

Passing through the Waters



An Episcopal Prayer Resource for Times of Social Isolation & Pandemic

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Due to copyright prayers from [Call on Me: A Prayer Book for Young People](#) were not included, but can be easily ordered or downloaded. [Prayers New & Old](#), [Prayers for All Occasions](#), [St. Augustine's Prayer Book](#) and [The Anglican Family Prayer Book](#) can all be ordered as well to support Forward Movement and Morehouse Publishing.

Faith

Feeling Far Away from God: Prayer #15 in Call on Me: A Prayer Book for Young People

Finding God

O God, open our eyes to wider horizons than we have imagined. Unstop our ears to hear your voice in unexpected places, enlighten our hearts to know your presence, and grant us to find you everywhere and in all your children; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Hope

O God of hope, fill us, we pray, with all joy and peace in believing, that we may ever abound in hope by the power of your Holy Spirit, and show forth our thankfulness to you in trustful and courageous lives; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Love for God

O God, you have prepared for those who love you such good things as surpass our understanding: Pour into my heart such love toward you, that loving you in all things and above all things, I may obtain your promises, which exceed all that I can desire; through Jesus Christ our Lord. *Amen.* (Prayers for All Occasions)

Philippians 4:8 Prayer

Grant, O Lord, whether this day be outwardly joyous or sad, that as I go about my work, I may fix my thoughts and efforts on whatever is true, whatever is honest, whatever is just, whatever is lovely, and whatever is of good report; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Sarum Prayer

God be in my head,
and in my understanding;
God be in mine eyes,
and in my looking;
God be in my mouth,
and in my speaking;
God be in my heart,
and in my thinking;
God be at my end,
and at my departing.

(The Anglican Family Prayer Book)

Serving God

Lord God almighty, we are yours and we would serve you. By the power of your Spirit, open our eyes to see the world as you see it; enkindle our hearts that we may share our love for it; enlighten our minds that we may understand our will for it; and grant us grace and strength so to live in it, that we may help to make it wholly yours; for the sake of him who lived in it and died for it, and lives forever with you and the Holy Spirit. *Amen.* (Prayers New & Old)

Serving God

O God you are the light of the minds that know you, the life of the souls that love you, and the strength of the wills that serve you: Help me so to know you that I may truly love you, so to love you that I may fully serve you, whom to serve is perfect freedom; through Jesus Christ our Lord. *Amen.* (Prayers for All Occasions)

Serving God

O heavenly Father, you have filled the world with beauty: Open our eyes to behold your gracious hand in all your works; that, rejoicing in your whole creation, we may learn to serve you with gladness; for the sake of him through whom all things were made, your Son Jesus Christ our Lord. *Amen.* (Prayers New & Old)

When You Cannot Attend Worship

In union, O Lord, with your faithful people at every altar of your Church, where the Holy Eucharist is now being celebrated. I desire to offer you praise and thanksgiving. I remember your death, Lord Christ; I proclaim your resurrection; I await your coming in glory. And since I cannot receive you today in the physical presence of my community, I beseech you to come spiritually into my heart. Cleanse and strengthen me with your grace, Lord Jesus, and let me never be separated from you. May I live in you, and you in me, in this life and the life to come. *Amen.* (Prayer Book for the Armed Services, 1988)

Health & Healing

Physical Health & Healing

For a Sick Child

Heavenly Father, who sent your beloved Son into the world in the form of a little child, and to whom all children are dear: Watch with us over _____. In your mercy ease *her* suffering and restore *her* to health again. Bless those who minister to *her* needs, and give to us who wait the help of your grace; through Jesus Christ our Lord. *Amen.* (Prayers for All Occasions)

For Those Who Serve the Sick

Blessed Lord, you went about doing good and healing all manner of sickness and infirmity. Bestow your blessing, we pray, upon doctors and nurses and all who work in hospitals and homes for the relief of human suffering. Give them skills and tenderness, cheerfulness and patience, and let them find their reward in grateful hearts and in the knowledge that they are serving you; through Jesus Christ our Lord. *Amen.* (Prayers for All Occasions)

Healing

O God, the strength of the weak and the comfort of sufferers: Mercifully accept our prayers, and grant to your servant _____ the help of your power, that *their* sickness may be turned into health, and our sorrow into joy; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Healing

O God of heavenly powers, by the might of your command you drive away from our bodies all sickness and all infirmity: Be present in your goodness with your servant _____, that *their* weakness may be banished and *their* strength restored; and that, *their* health being renewed, *they* may bless your holy Name; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Healing: Prayer #54 in Call on Me: A Prayer Book for Young People

