

**Good Morning First Pres Family,**

As we enter into week 2 of coronavirus restrictions, I decided to update the Morning/Evening prayers. It has always helped me to have a bit of variation so the prayer time and my soul stay open. My goal remains to encourage you to find regular spiritual rhythms and thus deeper ongoing awareness of God's presence and direction.

I'm including a prayer that a friend sent me. It's taken from some old book of prayer. I have found it helpful, perhaps you will as well.

**O God, for another day, for another morning, for another hour, for another minute,  
for another chance to live and serve Thee, I am truly grateful.**

**Do Thou this day free me**

**from all fear of the future  
from all anxiety about tomorrow,  
from all bitterness towards anyone,  
from all cowardness in the face of danger,  
from all laziness in the face of work,  
from all failure before opportunity,  
from all weakness when Thy power is at hand.**

**But fill me**

**with love that knows no barrier,  
with sympathy that reaches to all,  
with courage that cannot be shaken,  
with faith strong enough for the darkness,  
with strength sufficient for my task,  
with loyalty to Thy kingdom's goal,  
with wisdom to meet life's complexities,  
with power to lift me to Thee.**

**Be Thou with me for another day and use me as Thou wilt.  
For Christ's sake I pray. Amen.**

Blessings,  
Steve

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## Morning Prayer

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### Opening Sentences:

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.” - Jesus (Matt. 11:28-19)

### Morning Psalm, Song or Hymn

Suggestions: Psalm 27, Psalm 91, Psalm 103

### Prayer

Eternal God, we rejoice this morning in the gift of life, which we have received by your grace, and the new life you give in Jesus Christ.

Especially we thank you for:

the love of our families . . .  
the affection of our friends . . .  
strength and abilities to serve your purpose today. . .  
the community in which we live . . .  
the presence and power of your Spirit . . .  
(add your own prayers of thanks)

God of grace, we offer our prayers for the needs of others and commit ourselves to serve them in prayer and practice even as we have been served in Jesus Christ.

Especially we pray for . . .

those closest to us, families, friends, neighbors . . .  
those who work for the benefit of others . . .  
those who are most vulnerable to the coronavirus . . .  
those in positions of authority over others . . .  
those whose livelihoods are threaten by the downturn in the economy . . .  
(add your own prayers of intercession).

We were made for your presence, Lord, by the Holy Spirit.

May this day be one I spend with you in all that I do.

As you cause the sun to rise, O God,

bring the light of Christ to dawn in our souls and dispel all darkness.

Give us grace to reflect Christ's glory;

and let his love show in our deeds, his peace shine in our words,

and his healing in our touch, that all may give him praise, now and forever. Amen.

## Evening Prayer

Opening Sentences

(Isaiah 40:28-29)

“The Lord is the everlasting God, the Creator of the ends of the earth.  
He will not grow tired or weary, and his understanding no one can fathom.  
He gives strength to the weary and increases the power of the weak.”

Evening Psalm, Song, or Hymn

Suggestions: Psalm 121, 1 Thess. 5:23, John 14:27

Prayer

Merciful God, we praise you that you give strength for every weakness, forgiveness for our failures, and new beginnings in Jesus Christ. Especially we thank you for . . .

moments of grace in this day . . .  
people who have helped us . . .  
opportunities to serve others . . . (add your own prayers of thanksgiving)

Forgive us this day for . . .

things we have done that were selfish, hurtful, or displeasing to you Lord . . .  
things we did not do that could have been helpful, kind, or compassionate . . .

Prayers for those we love . . .

Prayers for those who are hurting . . .

To you, O God,  
we give up the burdens of this day,  
trusting your love and mercy.  
To you, O God,  
we surrender ourselves,  
trusting our risen Lord to lead us always  
in the way of life.  
To you, O God,  
we turn for rest. Calm our souls  
and refresh us with your peace.  
We pray through Christ our Lord. Amen.