

Morning

“Eternal Father of my soul, let my first thought today be of Thee, let my first impulse be to worship Thee, let my first speech be Thy name, let my first action be to kneel before Thee in prayer.

“For Thy perfect wisdom and perfect goodness:
For the great and mysterious opportunity of life:
For the indwelling of the Spirit in my heart:
I praise and worship Thee, O Lord.

“Yet, let me not when this morning prayer is said, think my worship ended and spend the day in forgetfulness of Thee. Rather from these moments of quietness let light go forth, and joy, and power, that will remain with me through all the hours of the day...”

- John Baillie

“I will sing of Your strength,
Yes, I will sing of Your mercy in the morning,
For You have been my stronghold,
My refuge in times of trouble.
To You, O my strength, I will sing praises,
For You are my fortress, my loving God.”

- Psalm 59:16-17

“Most merciful and gracious God, we kneel down to thank you for your protection and care during the past night. We now lift up our voice unto you in the morning, imploring you this day to bless us by watching over us by your merciful providence and delivering us from evil.”

-Henry Thornton

“O heavenly Father, I praise and thank you for this new day. I praise and thank you for all your goodness and faithfulness throughout my life. You have granted me many blessings: Now let me accept tribulation from your hand. You will not lay on me more than I can bear. You make all things work together for good for your children.”

-Dietrich Bonhoeffer

“Lord, Lord, at your command the day follows its course; to you all the powers of heaven address their hymns of praise and every soul glorifies you, paying tribute to you in worship, and so we too make our prayer: grant that we may pass this day in peace, that we may be steadfast and live as is pleasing to you with a pure heart. For to you belong all glory, honor and praise,
Father, Son and Holy Spirit, now and for ever, to the ages of ages.”

-Orthodox Tradition

“I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.”

- Martin Luther

Evening

“Lighten our darkness, Lord, we pray; and in your mercy
Defend us from all perils and dangers of this night; for the
Love of your only Son, our Savior Jesus Christ. Amen.”

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“O God our Father, we ask you to bless those for
whom there will be no sleep tonight...
...those who this night will not sleep because of the
pain of their body or the distress for their mind;
those in misfortune, who will lie down in hunger and cold;
those who are far from home and far from friends,
and who are lonely as the shadows fall.
Grant that in our own happiness and comfort we
may never forget the sorrow and the pain, the
loneliness and the need of others in the slow,
dark hours. This we ask for your love’s sake.”

- William Barclay

“I rejoice to know that all night I shall be under the unsleeping eye of the One who dwells in eternal light. All day Thou hast watched over me and Thy companionship has filled my heart with peace. Let me not go through any part of this night unaccompanied by Thee.

Give me sound and refreshing sleep:

Give me in my sleep freedom from restless dreams:

Give me control of my thoughts, if I should lie awake:

Give me grace, if as I lie in bed I think at all, to think upon Thee.”

-John Billie

“O Lord, we have rejoiced greatly by day at the sight of the magnificent works revealed in creation; and being filled with wonder, we have glorified you as the creator of the universe who have done marvelous things; so now, as we come to the end of the day, it is fitting that we offer you praise. For to you belong all glory, honor and praise, Father, Son and Holy Spirit, now and for ever, to the ages of ages.”

-Orthodox Tradition

“I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me.

Amen.”

- Martin Luther