

A LITURGY FOR MORNING PRAYER

(adapted from Brian Zahnd's Prayer School Handout)

ADDRESS

Father God, creator of heaven and earth,
God of Abraham, Isaac, and Jacob,
God of Israel,
God and Father of our Lord and Saviour Jesus Christ,
True and Living God who is Father, Son and Holy Spirit,
Have mercy and hear our prayer.

FIRST PRAYERS

O Lord, open our lips.
And our mouths shall proclaim your praise.
Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be forever.
Amen. (Hallelujah.)
O God, make speed to save us. O Lord, make haste to help us.
Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be forever.
Amen. (Hallelujah.)

JESUS PRAYER

Lord Jesus Christ, Son of God, have mercy on me [a sinner].

CONFESSION OF SIN

Most merciful God,
we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole hearts;
we have not loved our neighbours as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us;
that we may delight in your will,
and walk in your ways,
to the glory of your Name.
Amen.

PSALM FOR THE DAY

(Start at Psalm 1 and pray a Psalm per day through all the Psalms, then repeat from the beginning again)

GOSPEL READING

(Pick a gospel, start from the beginning and read a small section each day)

APOSTLES CREED

I believe in God, the Father almighty,
creator of heaven and earth.
I believe in Jesus Christ, his only Son, our Lord.
He was conceived by the power of the Holy Spirit
and born of the Virgin Mary.
He suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
and is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life everlasting.
Amen.

JESUS PRAYER

Lord Jesus Christ, Son of God, have mercy on me [a sinner].

PSALM 23 (NIV)

The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters, he refreshes my soul.
He guides me along the right paths for his name's sake.
Even 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.
You prepare a table before me in the presence of my enemies.
You anoint my head with oil; my cup overflows.
Surely your goodness and love will follow me all the days of my life,
and I will dwell in the house of the Lord forever.

PSALM 91:1-2 (NIV)

Whoever dwells in the shelter of the Most High
will rest in the shadow of the Almighty.
I will say of the Lord, "He is my refuge and my fortress,
my God, in whom I trust."

PRAYER FOR FAMILY

PSALM 103:1-5 (NIV)

Praise the Lord, my soul; all my inmost being, praise his holy name.
Praise the Lord, my soul, and forget not all his benefits—
who forgives all your sins and heals all your diseases,
who redeems your life from the pit
and crowns you with love and compassion,
who satisfies your desires with good things
so that your youth is renewed like the eagle's.

LORD'S PRAYER

Our Father, in heaven,
Hallowed be your Name;
Your kingdom come;
Your will be done
on earth, as it is in heaven:
Give us today our daily bread;
And forgive us our sins (trespasses),
as we forgive them that sin (trespass) against us;
And lead us not into temptation,
But deliver us from evil:
For Yours is the kingdom,
the power, and the glory,
For ever and ever.
Amen.

JESUS PRAYER

Lord Jesus Christ, Son of God, have mercy on me [a sinner].

LORD'S PRAYER (EXPANDED)

PETITION AND INTERCESSION

(Asking God for your needs and the needs of others.)

CONTEMPLATION (SITTING WITH JESUS)

PRAYER TO THE CRUCIFIED CHRIST

Lord Jesus, you stretched out your arms of love upon the hard wood of the cross
that everyone might come within the reach of your saving embrace;
So clothe us in your Spirit that we, reaching forth our hands in love,
may bring those who do not know you to the knowledge and love of you;
for the honour of your name. Amen.

THE BEATITUDES

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are those who mourn,
for they will be comforted.

Blessed are the meek,
for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness,
for they will be filled.

Blessed are the merciful,
for they will be shown mercy.

Blessed are the pure in heart,
for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven.

Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

PRAYER FOR PEACE

O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near; Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh; and hasten the coming of your kingdom; through Jesus Christ our Lord. Amen.

PRAYER OF ST. FRANCIS

Lord, make me an instrument of your peace,

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

Where there is sadness, joy;

O Divine Master,

grant that I may not so much seek to be consoled, as to console;

to be understood, as to understand;

to be loved, as to love.

For it is in giving that we receive.

It is in pardoning that we are pardoned,

and it is in dying that we are born to Eternal Life.

Amen.

PRAYERS FOR THE WEEK AHEAD

(Asking God for the needs and worries of the week ahead)

PRAYER FOR GRACE

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. Amen.

PRAYER OF THANKSGIVING

Almighty God, Father of all mercies,
we your unworthy servants give you humble thanks
for all your goodness and loving kindness
to us and all whom you have made.
We bless you for our creation, preservation,
and all the blessings of this life;
but above all for your immeasurable love
in the redemption of the world by our Lord Jesus Christ;
for the means of grace, and for the hope of glory.
And, we pray, give us such an awareness of your mercies,
that with truly thankful hearts we may show forth your praise,
not only with our lips, but in our lives,
by giving up ourselves to your service,
and by walking before you
in holiness and righteousness all our days;
through Jesus Christ our Lord,
to whom, with you and the Holy Spirit,
be honour and glory throughout all ages.
Amen.

KYRIE ELEISON

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

CONFESSION OF THE MYSTERY

Christ has died.
Christ is risen.
Christ will come again.

JESUS PRAYER

Lord Jesus Christ, Son of God, have mercy on me [a sinner].