



THE DAILY OFFICE

A GUIDE TO MORNING, MIDDAY, AND EVENING PRAYER

The Daily Office: A Guide to Morning, Midday, and Evening Prayer

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INTRODUCTION



THE BIBLE instructs us to “pray without ceasing” (1 Thessalonians 5:17). In all times and circumstances, we are to call upon God as our faithful friend and Father. Most Christians, however, struggle to have a consistent and meaningful prayer life until their spontaneous prayers are rooted in some fixed habits of prayer. God’s people have always also stopped at appointed hours throughout the day to praise and petition the Lord as one. The ancient habit of fixed-hour prayer, also called the *daily office*, establishes sacred rhythms of prayer that sanctify the whole day to God and unite our voices with the communion of saints in our local church and throughout the world. Those who persist in the daily office have found it to be a transformational spiritual discipline.

In the Old Testament, Daniel observed three prayer hours, even when the king forbade it: “He got down on his knees three times a day and prayed and gave thanks before his God” (Daniel 6:10). David also marked three hours of prayer, which sustained him through the difficult seasons of life: “Evening and morning and at noon I utter my complaint and moan, and he hears my voice” (Psalm 55:17). The Psalmist had a habit of praying many times a day: “Seven times a day I praise you for your righteous rules” (Psalm 119:164). By the time of Christ, the Jews offered common prayer at the third hour, around 9 AM; the sixth hour, around noon; and the ninth hour, around 3 PM. Jesus would have participated from childhood in this rhythm of morning, midday, and evening prayer.

In the New Testament, the church continued to observe the Jewish prayer hours. They were gathered for morning prayer, at “the third hour of the day,” when the Holy Spirit descended at Pentecost (Acts 2:15). “Peter went up on the housetop about the sixth hour to pray” (Acts 10:9). Peter and John healed the lame beggar on their

way to the temple “at the hour of prayer, the ninth hour” (Acts 3:1). Under the law, the priests offered morning and evening sacrifices (Exodus 29:38–39; Numbers 28:2–8); under the gospel, the whole church, a royal priesthood (1 Peter 2:9), continually offered the sacrifice of prayer with praise and thanksgiving (Hebrews 13:15).

The early church followed the apostles’ example of praying the hours. In the late first or early second century, the *Didache* instructed Christians to say the Lord’s Prayer “thrice a day” (8), undoubtedly at the accustomed hours. Tertullian commended the “common hours” and explained, “we pray at least not less than thrice in the day, debtors as we are to three—Father, Son, and Holy Spirit” (*On Prayer*, 25; cf. Cyprian, *On the Lord’s Prayer*, 34–36). Hippolytus, in the *Apostolic Tradition*, instructed Christians to pray “on rising, at the lighting of the evening lamp, at bedtime, at midnight,” as well as “the third, sixth, and ninth hours of the day, being hours associated with Christ’s Passion.” The church also fasted on Wednesdays and Fridays, the days when Christ was betrayed and crucified.

The hours of prayer have always included appointed prayers for all God’s people to say together. Appointed prayers are not a replacement for spontaneous prayers, but they have always been an integral part of a robust prayer life. The Jews prayed the Shema, the Ten Commandments, and a series of petitions called the Amidah, as well as selections from Israel’s prayer book—the Book of Psalms. When Jesus prefaced the Lord’s Prayer by saying, “When you pray, say [this]” (Luke 11:2), his disciples would have understood him to at least mean, “When you say your morning, midday, and evening prayers, recite this.” The Christian church replaced recitation of the Shema, Israel’s Creed, with the Apostles’ Creed: “be daily saying it to yourselves; before you sleep, before you go forth, arm you with your Creed” (Augustine, “Sermon to the Catechumens on the Creed,” 1). Christians also regularly said or sung the prayers of Zechariah (Luke 1:68–79), Mary (Luke 1:46–55), and Simeon (Luke 2:29–32). To bring together the appointed prayers in one place, with a cycle of selected Psalms, the church produced beautiful prayer books. In the Anglican tradition, the *Book of Common Prayer* includes services

for morning and evening prayer, which were intended for corporate use, but could also be prayed in private. John Wesley included these offices in the *Sunday Service of the Methodists in North America*.