In Pain

Lord Jesus Christ, by your patience in suffering you hallowed earthly pain and gave us the example of obedience to your Father's will: Be near me in my time of weakness and pain; sustain me by your grace, that my strength and courage may not fail; heal me according to your will; and help me always to believe that what happens to me here is of little account if you hold me in eternal life, my Lord and my God. *Amen.* (The Book of Common Prayer)

Readying for the Day

This is another day, O Lord. I know not what it will bring, but make me ready, Lord, for whatever it may be. If I am to stand up, help me to stand bravely. If I am to sit still, help me to sit quietly. If I am to lie low, help me to do it patiently. And if I am to do nothing, let me do it gallantly. Make these words more than words, and give me the Spirit of Jesus. *Amen.* (The Book of Common Prayer)

Sick and Suffering

Heavenly Father, whose blessed Son our Lord took upon himself our infirmities and had compassion upon all sick and suffering: Hear our prayer for all who suffer in body or mind or spirit; and especially we pray for _____. Grant them relief from pain, strength in their weakness, light in their darkness and, if it shall please you, restoration to health. Enable them now to trust you though your way is hidden from their sight; and let them know that peace which is the gift of your Holy Spirit; through Jesus Christ our Lord. *Amen.* (Prayers for All Occasions)

Sickness and Pain

O God my Father, hold me in your keeping. You have made my body and meant it to be whole. Be with me when I am bewildered by sickness and pain. Let me trust the power of your healing; and above all and through all let me trust your love that does not fail. Give me back, I pray, health and vigor, that I may set my hands again with gladness to the unhindered tasks of life; but if this may not be, then teach me still to serve as best I can with bent or broken tools. May any suffering I must undergo teach me sympathy for all who suffer, and may every gift of life renewed ne me forth with a thankful heart to greater consecration; through Jesus Christ our Lord. *Amen.* (Prayers for All Occasions)

Sickness of Mind or Body

Almighty God, look upon those who are sick in body or in mind: on the handicapped and the infirmed and on all who suffer pain. Bless, O God, the ministrations of those who give them care; invigorate them with your healing power to restore them to health and alleviate your ills; let your loving kindness be their solace, and grant them the faith, the patience, and the valor by which the spirit serves the flesh and abides unconquered; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Strength & Refreshment

O God, in sunshine and rain, in work and rest, in friendship and solitude, in the common things of life you give us your very self, making bread and wine the sacrament of your sustaining presence: Strengthen and refresh us, that we may eagerly seek you, surely find you, and faithfully serve you; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Thanksgiving for Recovery

Almighty God, in whose hands are all our ways: I thank you that in your mercy I have come safely through my sickness and have my health again. Help me now to show my thankfulness to you by serving you more faithfully in my daily life and by sharing more sacrificially in the work of your holy church; through Jesus Christ our Lord. *Amen.*

(Prayers for All Occasions)

Trust in God

O God, the source of all health: So fill my heart with faith in your love, that with calm expectancy I may make room for your power to possess me, and gracefully accept your healing; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Mental Health

Addiction

O great Physician, who through your humanity entered into the sufferings of the sick, fill with your healing gifts all who are in any way addicted. Grant them your strength, your forgiveness, and your sustaining love. Of your mercy release them and restore them, that they may know the joy of life in your service; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Anxiety: Prayer #48 in Call on Me: A Prayer Book for Young People

Depression: Prayer #58 in Call on Me: A Prayer Book for Young People

Fear & Anxiety

Most loving Father, whose will it is for us to give thanks for all things, to fear nothing but the loss of you, and to cast all our cares on you who care for us: preserve us from faithless fear and worldly anxieties, that no clouds of this mortal life may hide from us the light of that love which is immortal, and which you have manifested to us in your Son Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Fear: Prayer #55 in Call on Me: A Prayer Book for Young People

Loneliness: Prayer #65 in Call on Me: A Prayer Book for Young People

Peace

Give peace for all time, O Lord, and fill my heart and the hearts of all people everywhere with the Spirit of our Lord Jesus Christ. *Amen.* (Prayers for All Occasions)

Quiet Confidence

Lord, you know my cares and my fears. Help me to turn them all over to you, who have promised to give rest to our souls. Grant to me now a restful spirit and a peaceful mind, and in quietness and confidence and faith to find a new strength; through Jesus Christ our Lord. *Amen.* (Prayers for All Occasions)

