

## **Everyday Moments**

*(A reminder that everyday moments are inspirations for prayer)*

### **While splashing water on your face three times in the morning:**

Let me awaken to you, Father, Son, and Holy Spirit.” - A Celtic Prayer

### **During your first cup of morning coffee:**

“Meet me, O Christ, in this stillness of morning. Move me, O Spirit, to quiet my heart. Mend me, O Father, from yesterday’s harms.

“From the discords of yesterday, resurrect my peace. From the discouragements of yesterday, resurrect my hope. From the weariness of yesterday, resurrect my strength. From the doubts of yesterday, resurrect my faith. From the wounds of yesterday, resurrect my love.

“Let me enter this new day, aware of my need, and awake to your grace, O Lord. Amen.”  
- Douglas McKelvey

### **When entering a church:**

“Bless me, O God, with a reverent sense of Thy Presence, that I may be still and adore Thee; through Jesus Christ our Lord. Amen!” - A Lutheran Prayer

### **While going through a life transition:**

“Lord, help me now to uncluttered my life, to organize myself in the direction of simplicity. Lord, teach me to listen to my heart; teach me to welcome change, instead of fearing it. Lord I give you these stirrings inside me. I give you my discontent. I give you my restlessness. I give you my doubt. I give you my desire. I give you all the longings I hold inside. Help me to listen to these signs of of change, of growth; help me to listen seriously and follow where they lead through the breathtaking empty space of an open door.” - A Liturgy of Ordinary Radicals

### **To mark the first campfire or hearthfire of the season:**

“As I stir the embers of my daily fire, I ask you, living God, to stir the embers of my heart into a flame of love for you, for my family, for my neighbor, and for my enemy.” - A Celtic Prayer

### **For those celebrating a birthday:**

“Watch over thy child, O Lord, as his/her days increase; bless and guide him wherever he may be. Strengthen him when he stands; comfort him when discouraged and sorrowful; raise him up if he fall; and in his heart may the peace which passeth understanding abide all the days of his life; through Jesus Christ our Lord. Amen.” - Book of Common Prayer  
platform for you, Father God, to touch our lives afresh and build your church. Amen.” - Living Prayers

### **On a Saturday morning:**

“Saturday is like a blank page, fresh and new, a pause away from routines and responsibilities. Thank you for rest, for recreation, family and friends. Lord, thank you for Saturdays. Amen.”  
- Living Prayers

### **For someone who lives alone:**

“Almighty God, whose Son had nowhere to lay his head: Grant that those who live alone may not be lonely in their solitude, but that, following in his steps, they may find fulfillment in loving you and their neighbors; through Jesus Christ our Lord. Amen.”

### **Upon appreciating the beauty of nature:**

“O heavenly Father, who has filled the world with beauty: Open our eyes to behold your gracious hand in all your works; that, rejoicing in your whole creation, we may learn to serve you with gladness; for the sake of him through whom all things were made, your Son Jesus Christ the Lord. Amen.”

### **A musicians prayer before performance:**

“Lord, may the gifts of our voices and melodies of our instruments move with the work of your Holy Spirit. May we bring light into dark places, restore hope and vision to all who are oppressed, and well-being and health to all those who suffer. Today Lord, we give you our worship. May it be a platform for you, Father God, to touch our lives afresh and build your church. Amen.” - Living Prayers

### **Before setting out on a journey:**

“Lord Jesus Christ my God, be my Companion, guide and protector during my journey. Keep me from all danger, misfortune and temptation. By Your divine power grant me a peaceful and successful journey and safe arrival. In You I place my hope and trust and You I praise, honor and glorify, together with Your Father and Holy Spirit now and forever and ever. Amen.” - An Orthodox Prayer

### **Before consuming media:**

“O Discerning Spirit, who alone judges all things rightly, now be present in my mind and active in my imagination...Grant me wisdom to divide rightly, to separate form from content, craft from narrative and meaning from emotion...May the stories I partake of, and the ways in which I engage them, make me in the end a more empathetic Christ-bearer, more compassionate, more aware of my own brokenness and need for grace.” - Douglas McKelvey