

A Simple Form of Daily Prayer



O God, you are my God; earnestly I seek You; my soul thirsts for You; my flesh faints for You,
as in a dry and weary land where there is no water.

So I have looked upon You in the sanctuary, beholding Your power and glory. Because Your
steadfast love is better than life, my lips will praise You.

So I will bless You as long as I live; in Your Name I will lift up my hands.

My soul will be satisfied as with fat and rich food, and my mouth will praise You with joyful
lips, when I remember You upon my bed, and meditate on You in the watches of the night; for

You have been my help,
and in the shadow of Your wings I will sing for joy.
My soul clings to You; Your right hand upholds me.

Psalm 63:1-8

A Simple form of Morning Prayer

Jesus Christ rose from the dead in the morning (Mark 1:35, John 20:1). The sunrise is a gift that points to the
ultimate hope of resurrection in Christ.



The sign of the cross + may be made by all in remembrance of their baptism.

In the name of the Father and of the + Son and of the Holy Spirit.

Amen.

O Lord, have mercy upon us.
O Christ, have mercy upon us.
O Lord, have mercy upon us.

O Lord, have mercy upon us.
O Christ, have mercy upon us.
O Lord, have mercy upon us.

Mark 10:47

THE LORD'S PRAYER

Matthew 6:9-13

**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, and the power, and the glory, forever and ever. Amen.

THE TEN COMMANDMENTS

Exodus 20:1-17

I AM the LORD your God, who brought you out of the house of slavery.

- 1. You shall have no other gods.**
- 2. You shall not make wrongful use of the Name of the LORD your God.**
- 3. Remember the Sabbath day and keep it holy.**
- 4. Honor your father and mother.**
- 5. You shall not murder.**
- 6. You shall not commit adultery.**
- 7. You shall not steal.**
- 8. You shall not bear false witness against your neighbor.**
- 9. You shall not covet your neighbor's house.**
- 10. You shall not covet your neighbor's wife (or husband).**

GREAT COMMANDMENT

Mark 12:28-31

You shall love the LORD your God with all your heart and with all your soul and with all your mind and with all your strength...you shall love your neighbor as yourself.

Here may follow the Psalm, the Lesson, and the Hymn. A Psalm using the table on the back cover, a daily reading, a chapter of the Old Testament and New Testament, and a hymn particular to the Christian year may be chosen as your devotion suggests.

THE MORNING LITANY AND PRAYERS

I cry to You, O Lord;	in the morning my prayer comes before You. <i>Psalm 88:13</i>
My mouth is filled with Your praise,	and with Your glory all the day. <i>Psalm 71:8</i>
O Lord, hide Your face from my sins:	and blot out all my iniquities. <i>Psalm 51:10-12</i>
Create in me a clean heart, O God,	and renew a right spirit within me.
Cast me not away from Your Presence:	and take not Your Holy Spirit from me.
Restore to me the joy of Your salvation:	and uphold me with Your free Spirit.
Grant O Lord, this day:	to keep us without sin. <i>Te Deum of St. Ambrose</i>
Hear my prayer,	O Lord; let my cry come to You. <i>Psalm 102:1</i>

Do not be anxious about anything, but in everything by *prayer* (talk to God always!) and *supplication* with *thanksgiving* let your requests be made known to God (Philippians 4:6).

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.

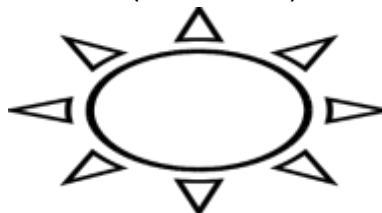
THE BLESSING: Let us bless the Lord.

Thanks be to God. *Psalm 103:1*

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.
2 Corinthians 13:13

A Simple form of Noon Prayer

Jesus Christ was crucified at noon for us (Mark 15:33). His sacrificial love is for all the world.



The sign of the cross + may be made by all in remembrance of their baptism.

In the name of the Father and of the + Son and of the Holy Spirit.

Amen.

Give ear to my prayer, O God,

and hide not Yourself from my plea for mercy.

Evening and morning and at noon

He hears my voice.

Cast your burdens on the LORD and He will sustain you;

He will never permit the righteous to be moved.

Psalm 55:1-2a, 17, 22

GIFT OF THE WORD Psalm 119 may be used as a weekly lesson here. This acrostic Psalm is an extensive meditation on the Word of God and is appointed here according to ancient usage by the Church fathers and mothers.

Sunday: 119:1-32; Monday: 119:33-56; Tuesday: 119:57-80; Wednesday: 119:81-104; Thursday: 119:105-128; Friday: Psalm 119:129-152; Saturday: Psalm 153-176.

PRAYERS

Do not be anxious about anything, but in everything by prayer (talk to God always!) and supplication with thanksgiving let your requests be made known to God (Philippians 4:6).

Gracious Jesus, our Lord and our God, at this hour You bore our sins in Your own body on the tree so that we, being dead to sin, might live unto righteousness. Have mercy upon us now and at the hour of our death, and grant to us, Your servants, with all others who devoutly remember Your blessed Passion, a holy and peaceful life in this world, and through Your grace, eternal glory in the life to come; where with the Father and the Holy Spirit, You live and reign, God forever. Amen.

THE BLESSING: Let us bless the Lord.

Thanks be to God. *Psalm 103:1*

A Simple form of Evening Prayer

Jesus Christ is the light of the world (John 8:12).