The daily office of the *New Methodist Catechism*, excerpted for this short booklet, includes the three major prayer hours: morning prayer (also called *lauds*, from the Latin for “praise”), midday prayer, and evening prayer (also called *vespers*, from the Latin for “evening”), with the option of night prayer or bedtime prayer (also called *compline*, from the Latin for “complete”).

- The **Confession of Sin** is separated from the morning and evening offices to be prayed at any time, as needed (e.g., directly before daily morning prayer).
- One or more of the **Opening Sentences** of Scripture may also be said before the daily offices.
- The traditional order for **Daily Morning Prayer** is abridged with the recommendation to cycle through the Venite (Psalm 95), Jubilate Deo (Psalm 100), and Benedictus (Luke 1:68–79), and to alternate between the Collects for Peace and Grace. Consider praying the office privately when you rise or responsively at breakfast with your family.
- **Daily Midday Prayer** is also abridged. Consider praying the office privately when you have a break from work or responsively at lunch with your family or Christian coworkers.
- The traditional order for **Daily Evening Prayer** is abridged with the recommendation to cycle through the Magnificat (Luke 1:46–55), Cantate Domino (Psalm 98), Nunc Dimittis (Luke 2:29–32), and Deus Misereatur (Psalm 67), and to alternate between the Collects for Peace and Aid Against All Peril. Consider praying the office privately when you get home from work or with your family after dinner.
- **Compline** may be prayed directly before going to sleep.

In the forthcoming catechism from Holy Joys, there are additional resources for daily prayer. Consider fasting on Wednesdays and/or

Fridays and praying the **Litany**, also called the General Supplication, at a time when you would normally eat a meal. **Collects and Readings** for major holy days are provided as a supplement. On these days, the **Athanasian Creed** is also said instead of the Apostles' Creed. Several pages of written prayers, organized by their major theme, are included for occasional use.

Visit holyjoys.org/prayer for more prayer, Bible reading, and Bible study resources.

*We pray at least not less than thrice in
the day, debtors as we are to three—
Father, Son, and Holy Spirit.*

T E R T U L L I A N



CONFESSION OF SIN

OPENING SENTENCES *Read one or more.*

When a wicked person turns away from the wickedness he has committed and does what is just and right, he shall save his life.

Ezekiel 18:27

The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise. *Psalms 51:17*

To the Lord our God belong mercy and forgiveness, for we have rebelled against him and have not obeyed the voice of the Lord our God by walking in his laws, which he set before us by his servants the prophets. *Daniel 9:9–10*

I will arise and go to my father, and I will say to him, “Father, I have sinned against heaven and before you. I am no longer worthy to be called your son.” *Luke 15:18–19*


Enter not into judgment with your servant, for no one living is righteous before you. *Psalms 143:2*

INVITATION TO CONFESSION


EARLY BELOVED, the Scripture moves us, in various places, to acknowledge and confess our manifold sins and wickedness, and that we should not disguise or conceal them before the face of Almighty God, our heavenly Father; but confess them with a humble, lowly, penitent, and obedient heart; to the end that we may obtain forgiveness of our sins, by his infinite goodness and mercy. Wherefore I pray and beseech you, as many as are here

present, to accompany me with a pure heart and humble voice, unto the throne of the heavenly grace.

GENERAL CONFESSION

LMIGHTY AND MOST MERCIFUL FATHER, we have erred and strayed from your ways like lost sheep. We have followed too much the devices and desires of our own hearts. We have offended against your holy laws. We have left undone those things which we ought to have done; and we have done those things which we ought not to have done; and there is no health in us. But you, O Lord, have mercy upon us, miserable offenders. Spare them, O God, who confess their faults. Restore them that are penitent, according to your promise declared unto mankind in Christ Jesus our Lord. And grant, O most merciful Father, for his sake, that we may hereafter live a godly, righteous, and sober life, to the glory of your holy name. AMEN.