Quiet Confidence

O God of peace, who has taught us that in returning and rest we shall be saved, in quietness and confidence shall be our strength: By the might of your Spirit lift us, we pray, to your presence, where we may be still and know that you are God; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Social Distancing

Lord Jesus, who in the wilderness experienced loneliness and social isolation, relying solely on the Father's love and the Holy Spirit's guidance for comfort, remind us that even though we cannot greet friends and family with the warm embrace of physical touch, that your Spirit is always with us, holding us in your loving arms; through Jesus Christ our Lord. *Amen.*

St. Teresa of Avila

Let nothing trouble you;
Let nothing affright you;
All things are passing,
 God never changes;
 Patience obtains everything,
Nothing is wanting
 To one who possesses God.
God alone suffices.
Amen. (Prayers New & Old)

Stress

If I tend to fold under stress, O God, stir me in the image of Jesus, who stumbled and fell under the weight of the cross, but who rose to carry it to his appointment with you. *Amen.* (Prayers New & Old)

The Breton Fisherman's Prayer

Dear God, be good to me.
The sea is so wide,
and my boat is so small.
(The Anglican Family Prayer Book)

Wholeness (Mental & Emotional)

Most merciful and loving Father, with whom nothing is impossible, we pray that you will restore the light and reason of wholeness to those in mental or emotional darkness or despair. May your great love encompass them and may all confusion and discord be dispelled until your eternal peace and tranquility possess their souls. *Amen.* (Prayers New & Old)

Worry: Prayer #70 in Call on Me: A Prayer Book for Young People

Death & Mourning

Death

Lord Jesus Christ, by your death you took away the sting of death: Grant to us your servants so to follow in faith where you have led the way, that we may at length fall asleep peacefully in you and wake up in your likeness; for your tender mercies' sake. *Amen.* (The Book of Common Prayer)

Eternal Rest

Father of all, we pray to you for _____, and for all those whom we love but see no longer. Grant to them eternal rest. Let light perpetual shine upon them. May *her* soul and the souls of all the departed, through the mercy of God, rest in peace. *Amen.* (The Book of Common Prayer)

Mourning

Almighty God, Father of mercies and giver of comfort: Deal graciously, we pray, with all who mourn, that, casting all their care on you, they may know the consolation of your love; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Peaceful Rest

Depart, O Christian soul, out of this world; In the name of God the Father Almighty who created you; In the name of Jesus Christ who redeemed you; In the name of the Holy Spirit who sanctifies you; May your rest be this day in peace, and your dwelling place in the Paradise of God. *Amen.* (Prayers New & Old)

Peaceful Rest

May the souls of the faithful departed, through the tender mercies of God, rest in peace. May light perpetual shine upon them; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Renewing Trust

Lord Jesus Christ, we commend to you our sister (brother) _____, who was reborn by water and the Spirit in Holy Baptism. Grant that *her* death may recall to us your victory over death, and be an occasion for us to renew our trust in your Father's love. Give us, we pray, the faith to follow where you have led the way; and where you live and reign with the Father and the Holy Spirit, to the ages of ages. *Amen.* (The Book of Common Prayer)

Uncertainty, Guidance & Protection

Courage

O God, you have called us to your service: Show us your purpose for our lives. Though it be hard, make us long to follow it, and give us courage to persevere until, at the last, we reach the goal that you have set for us; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Guidance

Almighty God, in whom is no darkness at all: Grant me your light perpetually, and when I cannot see the way before me, may I continue to put my trust in you; that so, being guided and guarded by your love, I may be kept from falling, this day and all my days; through Jesus Christ my Lord. *Amen.* (William Knight)

Guidance

Direct us, O Lord, in all our doings with thy most gracious favor, and further us with thy continual help; that in all our works begun, continued, and ended in thee, we may glorify thy holy Name, and finally, by thy mercy, obtain everlasting life; through Jesus Christ our Lord. *Amen.* (William Knight)

Guidance

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our daily life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. *Amen.* (Prayers for All Occasions)

Guidance

Lord Christ, true light who enlightens everyone: Shine in our hearts that we may clearly see the way that leads to life eternal and may follow without stumbling; for you are the way, O Christ, as you are the Truth & the Life; and you live and reign for ever and ever. *Amen.* (Prayers New & Old)

