and faithfulness to watch over him!
⁸So I will always sing praises to your name,
as I pay my vows day after day.

Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.

Romans 19:9-12

Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer.

Romans 19.9-12

This is the Word of the Lord
Thanks be to God

Prayers

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we thank you that you have brought us safely
to the beginning of this day.
Keep us from falling into sin or running into danger;
order us in all our doings
and guide us to do always what is righteous in your sight; through Jesus Christ our
Lord. **Amen.**

For hospital staff and medical researchers

Gracious God,
give skill, sympathy and resilience
to all who are caring for the sick,
and your wisdom to those searching for a cure.
Strengthen them with your Spirit,
that through their work many will be restored to health;
through Jesus Christ our Lord.
Amen.

Prayer of ELIZABETH FRY

O Lord, may we be directed what to do,
and what to leave undone,

and then may we humbly trust
that a blessing will be with us.
Enable us, O Lord,
to feel tenderly and charitably toward all.
Help us to have no soreness toward any.
Let us think no evil,
bear all things, hope all things, endure all things.
let us walk in all humility before all we meet,
and into your sight. Amen.

The Lord's 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.
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now and for ever. Amen.**

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We pray for families around the world.
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as we seek to share your love
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and support of marriage and family life.
Empowered by your Spirit,
may we be united in prayer and worship,
and in love and service
reach out as your hands across the world.
In Jesus' name.

The 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.

Morning Prayer on Saturday

You may wish to light a candle and have some reflective music playing in the background.

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Nahum 1.7

Opening Sentences

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The night has passed, and the day lies open before us;
let us pray with one heart and mind.

Pause for reflection as you offer the day to God.

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 for ever. **Amen.**

Bible Readings

Psalm 100

Make a joyful noise to the LORD, all the earth.

² Worship the LORD with gladness;
come into his presence with singing.

³ Know that the LORD is God.

It is he that made us, and we are his;^[a]
we are his people, and the sheep of his pasture.

⁴ Enter his gates with thanksgiving,
and his courts with praise.

Give thanks to him, bless his name.

⁵ For the LORD is good;
his steadfast love endures for ever,
and his faithfulness to all generations.

Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now

and shall be for ever. Amen.

Luke 12:22-31

He said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.

This is the Word of the Lord

Thanks be to God

Prayers

Almighty and everlasting God,
we thank you that you have brought us safely
to the beginning of this day.
Keep us from falling into sin or running into danger;
order us in all our doings
and guide us to do always what is righteous in your sight; through Jesus Christ our
Lord. **Amen.**

Prayer for when you can't get to church

Lord Jesus Christ, you said to your disciples, 'I am with you always'.
Be with me today, as I offer myself to you.
Hear my prayers for others and for myself,
and keep me in your care.
Amen.

Prayer of CATHERINE BOOTH

Don't let controversy hurt your soul.
Live near to God by Prayer.
Just fall down at his feet
And open your very soul before him,
and throw yourself right into his arms.

The Lord's 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 your
now and for ever. Amen.**

THE MOTHERS' UNION PRAYER

Loving Lord,
We thank you for your love
so freely given to us all.
We pray for families around the world.
Bless the work of the Mothers' Union
as we seek to share your love
through the encouragement, strengthening
and support of marriage and family life.
Empowered by your Spirit,
may we be united in prayer and worship,
and in love and service
reach out as your hands across the world.
In Jesus' name.

The 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.