PRAYER FOR ABSOLUTION

ORD, we ask you, absolve your people from their offenses; that, through your bountiful goodness, we may be delivered from the bands of those sins, which by our frailty we have committed. Grant this, O heavenly Father, for Jesus Christ's sake, our blessed Lord and Savior. AMEN.

ADDITIONAL EXERCISES *For occasional use.*

- Recite the Ten Commandments* before confession.
- Review the Questions for Self-Examination* before confession.
- Read a penitential Psalm: 6, 32, 38, 51, 102, 130, or 143.
- Choose one of the Prayers of Confession.*

**Resource found in the forthcoming catechism from Holy Joys.*

OPENING SENTENCES

Read one or more.

AT MORNING PRAYER

The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.

Lamentations 3:22–23

O Lord, in the morning you hear my voice; in the morning I prepare a sacrifice for you and watch. *Psalm 5:3*

Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days. *Psalm 90:14*

This is the day that the Lord has made; let us rejoice and be glad in it. *Psalm 118:24*

AT MIDDAY PRAYER

I will bless the Lord at all times; his praise shall continually be in my mouth. *Psalm 34:1*

If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. All this is from God, who through Christ reconciled us to himself and gave us the ministry of reconciliation. *2 Corinthians 5:17–18*

God's love has been poured into our hearts through the Holy Spirit who has been given to us. *Romans 5:5*

If we live by the Spirit, let us also keep in step with the Spirit. *Galatians 5:25*

AT EVENING PRAYER

Let my prayer be counted as incense before you, and the lifting up of my hands as the evening sacrifice! *Psalm 141:2*

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith. *1 Peter 5:8–9*

You, O Lord, are in the midst of us, and we are called by your name; do not leave us. *Jeremiah 14:9*

I remember your name in the night, O Lord, and keep your law. *Psalm 119:55*

His anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning. *Psalm 141:2*

AT ANY TIME

Holy, holy, holy, is the Lord God Almighty, who was and is and is to come! *Revelation 4:8*

The Lord is in his holy temple; let all the earth keep silence before him. *Habakkuk 2:20*

Thus says the One who is high and lifted up, who inhabits eternity, whose name is Holy: “I dwell in the high and holy place, and also with him who is of a contrite and lowly spirit, to revive the spirit of the lowly, and to revive the heart of the contrite.” *Isaiah 57:15*

From the rising of the sun to its setting my name will be great among the nations, and in every place incense will be offered to my name, and a pure offering. For my name will be great among the nations, says the Lord of hosts. *Malachi 1:11*

The hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. *John 4:23*

Stay awake—for you do not know when the master of the house will come, in the evening, or at midnight, or when the rooster crows, or in the morning—lest he come suddenly and find you asleep.

Mark 13:35–36

Christ has entered, not into holy places made with hands, which are copies of the true things, but into heaven itself, now to appear in the presence of God on our behalf. *Hebrews 9:24*

If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. *Romans 5:5*

One thing have I asked of the Lord, that will I seek after: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to inquire in his temple. *Psalms 27:4*

Whom have I in heaven but you? And there is nothing on earth that I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever. *Psalms 73:25–26*

Lord, to whom shall we go? You have the words of eternal life, and we have believed, and have come to know, that you are the Holy One of God. *John 6:68–69*

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light. *Matthew 11:28–30*

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.

Psalms 51:17



DAILY MORNING PRAYER

O Lord, open our lips;
and our mouth shall show forth your praise.

O God, make speed to save us;
O Lord, make haste to help us.

Glory be to the Father and to the Son and to the Holy Spirit,
as it was in the beginning, is now and ever shall be, world without
end. Amen.

Praise the Lord.
The Lord's name be praised.