Guidance

O God, because without you I am not able to please you, mercifully grant that your Holy Spirit may in all things direct and rule my heart; through Jesus Christ our Lord. *Amen.* (Prayers for All Occasions)

Protection

Almighty and merciful God, in your goodness keep us, we pray, from all things that may hurt us, that we, being ready both in mind and body, may accomplish with free hearts what belongs to your purpose; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Time of Trouble

Almighty God, you promised that when we are passing through the waters you will be with us, and that they shall not overflow us: Be my help and savior now in this time of trouble. I need your grace and strong hand. Uphold me and do not let me fall into despair or bitterness or the mire of self-pity. Renew in me hope and faith; give me the assurance of your presence and courage to face bravely the trials of the days to come; through Jesus Christ our Lord. *Amen.* (Prayers for All Occasions)

Uncertainty

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never start anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone. *Amen.* (Thomas Merton)

Uncertainty & Doubt

Grant us, O God, in all our doubts and uncertainties, the grace to ask what you would have us do, that the Spirit of wisdom may save us from all false choices, and that in your light we may see light and in your straight path may not stumble; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Uncertainty & Doubt

O God, by whom the meek are guided in judgment, and light rise up in darkness for the godly: Grant us, in all our doubts and uncertainties, the grace to ask what you would have us to do, that the Spirit of wisdom may save us from all false choices, and that in your light we may see light, and in your straight path may not stumble; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Patience & Disappointment

Disappointment: Prayer #56 in Call on Me: A Prayer Book for Young People

Patience: Prayer #57 in Call on Me: A Prayer Book for Young People

Waiting: Prayer #71 in Call on Me: A Prayer Book for Young People

Blessings & Loved Ones

Blessings & Thanksgivings

Numbers 6:24-26 Blessing

May the Lord bless you and keep you.

May the Lord make his face to shine upon you, and be gracious unto you.

May the Lord lift up his countenance upon you, and give you peace.

(The Anglican Family Prayer Book)

Wonder & Discovery

We praise and thank you, Lord, for great and simple joys: For the gift of wonder, the joy of discovery, and the everlasting freshness of experience; for all that comes to use through sympathy and through sorrow; for the joy of work achieved and work not achieved from which we have learned much; for musicians, poets, artists, all who work in for and color to enhance the beauty of life; for the likeness of Christ in ordinary people, their forbearance, courage, and kindness; and for quiet and faithful service cheerfully give. For these blessings, we thank you, Lord. *Amen.* (Prayers for All Occasions)

Rejoicing in Creation

O heavenly Father, who has filled the world with beauty: Open our eyes to behold your gracious hand in all your works; that, rejoicing in your whole creation, we may learn to serve you with gladness; for the sake of him through whom all things were made, your Son Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Homes & Families

Blessing a Family: Prayer #79 in Call on Me: A Prayer Book for Young People

Blessing a Home

O God, whose desire it is that all peoples of the world be one human family, living together in harmony, grant that our home, by its worship and its witness, may help to hasten the day when your will is done on earth as it is in heaven; through Jesus Christ our Lord. *Amen.* (Prayer New & Old)

Blessing a Home: Prayer #80 in Call on Me: A Prayer Book for Young People

Blessing a Home

O loving Father, bless our home. Fill it with the gladness of your presence, that we may all be happy in your love and in our love for each other. May Jesus, your Son, be our loved and honored guest, sharing our joys and comforting our sorrows. *Amen.* (Prayers New & Old)

Blessing a Pet: Prayer #81 in *Call on Me: A Prayer Book for Young People*

Family

Almighty God, our heavenly Father, who set the solitary in families: We commend to your continual care the homes in which your people dwell. Put far from them, we ask you, every root of bitterness, the desire of vainglory, and the pride of life. Fill them with faith, virtue, knowledge, temperance, patience, godliness. Knit together in constant affection those who, in holy wedlock, have been made one flesh. Turn the hearts of the parents to the children, and the hearts of the children to the parents; and so enkindle fervent charity among us all, that we may evermore be kindly affectionate to one another; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Loved Ones

Almighty God, we entrust all who are dear to us to your never-failing care and love, for this life and the life to come, knowing that you are doing for them better things than we can either desire or pray for; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

For Children & Youth

Children

Father, hear us we are praying,
Hear the words that we are saying.
We are praying for our children,
Keep them from the powers of evil,
From the secret, hidden peril,
From the whirlpool that would suck them,
From the treacherous quicksand pluck them.

From the worldling's hollow gladness,
From the sting of faithless sadness,
Holy Father, save our children.