The sign of the cross + may be made by all in remembrance of their baptism.

In the name of the Father and of the + Son and of the Holy Spirit.

Amen.

O Lord, have mercy upon us.

O Christ, have mercy upon us.

O Lord, have mercy upon us.

O Lord, have mercy upon us.

O Christ, have mercy upon us.

O Lord, have mercy upon us.

Mark 10:47

THE LORD'S PRAYER

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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, and the power, and the glory, forever and ever. Amen.

THE APOSTLES' CREED

I believe in God, the Father Almighty, maker of heaven and earth.

And in Jesus Christ, His only Son, our Lord,

who was conceived by the Holy Spirit,

born of the virgin Mary,

suffered under Pontius Pilate,

was crucified, died, and was buried.

He descended into hell.

The third day He rose again from the dead.

He ascended into heaven and

sits at the right hand of God the Father Almighty.

From thence He will come to judge the living and the dead.

I believe in the Holy Spirit,

the holy Christian Church,

the communion of saints,

the forgiveness of sins,

the resurrection of the body,

and the life + everlasting. Amen.

Here may follow the Psalm, the Lesson, and the Hymn. A Psalm using the table on the back cover, a daily reading, a chapter of the Old Testament and New Testament, and a hymn particular to the Christian year may be chosen as your devotion suggests.

THE EVENING LITANY AND PRAYERS

Answer me when I call, **O God of my righteousness. Psalm 4:1-5**
You have given me relief when I was in distress. **Be gracious to me hear my prayer!**
O men, how long shall my honor be turned into shame? **How long will you love vanity?**
But know that the LORD has set apart the godly for Himself;
the LORD hears when I call to Him.
Be angry, and do not sin; **ponder in your own hearts on your beds, and be silent.**
Offer the sacrifices of righteousness, **and put your trust in the LORD.**
Grant O Lord this night **to keep us without sin. Te Deum of St. Ambrose**
Hear my prayer, O Lord; **let my cry come before You. Psalm 102:1**

Do not be anxious about anything, but in everything by *prayer* (talk to God always!) and *supplication* with *thanksgiving* let your requests be made known to God (Philippians 4:6).

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.

THE BLESSING: Let us bless the Lord.

Thanks be to God. Psalm 103:1

The grace of our Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with you all.
2 Corinthians 13:13

THE APOSTLES' CREED

A Bible study on the gifts, actions and mystery of GOD

I believe in God, the Father Almighty, maker of heaven and earth.

Scripture: Genesis 1 and 2, Psalm 100, John 1, Acts 17

Commentary: God gives us the good creation, order and our very being.

**And in Jesus Christ, His only Son, our Lord,
who was conceived by the Holy Spirit,
born of the virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried.
He descended into hell.**

The third day He rose again from the dead.

**He ascended into heaven and
sits at the right hand of God the Father Almighty.**

From thence He will come to judge the living and the dead.

Scripture: Isaiah 9 and 53, Daniel 7, Psalm 22, Mark 15 - 16, Acts 1, 1 Peter 3

Commentary: God redeems us from sin, death, and devil in Jesus Christ. God loves you and calls us to trust Him day by day that He will put all things right ultimately.

**I believe in the Holy Spirit,
the holy Christian Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and the life + everlasting. Amen.**

Scripture: Psalm 16, 1 Corinthians 15, Ephesians 4, Hebrews 11-12, Revelation 21-22

Commentary: God makes us holy by the gift of His Holy Spirit, gathers us as His Church, forgives our sins, and will bring us to the fulfillment of eternal life.

The Psalms are the prayer book of the Bible. To pray a Psalm is to read, recite, sing or put it in your heart. End praying the Psalm by hallowing the Name: **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.**

The Sundays after Pentecost are a time for Christians to pursue growth in grace and continue in the mission to invite all to walk with Jesus Christ. Now is the time in the Sunday readings where the Church studies a particular Gospel, the Revised Common Lectionary divides this into a year dedicated to Matthew, Mark, and Luke with the Gospel of John interspersed. Let us celebrate life and the good creation these summer days. A simple weekly Psalter is reprinted from the **Orthodox Study Bible** below or try a 30 day Psalm discipline that covers all 150 Psalms monthly at bcponline.org/Psalter.

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
Morning: 5	Morning: 89	Morning: 100	Morning: 3	Morning: 62
Evening: 69	Evening: 142	Evening: 140	Evening: 129	Evening: 130
	<i>Friday</i>	<i>Saturday</i>		
	Morning: 102	Morning: 5		
	Evening: 16	Evening: 50		

The rest of the Bible speaks **to** us, the Psalms speaks **for** us.

On the Psalms, Athanasius

For a soul rightly ordered by chanting the sacred words forgets its own afflictions and contemplates with joy the things of Christ alone.

On the Psalms, Athanasius

The richness of the Word of God ought to determine our prayer, not the poverty of our heart. **The Prayerbook of the Bible, Bonhoeffer**

Sources: Book of Common Prayer (BCP.org), Common Service Book, 1919, Daily Prayer, St. Augustine's House, English Standard Version of the Holy Bible, 2016, King James Version of the Holy Bible, 1612, Luther's Household Prayers for the 21st Century by Pr. Steven Gjerda, Lutheran Forum, Christmas 2018, Lutheran Book of Worship, 1978, Luther's Household Prayers in the Small and Large Catechism, Treatise on Good Works, Martin Luther, The Orthodox Study Bible, 2006.