HYMN *Sing or say Te Deum Laudamus (see page 22), another fitting hymn, or one of the Prayers of Praise and Thanksgiving.* During Easter, say Pascha Nostrum.**

PSALM *Choose a Psalm or read one of the Morning Psalms: 3, 5, 20, 63, 90, or 143. After a Psalm, say the Gloria Patri.*

SCRIPTURE LESSON(S) *Choose a passage from a Bible reading plan.*

CANTICLE *Choose one. The Venite or Jubilate Deo may be said before the morning hymn.*

- Venite (Psalm 95)
- Jubilate Deo (Psalm 100)
- Benedictus: Song of Zechariah (Luke 1:68–79)

CREED *Say the Apostles' Creed or, on holy days, the Athanasian Creed.*

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 to the dead: On the third day he rose again from the dead: He ascended into heaven, and sits at the right hand of the Father: From there he will come to judge the living and the dead:

I believe in the Holy Spirit: the holy catholic church: the communion of saints: The forgiveness of sins: The resurrection of the body: And the life everlasting. AMEN.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

THE LORD'S PRAYER

OUR FATHER, who is in heaven, hallowed be your name; your kingdom come; your 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 yours is the kingdom, the power and the glory, for ever and ever. AMEN.

FURTHER PRAYER *Add your own prayers. Make a Prayer List on page 25.*

COLLECT *Say the Collect for Peace or the Collect for Grace.*

GOD, who is the Author of peace, and lover of concord, in knowledge of whom stands our eternal life, whose service is perfect freedom; defend us, your humble servants, in all assaults of our enemies; that we, surely trusting in your defense, may not fear the power of any adversaries, through the might of Jesus Christ our Lord. AMEN.



ORD our Heavenly Father, Almighty and everlasting God, who has safely brought us to the beginning of this day: defend us with your mighty power, and grant that this day we fall into no sin; neither run into any kind of danger: but that all our actions may be ordered by your governance, to do always what is righteous in your sight, through Jesus Christ our Lord. AMEN.

CONCLUSION *In corporate prayer, add the prayer of John Chrysostom and a benediction.*



LMIGHTY GOD, who has given us grace at this time with one accord, to make our common supplications unto you, and promise that when two or three are gathered together in your name, you will grant their requests; fulfill now, O Lord, the desires and petitions of your servants, as may be most expedient for them, granting us in this world knowledge of your truth, and in the world to come life everlasting. AMEN.

May the grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with us all evermore. AMEN.

**Resource found in the forthcoming catechism from Holy Joys.*



DAILY MIDDAY PRAYER

O God, make speed to save us;
O Lord, make haste to help us.

Glory be to the Father and to the Son and to the Holy Spirit,
as it was in the beginning, is now and ever shall be, world without
end. Amen.

PSALM *Choose a Psalm or read Psalm 119:105–112, Psalm 121, 126, 19, 67, or a selection from Psalms 120–133. After a Psalm, say the Gloria Patri.*

Lord, have mercy,
Christ, have mercy.
Lord, have mercy.

THE LORD'S PRAYER

OUR FATHER, who is in heaven, hallowed be your name;
your kingdom come; your 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 yours is the
kingdom, the power and the glory, for ever and ever. AMEN.

FURTHER PRAYER *Add your own prayers.*

COLLECT *Choose one.*

HEAVENLY FATHER, send your Holy Spirit into our hearts, to direct and rule us according to your will, to comfort us in all our afflictions, to defend us from all error, and to lead us into all truth; through Jesus Christ our Lord. AMEN.

BLESSED SAVIOR, at this hour you hung upon the cross, stretching out your loving arms: Grant that all the peoples of the earth may look to you and be saved; for your tender mercies' sake. AMEN.

ALMIGHTY SAVIOR, who at noonday called your servant Saint Paul to be an apostle to the Gentiles: We pray you to illumine the world with the radiance of your glory, that all nations may come and worship you; for you live and reign for ever and ever. AMEN.

WORD JESUS CHRIST, you said to your apostles, "Peace I give to you; my peace I leave with you." Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly city, where with the Father and the Holy Spirit you live and reign, now and forever. AMEN.