Through life's troubled waters steer them,
Through life's bitter battle cheer them,

Father, Father, be thou near them.
Read the language of our longing,
Read the wordless pleadings thronging,
Holy Father, for our children.

And wherever they may bide,
Lead them home at eventide. *Amen.*

(Amy Carmichael)

Children

God our Father, you see your children growing up in an unsteady and confusing world: Show them that your ways give more life than the ways of the world, and that following you is better than chasing after selfish goals. Help them to take failure, not as a measure of their worth, but as a chance for a new start. Give them strength to hold their faith in you, and to keep alive their joy in your creation; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Children

Lord, as once the mothers of Judea brought their children to you that you might bless them, so now we come to you, bringing with us in our hearts those children dear to us. We humbly entrust them to your never failing mercy and almighty love, asking only that they may do your will throughout their lives, and that you will keep them close to you forever; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Youth

Lord Jesus, who as a young adult heard and obeyed the call to give your life in sacrifice for the salvation of all people and for the kingdom of God: Help me in this time of my youth to discover how best to serve God. In my days of preparation at school, keep every before my eyes the prize that is better than any earthly prize. Save me from the material aims and ambitions, and direct me in all my studies that they may serve above all things to make me better prepared to do the work which you will give me to do. Keep me day by day loyal to you; strengthen me to resist the temptations of the body and the mind; and help me to influence others toward love of you and your holy church; through Jesus Christ our Lord. *Amen.* (Prayers for All Occasions)

Children's Prayers

Confession

God, sometimes it is hard to love like You love.

Help me to heal wounds when I hurt You,

hurt others,

hurt creation,

and hurt myself.

Please forgive my sins and show me how to be kinder and more loving to all.

Amen.

Defense

Praise to the Father,

who made and love me.

Praise to the son,

Lord Jesus who saved me.

Praise to the Spirit,

For the power he gives me.

Most Holy Trinity,

Help and defend me.

(Prayers New & Old)

Home & Family

Heavenly Father, I thank you for my father and mother and for our home. Bless us all, and help us to love you, and in love to serve one another as Jesus taught us to do. Give me strength to do what is right today, and to do unto others as I would have them do unto me. *Amen.* (Prayers for All Occasions)

Love

Dear Father in heaven, I thank you for Jesus who came to earth to bring us your love and teach us to love one another. Help me to love everybody and to do what he would have me to do. *Amen.* (Prayers for All Occasions)

Morning

Bless me, Jesus, through this day,

Help me follow in your way.

Keep my heart both pure and strong

That I may please you all day long.

(Prayers New & Old)

Night

Lord, keep me safe this night,
Secure from all my fears;
May angels guard me while I sleep,
Till morning light appears.
(Prayers New & Old)

Thanksgiving

Dear God, I thank you for all good things: for my home, for food and clothing, for my friends, for the flowers and trees and birds—and everything. Help me to share all my good things with others. *Amen.* (Prayers for All Occasions)

Birthdays & Aging

Birthday

O God, our times are in your hand: Look with favor, we pray, on your servant _____ as he begins another year. Grant that he may grow in wisdom and grace, and strengthen his trust in your goodness all the days of his life; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Birthday

Watch over your child, O Lord, as her days increase; bless and guide her wherever she may be. Strengthen her when she stands; comfort her when discouraged or sorrowful; raise her up if she falls; and in her heart may your peace which passes understanding abide all the days of her life; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

For the Aged

Look with mercy, O God our Father, on all whose increasing years bring them weakness, distress, or isolation. Provide for them homes of dignity and peace; give them understanding helpers, and the willingness to accept help; and, as their strength diminishes, increase their faith and their assurance of your love. This we ask in the name of Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

As We Grow Older

O God, our Father, help us make use of our later years with cheerfulness and joy, not lamenting our loss of strength, nor afraid of what the years may bring. Give us thankful hearts for all that make old age less anxious and more secure. If we must suffer at the end, help us receive gladly all that is done for us; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Those Who Are Not with Us or Live Alone

Absent Loved Ones

O God, whose fatherly care reaches to the uttermost part of the earth: We pray you graciously to behold and bless those whom we love, now absent from us. Defend them from all dangers of soul and body; and grant that both they and we, drawing nearer to you, may be bound together by your love in the communion of your Holy Spirit, and in the fellowship of your saints; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Absent Loved Ones

