

The practice of formational prayer...

# A PERSONAL LITURGY FOR MORNING PRAYER

(when you roll out of bed and your feet hit the floor)

This is the day the Lord has made . . . I will rejoice and be glad in it!

O Lord, open my lips.  
And my mouth will proclaim your praise.  
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. Hallelujah. (all 3x's)

In the gift of this new day  
In the gift of this present moment  
In the gift of time and eternity intertwined  
I will be thankful  
I will be attentive  
I will be open to what has never happened before.

## ◆ The Jesus Prayer

Lord Jesus Christ, Son of God, have mercy on me. (3x's)

## ◆ Confession of Sin

Most merciful God,  
I confess that I have sinned against you  
in thought, word, and deed,  
by what I have done,  
and by what I have left undone.  
I have not loved you with my whole heart;  
I have not loved my neighbor as myself.  
I am truly sorry and I humbly repent.  
For the sake of your Son Jesus Christ,  
have mercy on me and forgive me;  
that I may delight in your will,  
and walk in your ways,  
to the glory of your Name. Amen

(Alternative form...)

Gracious God, my sins are too heavy to carry, too real to hide, and too deep to undo. Forgive what my lips tremble to name, what my heart can no longer bear, and what has become for me a consuming fire of judgment. Set me free from a past I cannot change; open to me a future in which I can be changed, and grant me grace to grow more and more into your likeness and image, through Jesus Christ, the light of the world.  
Amen

## ◆ Prayers for Grace

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose, through Jesus Christ our Lord. Amen.

Almighty God, unto whom all hearts are open, and all desires known, and from whom no secrets are hid: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your Holy Name, through Jesus Christ our Lord. Amen

## ◆ Psalm 91:1-2

He who dwells in the secret place of the Most High,  
shall abide under the shadow of the Almighty  
I will say of the Lord,  
"You are my fortress and my refuge,  
my God in whom I will trust".

(...or select another Psalm  
or Scripture reading)

## ◆ Psalm 23

The Lord is my shepherd;  
I shall not want.  
He makes me lie down in green pastures  
He leads me beside still waters.  
He restores my soul.  
He leads me in paths of righteousness for his Name's sake.  
Even though I walk through the valley of the shadow of death  
I shall fear no evil;  
For you are with me;  
Your rod and your staff, they comfort me.  
You prepare a table before me in the presence of my enemies;  
You anoint my head with oil,  
My cup overflows.  
Surely goodness and mercy shall follow me all the days of my  
life  
And I will dwell in the house of The Lord forever.

## ◆ Apostles' Creed

I believe in God, the Father almighty,  
creator of heaven and earth:  
I believe in Jesus Christ, his only Son, our Lord.  
He was conceived by the power of the Holy Spirit and  
born of the Virgin Mary.  
He suffered under Pontius Pilate,  
was crucified, died, and was buried.  
He descended to the dead.  
On the third-day he rose again.  
He ascended into heaven,  
and is seated at the right of the Father.  
He will come again to judge the living & the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of the saints,  
the forgiveness of sins,  
the resurrection of the body,  
and the life everlasting. Amen

## ◆ The Lord's Prayer

Dear Father always near us,  
May your name be treasured and loved,  
May your rule be completed in us –  
May your will be done here on earth  
In just the way it is done in heaven  
Give us today the things we need today,  
And forgive us our sins and impositions on you  
As we are forgiving all who in any way offend  
us.

Please don't put us through trials,  
But deliver us from everything bad.  
Because you are the one in charge,  
And you have all the power,  
And the glory too is all yours – forever –  
Which is just the way we want it!  
Amen (or Yipee!)

Dallas Willard (The Divine Conspiracy)

## ◆ Matthew 28:18-20

Remember this . . . I am in charge of everything in heaven and on earth. So, as you are going, teaching, and baptising all people, inviting them into the family of God, make students/apprentices of me, those who live and love in my character. And be assured of this, that I will be with you teaching you how to do it . . .



## OTHER PRAYER OPTIONS

(Build your own Personal Liturgy for Morning Prayer — switch out options you might like to try...)

### ◆ Prayer for Serenity

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.  
Living one day at a time;  
enjoying one moment at a time;  
accepting hardships as the pathway to peace;  
taking, as He did, this sinful world  
as it is, not as I would have it;  
trusting that He will make all things right  
if I surrender to His Will;  
that I may be reasonably happy in this life  
and supremely happy with Him  
forever in the next. Amen

Reinhold Niebuhr (1892-1971)

### ◆ Morning Prayer of the Last Elders of Optina

O Lord, grant that I may meet all that this coming day brings to me with spiritual tranquillity.

Grant that I may fully surrender myself to Thy holy Will.

At every hour of this day, direct and support me in all things.

Whatsoever news may reach me in the course of the day,  
teach me to accept it with a calm soul and the firm conviction  
that all is subject to Thy holy Will.

Direct my thoughts and feelings in all my words and actions.

In all unexpected occurrences, do not let me forget that all is  
sent down from Thee.

Grant that I may deal straightforwardly and wisely with every  
member of my family,  
neither embarrassing nor saddening anyone.

O Lord, grant me the strength to endure the fatigue of the coming day and all the events that take place during it.

Direct my will and teach me to pray, to believe, and to love.

Amen

(Orthodox Daily Prayers, St Tikhon's Seminary Press, 1982)

## ◆ A Lindisfarne prayer of protection

[a moment of silence]

Circle me, Lord,  
Keep protection near  
and danger afar.

Circle me, Lord,  
Keep light near  
and darkness afar.

Circle me, Lord,  
Keep peace within;  
Keep evil out.

In the name of the Father,  
And of the Son,  
And of the Holy Spirit. Amen

## ◆ The Lord's Prayer

Our Father in heaven,  
Reveal who you are.  
Set the world right;  
Do what's best—  
as above, so below.  
Keep us alive with three square meals.  
Keep us forgiven with you and forgiving others.  
Keep us safe from ourselves and the Devil.  
You're in charge!  
You can do anything you want!  
You're ablaze in beauty!  
Yes. Yes. Yes.

Matthew 6: 5-13 (The Message translation)

Tender Father, always near us,  
May your name be treasured and loved,  
May your rulership on earth be embraced  
and welcomed as it is in heaven.  
Give us today all that we need for life and health.  
Forgive our corrupted thoughts and actions as we  
forgive others as well.  
Please don't lead us down harmful and destructive  
paths,  
And keep us safe from the evil one.  
Because you are the one in charge. And you have all  
the power.  
And the glory too is all yours — forever!  
And that is the way we want it to be! Amen