Let us bless the Lord.
Thanks be to God.



DAILY EVENING PRAYER

O Lord, open our lips;
and our mouth shall show forth your praise.

O God, make speed to save us;
O Lord, make haste to help us.

Glory be to the Father and to the Son and to the Holy Spirit,
as it was in the beginning, is now and ever shall be, world without
end. Amen.

Praise the Lord.
The Lord's name be praised.

HYMN *Sing or say Phos Hilaron (below) or another fitting hymn. You may also light a single candle at this time.*

GGLADSOME LIGHT, pure brightness of the everliving Father in heaven, O Jesus Christ, holy and blessed. Now as we come to the setting of the sun, and our eyes behold the vesper light, we sing your praises, O God, Father, Son, and Holy Spirit. You are worthy at all times, to be praised by happy voices, O Son of God, O Giver of Life, and to be glorified through all the worlds.

PSALM *Choose a Psalm or read one of the Evening Psalms: 4, 13, 16, 17, 31, 77, 91, 121, or 134. After a Psalm, say the Gloria Patri.*

SCRIPTURE LESSON(S) *Choose a passage from a Bible reading plan.*

CANTICLE *Choose one.*

- Magnificat: Song of Mary (Luke 1:46–55)
- Cantate Domino (Psalm 98)
- Nunc Dimittis: Song of Simeon (Luke 2:29–32)
- Deus Misereatur (Psalm 67)

CREED *Say the Apostles' Creed or, on holy days, the Athanasian Creed.*



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 to the dead: On the third day he rose again from the dead: He ascended into heaven, and sits at the right hand of the Father: From there he will come to judge the living and the dead: I believe in the Holy Spirit: the holy catholic church: the communion of saints: The forgiveness of sins: The resurrection of the body: And the life everlasting. **AMEN.**

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.


THE LORD'S PRAYER




OUR FATHER, who is in heaven, hallowed be your name; your kingdom come; your 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 yours is the kingdom, the power and the glory, for ever and ever. **AMEN.**


FURTHER PRAYER *Add your own prayers.*

COLLECT *Say the Collect for Peace or the Collect for Aid Against All Peril.*

 **G**OD, from whom all holy desires, all good counsels, and all just works proceed; give unto your servants that peace which the world cannot give; that both our hearts may be set to obey your commandments, and also that, by you, we, being defended from the fear of our enemies, may pass our time in rest and quietness, through the merits of Jesus Christ our Savior. AMEN.

 **I**GHTEN OUR DARKNESS, we ask you, O Lord; and by your great mercy defend us from all perils and dangers of this night, for the love of your only Son our Savior Jesus Christ. AMEN.

CONCLUSION *In corporate prayer, add the prayer of John Chrysostom and a benediction.*

 **L**MIGHTY GOD, who has given us grace at this time with one accord, to make our common supplications unto you, and promise that when two or three are gathered together in your name, you will grant their requests; fulfill now, O Lord, the desires and petitions of your servants, as may be most expedient for them, granting us in this world knowledge of your truth, and in the world to come life everlasting. AMEN.

May the grace of the Lord Jesus Christ and the love of God and the fellowship of the Holy Spirit be with us all evermore. AMEN.

**Resource found in the forthcoming catechism from Holy Joys.*



COMPLINE

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

Our help is in the Name of the Lord;
The maker of heaven and earth.

O God, make speed to save us.
O Lord, make haste to help us.

Glory be to the Father and to the Son and to the Holy Spirit,
as it was in the beginning, is now and ever shall be, world without
end. **Amen.**

PSALM *Read Psalm 4, 31, 91, 134, or 139:1–11. After a Psalm, say the Gloria Patri.*

Into your hands, O Lord, I commend my spirit;
For you have redeemed me, O Lord, O God of truth.

Keep us, O Lord, as the apple of your eye;
Hide us under the shadow of your wings.

Lord, have mercy.
Christ, have mercy.
Lord, have mercy.

