

My Morning Prayer

Our Father in heaven, hallowed be your name

Begin by thanking God for the gift of a new day.

Think of how you will live your life today as a child of God.

How will I hallow God's name today?

Your kingdom come, your will be done, on earth as in heaven.

Say a prayer for the needs of the world.

Ask God to help you act in ways that would be in accordance with God's will.

Give us today our daily bread.

Thank God for the most basic of needs which will be met today.

Pray that God will help meet those deep needs you might have which are unfulfilled.

Pray for the basic needs of others – and how God can help you to help meet them.

Forgive us our sins as we forgive those who sin against us.

Think of those things in your life which require forgiveness. Ask God's forgiveness, and determine to change your behaviour.

Think of people from whom you need to seek forgiveness.

Think of people against whom you have resentment or carry a grudge. Pray that God will help you forgive them.

Save us from the time of trial and deliver us from evil.

Pray that God will help you avoid situations where you tend to succumb to sin. Ask for strength to overcome.

For the kingdom the power, and the glory are yours now and for ever.

A good time to remind yourself that God, not you, is in charge!

Place yourself in God's care.

Amen!

My Evening Prayer

Our Father in heaven, hallowed be your name

Begin by thanking God for the day which is ending.

Reflect upon how you lived your life today as a child of God.

How did I hallow God's name today? How can I do better?

Your kingdom come, your will be done, on earth as in heaven.

Say a prayer for the needs of the world.

Thank God for moments of the day when you glimpsed signs of God's Kingdom – acts of compassion, nature's beauty, etc.

Give us today our daily bread.

Thank God for the most basic of needs which were met today.

Pray that God will help meet those deep needs you might have which are unfulfilled.

Pray for the basic needs of others – and how God can help you to help meet them.

Forgive us our sins as we forgive those who sin against us.

Think of those things in your life which require forgiveness. Ask God's forgiveness, and determine to change your behaviour.

Think of people from whom you need to seek forgiveness.

Think of people against whom you have resentment or carry a grudge. Pray that God will help you forgive them.

Save us from the time of trial and deliver us from evil.

Thank God for help in avoiding situations where you tend to succumb to sin. Ask for continued strength to overcome.

For the kingdom the power, and the glory are yours now and for ever.

Place yourself in God's care for the night.

Sleep in the peace of God.

Amen!