



## **Prayers and Readings for the Morning**

*You may wish to light a candle and have some reflective music playing.*

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

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

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 Reading 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.**

## Readings for the morning

### Sunday Morning

On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. They found the stone rolled away from the tomb, but when they entered, they did not find the body of the Lord Jesus. While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. In their fright the women bowed down with their faces to the ground, but the men said to them, “Why do you look for the living among the dead? He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: ‘The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again.’ *(Luke 24.1-7)*

### Monday Morning

‘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. *(John 14.1-6)*

### Tuesday Morning

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. *(Philippians 4.8-9)*

### **Wednesday Morning**

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. (*Colossians 3.16,17*)

### **Thursday Morning**

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. (*Ephesians 2.19-22*)

### **Friday Morning**

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*)

### **Saturday Morning**

Then Jesus 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 clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to your life? Since you cannot do this very little thing, why do you worry about the rest?"

"Consider how the wild flowers grow. They do not labour or spin. Yet I tell you, not even Solomon in all his splendour was dressed like one of these. If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you - you of little faith!" (*Luke 12.22-28*)

## Prayers for the morning

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.**

### **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.**

## Prayers and Readings for the Evening

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

The eternal God is your refuge, and underneath are the everlasting arms.  
(Deuteronomy 33.27)

The Lord almighty grant us a quiet night and a perfect end.  
Our help is in the name of the Lord who made heaven and earth.

Save us, O Lord, while waking, and guard us while sleeping,  
that awake we may watch with Christ and asleep may rest in peace.

### **Bible Reading Psalm 91**

1 Whoever dwells in the shelter of the Most High and abides under the shadow of the Almighty,  
2 Shall say to the Lord, 'My refuge and my stronghold, my God, in whom I put my trust.'  
3 For he shall deliver you from the snare of the fowler and from the deadly pestilence.  
4 He shall cover you with his wings and you shall be safe under his feathers;  
his faithfulness shall be your shield and buckler.  
5 You shall not be afraid of any terror by night, nor of the arrow that flies by day;  
6 Of the pestilence that stalks in darkness, nor of the sickness that destroys at noonday.  
7 Though a thousand fall at your side and ten thousand at your right hand, yet it shall not come near you.  
8 Your eyes have only to behold to see the reward of the wicked.  
9 Because you have made the Lord your refuge and the Most High your stronghold,

10 There shall no evil happen to you, neither shall any plague come near your tent.

11 For he shall give his angels charge over you, to keep you in all your ways.

12 They shall bear you in their hands, lest you dash your foot against a stone.

13 You shall tread upon the lion and adder;  
the young lion and the serpent you shall trample underfoot.

14 Because they have set their love upon me, therefore will I deliver them; I will lift them up, because they know my name.

15 They will call upon me and I will answer them; I am with them in trouble,

I will deliver them and bring them to honour.

16 With long life will I satisfy them and show them my salvation.

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.**

## **Readings for the evening**

### **Sunday Evening**

On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jewish leaders, Jesus came and stood among them and said, "Peace be with you!" After he said this, he showed them his hands and side. The disciples were overjoyed when they saw the Lord.

*(John 20.19-20)*

### **Monday Evening**

Thus said the Lord God, the Holy One of Israel: In returning and rest you shall be saved; in quietness and in trust shall be your strength. *(Isaiah*

*30.15)*

## **Tuesday Evening**

Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. (*Matthew 11.28-end*)

## **Wednesday Evening**

Humble yourselves under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. (*1 Peter 5.6,7*)

## **Thursday Evening**

Jesus said, 'I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!' (*John 16.33*)

## **Friday Evening**

God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him.  
(*1 Thessalonians 5.9,10*)

## **Saturday Evening**

As they approached the village to which they were going, Jesus continued on as if he were going farther. But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them.  
When he was at the table with them, Jesus took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized him, and he disappeared from their sight. (*Luke 24.28-31*)

## Prayers for the evening

Merciful God, we entrust to your unfailing and tender care this night 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.**

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

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

### 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 who 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.**

In peace I will lie down and sleep; for you alone, Lord, make me dwell in safety. **Amen.**

### A blessing

The Lord bless you and keep you;  
the Lord make his face shine on you and be gracious to you;  
the Lord turn his face toward you and give you peace. (Numbers 6:24-26)  
**Amen**