



Prayers and Blessings

For Daily Use

Daily Prayers

Morning Blessing

You may make the sign of the cross.

I am a beloved child of God, marked with the cross of Christ forever.

Your mercies are new every morning. *(Based on Lam. 3:23)*

Thank you, gracious God, for the gift of this new day.

Awaken me to your abiding presence;

open my eyes to your creation;

open my ears to your promises;

open my heart to the needs of others.

Fill me with your Spirit and guide me this day

in works of kindness, justice, and mercy.

I ask this in the name of Jesus, the light and life of the world. Amen.

Evening Blessing

You may make the sign of the cross.

I am a beloved child of God, marked with the cross of Christ forever.

Come to me, all you that are weary . . . and I will give you rest. *(Matt. 11:28)*

Thank you, gracious God, for the gift of this coming night.

Restore me with your right spirit.

Calm my mind. Quiet my heart.

Enfold me with your bountiful mercy.

Protect me from all harm,

that I sleep assured of the peace found in you alone.

I ask this in the name of Jesus, who gives us rest. Amen.

A Prayer to Begin the Work Day

May the graciousness of the Lord our God be upon us;
prosper the work of our hands. *(Ps. 90:17, ELW)*

Generous God, you call us to lives of service.

In my words and actions this day, move me to serve in Christ's name.

When I lack energy, inspire me.

When I lack courage, strengthen me.

When I lack compassion, be merciful to me.

You may make the sign of the cross.

In all things, O God, you are our way, our truth, and our life.

Reveal through me your life-giving work, that I love my neighbors as myself.

I ask this in Jesus' name. Amen.

A Prayer to Begin the School Day

Show me your ways, O Lord, and teach me your paths. *(Ps. 25:4, ELW)*

Christ be with me: in you I am never alone.

Christ within me: your Spirit is at work in me.

Christ behind me: reassure me when I struggle.

Christ before me: lead me when I am uncertain.

Christ beneath me: support me when I am weak.

Christ above me: encourage me to do my best.

Christ in quiet: I listen for the sound of your voice.

Christ in danger: I will not fear, for you are with me.

You may make the sign of the cross.

In all things, O God, you are our way, our truth, and our life.

Teach me to love you and my neighbors as myself.

I ask this in Jesus' name. Amen.

(Based on the Prayer of St. Patrick)

Table Prayers

Table Prayer for the Season of Easter

O God of our risen Lord, we praise you, we bless you, we worship you for the gifts of life you give us.

Always you offer us life, and for this we bless your holy name.

And we ask you, give your life also to all who know only hunger and pangs of death.

So may the whole world be raised to life,

Through Jesus Christ, our Savior and Lord. Amen.

Additional Table Prayers

Come, Lord Jesus, be our guest,
and let these gifts to us be blessed.

Blessed be God, who is our bread;
may all the world be clothed and fed.

Give us grateful hearts, O God, for all your mercies, and make us mindful of the needs of others; through Jesus Christ our Lord.

Blessed are you, O Lord God, ruler of the universe, for you give us food to sustain our lives and make our hearts glad; through Jesus Christ our Lord.

Bless, O Lord, your gifts to our use and us to your service; for Christ's sake.

Every good and perfect gift comes from you, O God. Bless this food, and help us to receive it with thankful hearts. By your Spirit nourish our love for one another and for our neighbor in need; through Jesus Christ, our Savior and Lord.

The eyes of all wait upon you, O Lord, and you give them their food in due season. You open your hand and satisfy the desire of every living thing.

May your gifts refresh us, O God, and your grace give us strength, now and forever.

Give thanks to the Lord, for the Lord is good, for God's mercy endures forever.

Especially for Families with Young Children

One of the family speaks this or another similar Bible passage.

The earth is the Lord's and all that is in it,
the world, and those who live in it. *(Ps. 24:1 NRSV)*

Then all who are able speak this prayer together.

All here gathered, food from the land,

all is gift from your gracious hand.

Feed us today; feed all those who hunger;

teach us to feed one another.

We ask this in the name of the one who is our bread, Jesus Christ.
Amen.

or

One of the family speaks this or another similar Bible passage.

Rejoice in the Lord always. *(Phil. 4:4)*

Then this prayer is spoken. All may speak it together, or it may be said responsively between one and all as indicated.

For our food, **we rejoice.**

For our friends, **we rejoice.**

For every good gift, **we rejoice.**

Thank you, O God, for this time to eat together.

In Jesus' name we pray. **Amen.**

A Blessing for Those Who Eat Alone

You have been gracious to your land, O Lord. *(Ps. 85:1, ELW)*

Gracious God, you are the source of all goodness.

For this food before me, thank you.

For the hands that prepared it, thank you.

For the lands and water that provide nourishment, thank you.

Extend my offering of thanks through works of justice, peace, and love for the earth and all its creatures.

In the name of Jesus. Amen.