O God, whose fatherly care reaches to the uttermost parts of the earth: We humbly ask you graciously to behold and bless those whom we love, now absent from us. Defend them from all dangers of soul and body; and grant that both they and we, drawing nearer to your, may be bound together by your love in the communion of your Holy Spirit, and in the fellowship of your saints; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Those Who Live Alone

We pray you, Lord, for all who are in isolated places or by infirmity are confined to home or hospital. Bless them and grant them a full and consoling sense of your presence, that together with us they may be strengthened and uplifted by the gift of your grace; through Jesus Christ our Lord. *Amen.* (Prayers for All Occasions)

Rest & Leisure

Leisure

O God, in the course of this busy life, give us times of refreshment and peace; and grant that we may so use our leisure to rebuild our bodies and renew our minds, that our spirits may be opened to the goodness of your creation; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Rest

Eternal and unchangeable God, in whom alone we find rest for our weariness and comfort for our sorrow, and from whom alone all true joy comes: keep our hearts, we pray, ever fixed on you through life and death, waiting patiently for that glorious day when we shall rejoice in the fullness of your love for evermore; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Sleep

O heavenly Father, you give your children sleep for the refreshing of soul and body: Grant me this gift, I pray; keep me in that perfect peace which you have promised to those whose minds are fixed on you; and give me such a sense of your presence, that in the hours of silence I may enjoy the blessed assurance of your love; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Justice & The Vulnerable

Advocacy

Give us courage, O Lord, to stand up and be counted, to stand up for those who cannot stand for themselves, and to stand for ourselves when you call to us; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Crowded Cities

Heavenly Father, look with pity on the people of crowded cities, on the old, the ill, the lonely, the forgotten, hidden away in tenements, rooming houses, and hospitals, and on children and young people exposed to any evil. Stab our consciences to do all in our power to help heal our society with our prayers, our concern, and our means; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Justice

Almighty God, who created us in your own image: grant us grace fearlessly to contend against evil and to make no peace with oppression; and, that we may reverently use our freedom, help us to employ it in the maintenance of justice in our communities and among the nations, to the glory of your name. *Amen.* (Prayers New & Old)

Pursuing God's Kingdom

O Lord, you have set before us the great hope that your kingdom shall come on earth, and have taught us to pray for your coming; give us grace to discern the signs of its dawning, and to work for the perfect day when your will be done, on earth as it is in heaven; through Jesus Christ our Lord. *Amen.* (Percy Dearmer, St. Augustine's Prayer Book)

Remembering the Poor & Neglected

Almighty and most merciful God, we remember before you all poor and neglected persons whom it would be easy for us to forget: the homeless and the destitute, the old and the sick, and all who have none to care for them. Help us to heal those who are broken in body or spirit, and to turn their sorrow into joy. Grant this, Father, for the love of your Son, who for our sake became poor, Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

The Future of Humanity

O God our heavenly Father, you have blessed us and given us dominion over all the earth: Increase our reverence before the mystery of life; and give us new insight into your purposes for the human race, and new wisdom and determination in making provision for its future in accordance with your will; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

The Homeless & Orphaned

Lord Jesus, who in the days of your flesh had no place to lay your head, look with compassion upon all homeless folk and all children left without parental care. So that we do not fail them in their loneliness and need, inflame the hearts of your people with a spirit of concern for their welfare. Bless all homes for orphans, and all who work for the relief of human distress; through Jesus Christ our Lord. *Amen.* (Prayers for All Occasions)

The Imprisoned

Our heavenly Father, whose love and forgiveness are infinite, teach us that prisoners and captives are your children and our brothers and sisters. Help us to understand the misery and loneliness; may we go to them with compassion and words of hope, that they may not feel forsaken. Grant to all who work in prisons, in courts, and in other law enforcement agencies the wisdom to deal mercifully with those who have gone astray; and may your Holy Spirit direct every effort to turn our penal system into one of redemption and hope. We ask it in the name of him who came to save us all, Jesus Christ our Lord. *Amen.* (Prayers New & Old)

The Poor & Outcast

Lord Jesus, you walked the roads of ancient Palestine and befriended the poor and outcast: remember your brothers and sisters deprived of home and country, who search for refuge in the burning heat of the sun, the freezing cold of the sea, the humid heat of the forest, and the barren streets of alien cities. Still the storms that beset them, loving Jesus, and move our hearts to embrace them as brothers and sisters and as fellow bearers of the Creator's divine image, that their anguish may be lifted and their sorrow turned to joy; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

