

# Prayers for use at home



**St Michael's Highgate**

# Morning Prayer

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

## Preparation

O Lord, open our lips

**All and our mouth shall proclaim your praise.**

- 1 Bless the Lord all you works of the Lord: ♦  
sing his praise and exalt him for ever.
- 2 Bless the Lord you heavens: ♦  
sing his praise and exalt him for ever.
- 3 Bless the Lord you angels of the Lord: ♦  
sing his praise and exalt him for ever.
- 4 Bless the Lord all people on earth: ♦  
sing his praise and exalt him for ever.
- 5 O people of God bless the Lord: ♦  
sing his praise and exalt him for ever.
- 6 Bless the Lord you priests of the Lord: ♦  
sing his praise and exalt him for ever.
- 7 Bless the Lord you servants of the Lord: ♦  
sing his praise and exalt him for ever.

- 8 Bless the Lord all you of upright spirit: ♦  
bless the Lord you that are holy and humble in heart.

*The Song of the Three 35-37, 60-65*

- All Bless the Father, the Son and the Holy Spirit: ♦  
sing his praise and exalt him for ever.**

## **Opening Prayer**

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.**

## **Psalm**

*You may wish to say Psalm 23 or another psalm here, such as Psalm 16 or Psalm 139.*

### **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.

**All 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.**

## **Canticle**

### *A Song of God's Light*

- 1 The Lord is my light and my salvation;  
whom then shall I fear? ♦  
The Lord is the strength of my life;  
of whom then shall I be afraid?

- 2 Though a host encamp against me,  
my heart shall not be afraid, ♦  
and though there rise up war against me,  
yet will I put my trust in him.
- 3 One thing have I asked of the Lord  
and that alone I seek: ♦  
that I may dwell in the house of the Lord  
all the days of my life,
- 4 To behold the fair beauty of the Lord ♦  
and to seek his will in his temple.
- 5 For in the day of trouble  
he shall hide me in his shelter; ♦  
in the secret place of his dwelling shall he hide me  
and set me high upon a rock.
- 6 Therefore will I offer in his dwelling an oblation  
with great gladness; ♦  
I will sing and make music to the Lord.

*Psalm 27.1,3-6,8*

**All 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.**

## Scripture Reading

*You may wish to use the weekly pattern of short readings given below, or choose a passage of your own.*

### *Sunday Morning*

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.

*Isaiah 43.1-3a*

### *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*

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.

*Luke 12.22-31*



## Responsory

Fear not, for I have redeemed you.

I have called you by name; you are mine.

**All Fear not, 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.

When you walk through fire, you shall not be burned.

**All I have called you by name; you are mine.**

Glory to the Father and to the Son

and to the Holy Spirit.

**All Fear not, for I have redeemed you.**

**I have called you by name; you are mine.**

## Benedictus (The Song of Zechariah)

1. Blessed be the Lord the God of Israel,  
who has come to his people and set them free.
2. He has raised up for us a mighty Saviour,  
born of the house of his servant David.
- 3 Through his holy prophets God promised of old  
to save us from our enemies,  
from the hands of all that hate us,
- 4 To show mercy to our ancestors,  
and to remember his holy covenant.
- 5 This was the oath God swore to our father Abraham:  
to set us free from the hands of our enemies,

- 6 Free to worship him without fear,  
holy and righteous in his sight  
all the days of our life.
- 7 And you, child, shall be called the prophet of the Most High,  
for you will go before the Lord to prepare his way,
- 8 To give his people knowledge of salvation  
by the forgiveness of all their sins.
- 9 In the tender compassion of our God  
the dawn from on high shall break upon us,
- 10 To shine on those who dwell in darkness and the shadow  
of death,  
and to guide our feet into the way of peace.

*Luke 1.68–79*

**All 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.**

## Prayers

*Intercessions are offered: for the day and its tasks; for the world and its needs and for the Church and her life. This is followed by the following prayer*

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,  
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.**

## Spiritual Communion

*Although you are not able to receive Holy Communion, you may wish to make a Spiritual Communion. Give thanks for the saving death and resurrection of Jesus and ask him to be with you now using the following words:*

Thanks be to you, Lord Jesus Christ,  
for all the benefits you have given me,  
for all the pains and insults you have borne for me.  
Since I cannot now receive you sacramentally,  
I ask you to come spiritually into my heart.  
O most merciful redeemer, friend and brother,  
may I know you more clearly,  
love you more dearly,  
and follow you more nearly, day by day.  
Amen.

## The Conclusion

The Lord bless us, and preserve us from all evil,  
and keep us in eternal life.

**All Amen.**

Let us bless the Lord.

**All Thanks be to God.**

# Evening Prayer

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

## Preparation

O God, make speed to save us.