THE LORD'S PRAYER

OUR FATHER, who is in heaven, hallowed be your name; your kingdom come; your 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 yours is the kingdom, the power and the glory, for ever and ever. AMEN.

FURTHER PRAYER *Add your own prayers.*

COLLECT *Choose one.*

BE OUR LIGHT in the darkness, O Lord, and in your great mercy defend us from all perils and dangers of this night; for the love of your only Son, our Savior Jesus Christ. AMEN.

BE PRESENT, O merciful God, and protect us through the hours of this night, so that we who are wearied by the changes and chances of this life may rest in your eternal changelessness; through Jesus Christ our Lord. AMEN.

LOOK DOWN, O Lord, from your heavenly throne, and illumine this night with your celestial brightness; that by night as by day your people may glorify your holy Name; through Jesus Christ our Lord. AMEN.

VSIT THIS PLACE, O Lord, and drive far from it all snares of the enemy; let your holy angels dwell with us to preserve us in peace; and let your blessing be upon us always; through Jesus Christ our Lord. AMEN.

COLLECT FOR SATURDAYS *Prepare to receive the Lord's Supper.*

GIVE you thanks, O God, for revealing your Son Jesus Christ to us by the light of his resurrection: Grant that as we sing your glory at the close of this day, our joy may abound in the morning as we celebrate the Paschal mystery; through Jesus Christ our Lord. AMEN.

CONCLUSION

In peace we will lie down and sleep
In the Lord alone we safely rest.

Guide us waking, O Lord, and guard us sleeping,
that awake we may watch with Christ,
and asleep we may rest in peace.

The almighty and merciful Lord, Father, Son, and Holy Spirit, bless
us and keep us. AMEN.

APPENDIX A: TE DEUM LAUDAMUS



WE PRAISE you, O God: acknowledge you to be the Lord.
All the earth worships you, the Father everlasting.
To you all angels cry aloud: the heavens, and all the powers therein.
To you cherubim and seraphim continually cry,
“Holy, holy, holy, Lord God of hosts;
Heaven and earth are full of the majesty of your glory.”
The glorious company of the apostles praise you.
The goodly fellowship of the prophets praise you.
The noble army of martyrs praise you.
The holy Church throughout all the world does acknowledge you;
The Father of an infinite majesty;
Your honorable, true, and only Son;
Also the Holy Spirit, the Comforter.



YOU are the King of glory, O Christ;
You are the everlasting Son of the Father.
When you took it upon yourself to deliver man,
you did not abhor the Virgin’s womb.
When you had overcome the sharpness of death,
you opened the kingdom of heaven to all believers.
You sit at the right hand of God, in the glory of the Father.
We believe that you shall come to be our Judge.
We therefore pray you, help your servants,
whom you have redeemed with your precious blood.
Make them to be numbered with your saints in glory everlasting.



LORD, save your people, and help your heritage.
Govern them, and lift them up for ever.
Day by day we magnify you;
And we worship your name ever, world without end.
Vouchsafe, O Lord, to keep us this day without sin.
O Lord, have mercy upon us: have mercy upon us.
O Lord; let your mercy lighten upon us, as our trust is in you.
O Lord, in you have I trusted: let me never be confounded.

APPENDIX B: MORNING TRINITARIAN PRAYER

This morning prayer of John Stott may be prayed upon rising, before Morning Prayer.



GOOD MORNING heavenly Father,
Good morning Lord Jesus,
Good morning Holy Spirit.

Heavenly Father, I worship you as the creator and sustainer of the universe.

Lord Jesus, I worship you, Savior and Lord of the world.

Holy Spirit, I worship you, sanctifier of the people of God.

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

Heavenly Father, I pray that I may live this day in your presence and please you more and more.

Lord Jesus, I pray that this day I may take up my cross and follow you.

Holy Spirit, I pray that this day you will fill me with yourself and cause your fruit to ripen in my life: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Holy, blessed and glorious Trinity, three persons in one God, have mercy upon me. Amen.

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