

## Prayers throughout the day

Here are some suggestions to help you to set aside some time to pray at different parts of the day.

## At the beginning of the day:

## Preparation

*Keep silent for a few moments in the presence of God and say these words:*

O God, make speed to save us.

O Lord, make haste to help us.

To you, O Lord, I lift up my soul.

O my God, in you I trust. *Psalm 25 v 1*

## Praise

*Read a psalm of praise (for example – Psalms 23, 24, 25, 100, 103, 121, 126, 130, 146, 147, 148, 149 and 150),*

*or read or sing a favourite hymn, or listen to some praise music.*

## Word of God

*Read a passage from the Bible - we have recently been focussing on Jesus' teachings in Matthew's Gospel.*

*Ask yourself: Is there a particular word or phrase that the Lord may be drawing to my attention? Why is this? What can I learn from this, and how can I apply it to the way I live today?*

## Prayers

*Pray for – the Church, the world, the local community including your neighbours and the street you live on, your family and friends and those in need:*

*Say a prayer for those affected by the coronavirus:*

Keep us, good Lord,  
under the shadow of your mercy.  
Sustain and support the anxious,  
be with those who care for the sick,  
and lift up those who are brought low;  
that we may find comfort  
knowing that nothing can separate us  
from your love in Jesus Christ our Lord. Amen.

### *Finish your prayers with the Lord's Prayer*

## Conclusion

*Say these words:*

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

Let us bless the Lord. Thanks be to God.

## In the middle of the day:

*Perhaps at lunchtime, take a few moments to stop and say The Lord's Prayer.*

## At the end of the day:

### Preparation

*Keep silent for a few moments in the presence of God and say these words:*

The Lord Almighty grant us a quiet night and a perfect end. Amen.

Our help is in the name of the Lord who made heaven and earth.

*Reflect on the past day. List six things which you can give thanks to God for. What didn't go so well? Offer those things to God. Say sorry to God for the things you did wrong using the following words:*

Most merciful God, we confess to you,  
Before the whole company of heaven and one another,  
that we have sinned in thought, word and deed  
and in what we have failed to do.

Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. Amen.

### Word

*Read a Psalm – Psalm 134 is a good night-time psalm.*

### Prayers

*Pray for those who are on your heart and then say this prayer:*

Visit this place, O Lord, we pray,  
and drive far from it the snares of the enemy;  
may your holy angels dwell with us and guard us in peace,  
and may your blessing be always upon us;  
through Jesus Christ our Lord. Amen.

*Finish with The Lord's Prayer.*

### Conclusion

*Conclude your prayers with the following words:*

In peace we will lie down and sleep; For you alone, Lord, make us dwell in safety.  
Abide with us, Lord Jesus, for the night is at hand and the day is now past.

The Lord bless us and watch over us;  
the Lord make his face shine upon us and be gracious to us;  
the Lord look kindly on us and give us peace. Amen.

You may also like to use the following resources:

The above prayers are based on those of the Church of England. These along with other resources can be found at:

[www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer](http://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer)

United Christian Broadcasters provide a daily Bible reflection online at [www.ucb.co.uk/](http://www.ucb.co.uk/)  
This is based on the UCB notes 'Word for Today' that many of you have.

The Bible Gateway website has the Bible in many different translations. You can find Bible passages quite easily. Go to [www.biblegateway.com/](http://www.biblegateway.com/) to find out more.

BBC Radio 4 broadcast a 15 minute service, which includes music, on longwave at 9.45am each weekday morning. However, you can also listen to it online via BBC sounds app.