**All O Lord, make haste to help us.**

## A Song of God's Greatness

- 1 Bless the Lord, O my soul. ♦  
O Lord my God, how excellent is your greatness!
- 2 You are clothed with majesty and honour, ♦  
wrapped in light as in a garment.
- 3 The sun knows the time for its setting. ♦  
You make darkness that it may be night.
- 4 O Lord, how manifold are your works! ♦  
In wisdom you have made them all;  
the earth is full of your creatures.
- 5 When you send forth your spirit, they are created, ♦  
and you renew the face of the earth.
- 6 May the glory of the Lord endure for ever; ♦  
may the Lord rejoice in his works;
- 7 I will sing to the Lord as long as I live; ♦  
I will make music to my God while I have my being.

*Psalm 104.1,2,21b,22a,26,32,33,35*

**All 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.**

That this evening may be holy, good and peaceful,  
let us pray with one heart and mind.

*Silence is kept.*

As our evening prayer rises before you, O God,  
so may your mercy come down upon us  
to cleanse our hearts  
and set us free to sing your praise  
now and for ever.

**All Amen.**

## **Psalm**

*You may wish to say here the psalm given below, or Psalm 27, or another chosen psalm.*

### **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.

**All 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.**

### **Scripture Reading**

*You may wish to use one of the following short readings or choose a passage of your own.*

#### *Sunday Evening*

You, O Lord, are in the midst of us, and we are called by your name;  
leave us not, O Lord our God.

*Jeremiah 14.9*

#### *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*

Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'

*John 8.12*

## Responsory

The Lord is my light and my salvation;  
the Lord is the strength of my life.

**All The Lord is my light and my salvation;  
the Lord is the strength of my life.**

The light shines in the darkness  
and the darkness has not overcome it.

**All The Lord is the strength of my life.**

Glory to the Father and to the Son  
and to the Holy Spirit.

**All The Lord is my light and my salvation;  
the Lord is the strength of my life.**

## The Magnificat (The Song of Mary)

- 1 My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Saviour; ♦  
he has looked with favour on his lowly servant.
  
- 2 From this day all generations will call me blessed; ♦  
the Almighty has done great things for me  
and holy is his name.
  
- 3 He has mercy on those who fear him, ♦  
from generation to generation.
  
- 4 He has shown strength with his arm ♦  
and has scattered the proud in their conceit,

- 5 Casting down the mighty from their thrones ♦  
and lifting up the lowly.
- 6 He has filled the hungry with good things ♦  
and sent the rich away empty.
- 7 He has come to the aid of his servant Israel, ♦  
to remember his promise of mercy,
- 8 The promise made to our ancestors, ♦  
to Abraham and his children for ever.

*Luke 1.46-55*

**All 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.**

### **Prayers**

*Thanksgiving may be made for the day. Intercessions are offered for  
peace and also for individuals and their needs*

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.**

## 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.**

## The Conclusion

**All The grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit,  
be with us all evermore.  
Amen.**

Let us bless the Lord.

**All Thanks be to God.**

## **Additional Prayers**

### **Personal Prayers**

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

O gracious and holy Father,  
give us wisdom to perceive you,  
diligence to seek you,  
patience to wait for you,  
eyes to behold you,  
a heart to meditate upon you,  
and a life to proclaim you,  
through the power of the spirit  
of Jesus Christ our Lord.

Amen

St Benedict

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.

*from St Patrick's Breastplate*

O God, the protector of all who trust in you,  
without whom nothing is strong, nothing is holy:  
increase and multiply upon us your mercy;  
that with you as our ruler and guide,  
we may so pass through things temporal  
that we lose not our hold on things eternal;  
through Jesus Christ our Lord.  
Amen.

*Common Worship*

I am giving you worship with all my life,  
I am giving you obedience with all my power,  
I am giving you praise with all my strength,  
I am giving you honour with all my speech.  
I am giving you love with all my heart,  
I am giving you affection with all my sense,  
I am giving you my being with all my mind,  
I am giving you my soul, O most high and holy God.  
Praise to the Father,  
Praise to the Son,  
Praise to the Spirit,  
The Three in One.

*adapted from Alexander Carmichael, Carmina Gadelica (1900)*

Be with us, Lord, in all our prayers,  
and direct our way toward the attainment of salvation,  
that among the changes and chances of this mortal life,  
we may always be defended by your gracious help,  
through Jesus Christ our Lord.  
Amen.

*Common Worship*

Lord Jesus Christ,  
Son of the living God,  
have mercy on me, a sinner.

*The Jesus Prayer*

### **Before going to sleep**

God our Father, by whose mercy  
the world turns safely into darkness and returns again to light:  
we place in your hands our unfinished tasks,  
our unsolved problems, and our unfulfilled hopes,  
knowing that only what you bless will prosper.  
To your love and protection  
we commit each other and all those we love,  
knowing that you alone are our sure defender,  
through Jesus Christ our Lord.  
Amen

### **Prayers about the outbreak**

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.

**For those who are ill**

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

**From one who is ill or isolated**

O God,  
help me to trust you,  
help me to know that you are with me,  
help me to believe that nothing can separate me  
from your love  
revealed in Jesus Christ our Lord.  
Amen.

*Materials in this booklet are drawn from Common Worship: Services and Prayers for the Church of England, Common Worship: Pastoral Services, and Common Worship: Daily Prayer, all of which are copyright © The Archbishops' Council of the Church of England.*