The Vulnerable

Look with pity, O heavenly Father, upon the people in this land who live with injustice, terror, disease, and death as their constant companions. Have mercy upon us. Help us to eliminate our cruelty to these our neighbors. Strengthen those who spend their lives establishing equal protection of the law and equal opportunities for all. And grant that every one of us may enjoy a fair portion of the riches of this land; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Unemployment

Heavenly Father, we remember before you those who suffer want and anxiety from lack of work. Guide the people of this land so to use our public and private wealth that all may find suitable and fulfilling employment, and receive just payment for their labor; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Well-Doing

O Lord Jesus Christ, who when on earth was ever about thy Father's business: Grant that we may not grow weary in well-doing. Give us grace to do all in thy name. Be thou the beginning and the end of all: the pattern whom we follow, the redeemer in whom we trust, the master whom we serve, the friend to whom we look for sympathy. May we never shrink from our duty from any fear of man. Make us faithful unto death; and bring us at last into the eternal presence, where with the Father and the Holy Ghost thou livest and reignest for ever. *Amen.* (E.B. Pusey)

Our World & Nation (Government)

Government Leaders

Grant to all in authority wisdom and grace in the exercise of their duties, foresight to provide for the needs of all our people, and courage to fulfill our obligations in the community of nations; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Citizenship

O God, teach us your people to rely on your strengths and to accept our responsibilities to our fellow citizens. May we elect trustworthy leaders so that the rights of all may be protected and our nation be enabled to fulfill your purpose; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Government Leaders

O Lord, our Governor, bless the leaders of our national, state, and local governments, that we may be a people at peace among ourselves and a blessing to other nations of the earth; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Country

Almighty God, who has given us this good land for our heritage: We humbly ask you that we may always prove ourselves a people mindful of your favor and glad to do your will. Bless our land with honorable industry, sound learning, and pure manners. Save us from violence, discord, and confusion; from pride and arrogance, and from every evil way. Defend our liberties, and fashion into one united people the multitudes brought out of many kindreds and tongues. Endue with the spirit of wisdom those to whom in your Name we entrust the authority of government, that there may be justice and peace at home, and that, through obedience to your law, we may show forth your praise among the nations of the earth. In the time of prosperity, fill our hearts with thankfulness, and in the day of trouble, suffer not our trust in you to fail; all which we ask through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

President of the United States and all in Civil Authority

O Lord our Governor, whose glory is in all the world: We commend this nation to your merciful care, that, being guided by your Providence, we may dwell secure in your peace. Grant to the President of the United States, the Governor of this State (*or* Commonwealth), and to all in authority, wisdom and strength to know and to do your will. Fill them with the love of truth and righteousness, and make them ever mindful of their calling to serve this people in your fear; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, world without end. *Amen.* (The Book of Common Prayer)

For Congress or a State Legislature

O God, the fountain of wisdom, whose will is good and gracious, and whose law is truth: We beseech you so to guide and bless our Senators and Representatives in Congress assembled (*or* in the Legislature of this State, *or* Commonwealth), that they may enact such laws as shall please you, to the glory of your Name and the welfare of this people; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

For Courts of Justice

Almighty God, who sits in the throne judging right: We humbly ask you to bless the courts of justice and the magistrates in all this land; and give unto them the spirit of wisdom and understanding, that they may discern the truth, and impartially administer the law in the fear of you alone; through him who shall come to be our Judge, your Son our Savior Jesus Christ. *Amen.* (The Book of Common Prayer)

Unity and Peace

Healing Divisions

Grant, O God, that your holy and life-giving Spirit may so move every human heart [and especially the hearts of the people of this land], that barriers which divide us may crumble, suspicions disappear, and hatreds cease; that our divisions being healed, we may live in justice and peace; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Peace

Lord, let us have no other God before you, and let us seek no other peace than the peace which is yours. *Amen.* (Prayers New & Old)

Peace

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. *Amen.* (A Prayer Attributed to St. Francis)

Unity

Dear Father, bless people of all faiths and those of none, that all may be given greater sensitivity to those who are different, deeper understanding of traditions other than our own, and a strengthened determination to work together for the sake of the whole human family; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Unity

Eternal God, in whose perfect kingdom no sword is drawn but the sword of righteousness, no strength known but the strength of love: So mightily spread abroad your Spirit, that all peoples may be gathered under the banner of the Prince of Peace, as children of one Father; to whom be dominion and glory, now and for ever. *Amen.* (The Book of Common Prayer)