Prayers for Other Occasions

Time of conflict, crisis, disaster

O God, where hearts are fearful and constricted, grant courage and hope. Where anxiety is infectious and widening, grant peace and reassurance. Where impossibilities close every door and window, grant imagination and resistance. Where distrust twists our thinking, grant healing and illumination. Where spirits are daunted and weakened, grant soaring wings and strengthened dreams. All these things we ask in the name of Jesus Christ, our Savior and Lord.
Amen.

Health of body and soul

By your power, great God, our Lord Jesus healed the sick and gave new hope to the hopeless. Though we cannot command or possess your power, we pray for those who want to be healed. Mend their wounds, soothe fevered brows, and make broken people whole again. Help us to welcome every healing as a sign that, though death is against us, you are for us, and have promised renewed and risen life in Jesus Christ the Lord.
Amen.

Those in affliction

Lord Christ, you came into the world as one of us, and suffered as we do. As we go through the trials of life, help us to realize that you are with us at all times and in all things; that we have no secrets from you; and that your loving grace enfolds us for eternity. In the security of your embrace we pray.
Amen.

Those in trouble or bereavement

Almighty God, your love never fails, and you can turn the shadow of death into daybreak. Help us to receive your word with believing hearts, so that, confident in your promises, we may have hope and be lifted out of sorrow into the joy and peace of your presence; through Jesus Christ our Savior and Lord.
Amen.

Those suffering addiction

O blessed Jesus, you ministered to all who came to you. Look with compassion upon all who through addiction have lost their health and freedom. Restore to them the assurance of your unfailing mercy; remove the fears that attack them; strengthen those who are engaged in the work of recovery; and to those who care for them, give honesty, understanding, and persevering love; for your mercy's sake.
Amen.

The chronically ill and those who support team

Loving God, your heart overflows with compassion for your whole creation. Pour out your Spirit on all people living with illness for which there is no cure, as well as their families and loved ones. Help them to know that you claim them as your own and deliver them from fear and pain; for the sake of Jesus Christ, our healer and Lord.
Amen.

Caregivers and others who support the sick

God, our refuge and strength, our present help in time of trouble, care for those who tend the needs of *[the sick]/[name/s]*. Strengthen them in body and spirit. Refresh them when weary; console them when anxious; comfort them in grief; and hearten them in discouragement. Be with us all, and give us peace at all times and in every way; through Christ our peace.
Amen.

Health care providers

Merciful God, your healing power is everywhere about us. Strengthen those who work among the sick; give them courage and confidence in all they do. Encourage them when their efforts seem futile or when death prevails. Increase their trust in your power even to overcome death and pain and crying. May they be thankful for every sign of health you give, and humble before the mystery of your healing grace; through Jesus Christ our Lord.
Amen.

Recovery from sickness

Almighty and merciful God, you are the only source of health and healing; you alone can bring calmness and peace. Grant to us, your children, an awareness of your presence and a strong confidence in you. In our pain, our weariness, and our anxiety, surround us with your care, protect us by your loving might, and permit us once more to enjoy health and strength and peace; through Jesus Christ, our Savior and Lord.

Amen.

The unemployed

God of justice, we remember before you those who suffer want and anxiety from lack of work. Guide the people of this land so to use our wealth and resources that all people may find suitable and fulfilling employment and receive just payment for their labor; through your Son, Jesus Christ our Lord.

Amen.

Those who live alone

Gracious God, none who trust in your Son can be separated from your love. Give to those who live alone peace and contentment in their solitude, hope and fulfillment in their love of you, and joy and companionship in their relations with others; through Jesus Christ our Lord.

Amen.

A prayer attributed to Francis of Assisi

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 of Catherine of Siena

Power of the eternal Father, help me. Wisdom of the Son, enlighten the eye of my understanding. Tender mercy of the Holy Spirit, unite my heart to yourself. Eternal God, restore health to the sick and life to the dead. Give us a voice, your own voice, to cry out to you for mercy for the world. You, light, give us light. You, wisdom, give us wisdom. You, supreme strength, strengthen us.

Amen.

A prayer of Julian of Norwich

In you, Father all-mighty, we have our preservation and our bliss. In you, Christ, we have our restoring and our saving. You are our mother, brother, and savior. In you, our Lord the Holy Spirit, is marvelous and plenteous grace. You are our clothing; for love you wrap us and embrace us. You are our maker, our lover, our keeper. Teach us to believe that by your grace all shall be well, and all shall be well, and all manner of things shall be well.

Amen.

A prayer of Martin Luther

Behold, Lord, an empty vessel that needs to be filled. My Lord, fill it. I am weak in the faith; strengthen me. I am cold in love; warm me and make me fervent, that my love may go out to my neighbor. I do not have a strong and firm faith; at times I doubt and am unable to trust you altogether. O Lord, help me. Strengthen my faith and trust in you. In you I have sealed the treasure of all I have. I am poor; you are rich and came to be merciful to the poor. I am a sinner; you are upright. With me, there is an abundance of sin; in you is the fullness of righteousness. Therefore I will remain with you, of whom I can receive, but to whom I may not give.

Amen.

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