

waking up

Good morning, God! You are strong and you always take care of us, and you kept us safe through the night. Take care of us today, too, so that we can do the right thing, and love one another, and that when hard things happen we won't be overcome; and in everything we do, show us the way; through Jesus Christ our Lord. *Amen.*

From Psalm 51

Open my lips, O Lord, *
and my mouth shall proclaim your praise.
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.
Give me the joy of your saving help again *
and sustain me with your bountiful Spirit.
Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. *Amen.*

You may offer a meditation, or a reading, such as:

Blessed be the God and Father of our Lord Jesus Christ! By his great mercy we have been born anew to a living hope through the resurrection of Jesus Christ from the dead. *1 Peter 1:3*

[A quiet moment may follow. You might sing a hymn or read a canticle. The Jubilate or Venite are very appropriate - BCP p 82. The Apostles' Creed may be said - BCP p 96. Prayers may be offered for yourselves and others.]

The Lord's Prayer - "The Our Father" - BCP p 97.

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore. *Amen.*
2 Corinthians 13:14



going to bed

O God, thank you for being with us during the day, come visit us, and send away any fears or anxiety. Let your angels stay with us and keep us safe and in peace, and let your blessings be upon us, for you give us good gifts, even while we sleep; through Jesus Christ our Lord. *Amen.*

The Song of Simeon - Luke 2:29-32

Lord, you now have set your servant free *
to go in peace as you have promised;
For these eyes of mine have seen the Savior, *
whom you have prepared for all the world to see;
A Light to enlighten the nations, *
and the glory of your people Israel.
Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. *Amen.*

You may offer a meditation, or a reading, such as:

Lord, you are in the midst of us and we are called by your Name: Do not forsake us, O Lord our God. *Jeremiah 14:9,22*

[A quiet moment may follow. You might sing a hymn or read a canticle. Phos hilaron is very appropriate - BCP p 118. The Apostles' Creed may be said - BCP p 96. Prayers may be offered for yourselves and others.]

The Lord's Prayer - "The Our Father" -BCP p 97.

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. *Amen.*
Romans 15:13