Unity

O God, you made us in your own image and redeemed us through Jesus your Son: Look with compassion on the whole human family; take away the arrogance and hatred which infect our hearts; break down the walls that separate us; unite us in bonds of love; and work through our struggle and confusion to accomplish your purposes on earth; that, in your good time, all nations and races may serve you in harmony around your heavenly throne; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Unity of Abrahamic Faiths

Lord, our God, Creator and Ruler of all things, you called your servant Abraham into covenant with you and bade him find his home in an unknown land: Grant to Jews, Christians, and Muslims who look to Abraham as a spiritual forebearer and example, to be faithful as he was faithful and to venture courageously to unknown places; inspire us to celebrate our common heritage, recognizing one another as beloved brothers and sisters while laboring and praying for the day when all your children will dwell together in one fellowship of justice, freedom, and peace; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

Prayers for Each Day

Daily Blessing

O God, I give this day to thee.
Bless it and give it back to me
That I may use it all for thee,
For Jesus' sake--so may it be.
(Prayers New & Old)

Daily Strength

O God: Give me strength to live another day; Let me not turn coward before its difficulties or prove recreant to its duties; Let me not lose faith in other people; Keep me sweet and sound of heart, in spite of ingratitude, treachery, or meanness; Preserve me from minding little stings or giving them; Help me to keep my heart clean, and to live so honestly and fearlessly that no outward failure can dishearten me or take away the joy of conscious integrity; Open wide the eyes of my soul that I may see good in all things; Grant me this day some new vision of thy truth; Inspire me with the spirit of joy and gladness; and make me the cup of strength to suffering souls; in the name of the strong Deliverer; our only Lord and Savior, Jesus Christ. *Amen.* (Prayers for All Occasions)

Giving Back to God

Teach me, O God, how to take the gift of a day and give it back to you, radiant in faith, spontaneous in joy, and rich in service; through Jesus Christ our Lord. *Amen.* (Prayers New & Old)

In the Morning

Waking Up: Prayer #27 in *Call on Me: A Prayer Book for Young People*

Facing the Day

I thank you, O God, for keeping me through the night, and for the promise of this new day. I would begin it with you, and pray that it may be to me a day of growth in the Spirit and of service for you and your kingdom in the world. Help me to meet with quiet confidence whatever trials the day holds for me; strengthen me against temptation; and keep me always loyal to our Lord and Savior Jesus Christ. *Amen.* (Prayers for All Occasions)

At Night

In the Evening

O Lord, support us all the day long, until the shadows lengthen, and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then in thy mercy, grant us a safe lodging, and a holy rest, and peace at the last. *Amen.* (John Henry Newman)

Protection and Guidance

Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. *Amen.* (Book of Common Prayer)

Protection at Night

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.* (Book of Common Prayer)

Safety

Lord, keep us safe this night,
Secure from all our fears;
May angels guard us while we sleep,
Till morning light appears.
(John Leland, The Anglican Family Prayer Book)

Sleep

O heavenly Father, you give your children sleep for the refreshing of soul and body: Grant me this gift, I pray; keep me in that perfect peace which you have promised to those whose minds are fixed on you; and give me such a sense of your presence, that in the hours of silence I may enjoy the blessed assurance of your love; through Jesus Christ our Lord. *Amen.* (The Book of Common Prayer)

Wilderness Devotions

Monday

Matthew 4:1-2

Lord, the Spirit led you into the wilderness and now it has led us there too. Lead us not into temptation but guide us closer to you and the ways of your love, through Jesus Christ our Savior. *Amen.*

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, for ever and ever. Amen.

Tuesday

John 3:16-17

Lord, you did not come to condemn the world but to be with us and to remind us that you made us to be good. Continue to be with us in the wilderness, now and forever. *Amen.*

Our Father...

Wednesday

John 4:13-15

Lord, we drink and are thirsty again, but from your well we thirst no more. Thank you for the cup that you have given us, a reminder of the sacrifice that you made on the cross to be with us, now and forever. *Amen.*

Our Father...

Thursday

John 9:6-7

Lord, you made us to be physical creatures and so your ministry was both spiritual and physical. Remind us that both the spiritual and physical are good and sacred in your eyes, now and forever. *Amen.*

Our Father...

Friday

John 11:33-35

Lord, we love because you first loved us, which we are reminded of when you weep for your friend Lazarus. Please be with us, even when we are sad, now and forever. *Amen.*

Our Father...