



Daily Prayer Rhythms

Whether you're new to praying or have been praying for decades, we have put these simple prayers together for you to use and help you pray and connect with God in the morning, at midday and in the evening.

For more information about prayer do visit our website:

<https://holytrinity.org.gg/Pray>

Morning

Take a deep breath and pray this slowly at the start of each day.

Lord, make me an instrument of your peace:
 where there is hatred, let me sow love;
 where there is injury, pardon;
 where there is doubt, faith;
 where there is despair, hope;
 where there is darkness, light;
 where there is sadness, joy.
 O divine Master, grant that I 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.

Prayer of St. Francis of Assisi (Prayer for Peace)

Midday

Set an alarm, find a quiet space or if you are at your desk, simply pause and open your hands to God.

Our Father in heaven,
 hallowed be your name,
 your kingdom come,
 your will be done,
 on earth as in heaven.
 Give us today our daily bread.
 Forgive us our sins
 as we forgive those who sin against us.
 Lead us not into temptation
 but deliver us from evil.
 For the kingdom, the power,
 and the glory are yours
 now and for ever.
 Amen.



Evening

To be prayed in the evening, as a way of giving the events of your day over to God, and preparing for the next day. The Examen consists of five steps. You may want to pray silently, or you might find it helpful to verbalise your prayers, or write them down.

- 1 - Become aware of God's loving presence and ask for the Holy Spirit's guidance as you review your day.
- 2 - Think through your day with gratitude. Thank God for the gift of life, and for this particular day.
- 3 - Reflect on the emotions of the day, positive and negative. When did you respond in ways that were good, life-giving or healing? When did you respond in ways that may have been insensitive, unloving or damaging to others, creation or yourself?
- 4 - Choose one or two of those things to bring to God in prayer. Talk to Him about the positive; recognise and thank Him for his grace at work in your life. Talk to Him about the negative; reflect as to why you spoke, acted or felt that particular way. Ask for forgiveness and healing. From your understanding of God as revealed in Jesus and Scripture, what might He say to you in response?
- 5 - Look forward to tomorrow with hope. Ask God to be present in your thoughts, actions and relationships, and ask for the grace to live a new day more fully alive to the presence of Christ.