

DAILY PRAYERS FOR WOODY NOOK

A way of praying together while separated.

What are daily prayers and why are we praying them?

Daily prayers are something the church has done throughout the ages. The Anglican church holds to certain prayers throughout the church calendar and everyone prays them around the same time—increasing our sense of being together even while scattered over the face of the earth. Lastly, it is also a way of committing ourselves to God throughout the day, of calling to mind that we are living in the loving presence of God.

We have provided three prayers: one for the morning (to be prayed between waking and 10am); one for the noon hour as you prepare to eat lunch; one for some time after supper and before falling asleep.

They can be prayed by yourself or with those you live with. If you pray these with other people, we suggest you choose someone to read the non-bolded parts and everyone says the bolded section together.

Some instructions:

- Print off enough to go around. Take a moment to figure out who will lead you.
- Take a moment to get everyone in the same room and settled. If this means breathing for a moment, go ahead. We all need a moment of silence and breathing in the midst of anxious times.
- If it's possible for you and your group, you can light a candle to remind you that you are in the presence of God and that Christ is within you.
- * indicates a change of reader if you have more than one person—ie: go around the circle.
- In each set of prayers reading scripture is optional; we suggest choosing a moment where you have the most space.

*Please adapt as makes sense for your rhythm of life. If you need to only pray the prayer, feel free, or only read the scripture, do so. If you miss one day, feel free to jump in again. You'll find suggested scriptures or a story for the Jesus Story Book Bible to read at the end of this package.

MORNING PRAYER

To be prayed between waking and before lunch

Gather and Light a candle:

*We remember God is with us and Christ lives within us.

Opening words:

*Sing to the Lord a new song; sing to the Lord, all the earth (Ps 96:1)

Our help is in the name of the Lord; the maker of heaven and earth.
(Ps 124:8)

*Trust in him at all times, O people; pour out your hearts to him,
for God is our refuge (Ps 62:8)

Scripture reading: (Optional: do it here, or at lunch, or at supper)

Take a couple of deep breaths, settle yourself into the love of God.

Read scripture once or twice: What jumps out to you? What might God be saying to you through this? What is this passage inviting you into?

Prayer together: (if praying in a group, feel free to change the we to I)

*Loving and everlasting God, you have brought us into this new day.

*We/I receive your love, your presence and this day as a gift from you.

**God be with me in this Your day, every day and every way,
With me and for in this Your day;**

and the love and affection of heaven be toward me.

All that I am, Lord, **I place into Your hands.**

All that I do, Lord, **I place into Your hands.**

Keep me and guard me in this day:

Help me not to fall into sin or selfishness;

Give me courage so I'm not overcome with the difficulties I must face;

Guide me and give me wisdom for each decision;

Grant me humility so I can ask for help;

Let me find joy and delight, even in this day and in my life;

And in all I do direct me so I may be your light and salt in this world.

**Lead me deeper into your transforming love as we live these next hours
together.**

Amen.

Blessing:

*May the peace of the Lord Christ go with you, wherever He may send you.

May He guide you through the wilderness, protect you through the storm.

May He bring you home rejoicing at the wonders He has shown you.

May He bring you home rejoicing once again into our doors.

NOON PRAYER

To be prayed before or after eating lunch

Gather and Light a candle (optional):

*We remember God is with us and Christ lives within us.

Opening words:

*Show me your marvelous loving-kindness, O Savior of those who take refuge at your right hand from those who rise up against them.

Keep me as the apple of your eye; hide me under the shadow of your wings. (Psalm 17:7-8)

Scripture reading: *(Optional: do it here, or in the AM/PM)*

Take a couple of deep breaths, settle yourself into the love of God.

Read scripture once or twice: What jumps out to you? What might God be saying to you through this? What is this passage inviting you into?

Prayer

*God of miraculous abundance;

You who fed thousands on only a few loaves and fishes—

May we be amazed at the ways and gifts you have provided for us today.

Thank you for: (each add some of your own)

Thank you that you lovingly accept us as we are.

Fill us with wonder and thankfulness as we feast on the knowledge that you are our true provider.

Be with all those who are struggling at this time: *(add names and requests of people you know)*

Keep us looking beyond ourselves to the real and live needs of others around us.

In this time, remind us we are not alone and we are not without help. We walk with you and you with us.

Keep us awake to your love the rest of this day!

Amen.

EVENING PRAYER

To be prayed after supper and before bed

Gather and Light a candle:

*We remember God is with us and Christ lives within us.

Opening words:

Calm me, O Lord, as You stilled the storm.

Still me, O Lord, keep me from harm.

Let all the tumult within me cease.

Enfold me, Lord, in Your peace.

*(or each take a turn saying)

Father, bless the work that is done,
and the work that is to be.

Father, bless the servant that I am,
and the servant that I will be.

Scripture reading: *(Optional: do it here, or at AM or noon)*

Take a couple of deep breaths, settle yourself into the love of God.

Read scripture once or twice: What jumps out to you? What might God be saying to you through this? What is this passage inviting you into?

Prayer:

*Loving God,
as I close my eyes
and say goodnight
to You and all this day has given,
I'm thankful for: (each add your own)
I am sad, worried, or angry about: (each add your own)
I need your help for: (each add your own)

*And now, I leave all of what has been
and what will be tomorrow
in Your protective care.

*Hold me, and all that is a part of me, as
I lie here – thankful to be
resting in your presence.

*Keep watch, dear God,

with all who work, or watch, or weep this night,
and give Your angels charge over those who sleep.
Tend the sick,
give rest to the weary,
bless the dying,
soothe the suffering,
stand with the oppressed,
shield the joyous;
and all for your love's sake!
Amen.

Blessing:

**The peace of God
be over me to shelter me,
under me to uphold me,
about me to protect me,
behind me to direct me,
ever with me to save me.**

*The peace of all peace
be ours this night
in the name of the Father,
and of the Son,
and of the Holy Spirit.
Amen.

SUGGESTED SCRIPTURE READINGS

To be used during morning, noon, or evening prayers

**Read either the readings from Mark and/or, if you have kids, read from the Jesus Story book bible.*

**if you'd rather continue with your own reading plan, feel free*

Mon Mar 23	Mark 1:1-28	Jesus story book bible: Page 176
Tues Mar 24	Mark 1:29-2:12	184
Wed Mar 25	Mark 2: 13-3:6	192
Thur Mar 26	Mark 3:7-35	200
Fri Mar 27	Mark 4:1-41	208
Sat Mar 28	Mark 5:1-20	214
Sun Mar 29	 Mark 8:27-33; 1:27-31, 66-72	
Mon Mar 30	Mark 5:21-43	222
Tues Mar 31	Mark 6:1-29	228
Wed Apr 1	Mark 6:30-56	236
Thur Apr 2	Mark 7:1-37	244
Fri Apr 3	Mark 8:1-38	250
Sat Apr 4	Mark 9:1-32	256
Sun Apr 5	 Mark 14:53-65	 264
Mon Apr 6	Mark 9:33-10:16	272
Tue Apr 7	Mark 11:1-33	280
Wed Apr 8	Mark 12:1-44	286
Thur Apr 9	 (Maundy Thur) Mark 15:1-20	 249
Fri Apr 10	 (Good Friday) Mark 15:21-47, Matt 27:15-26	 302
Sat Apr 11	Mark 13:1-37	249 or 302 (read one of them again)
Sun Apr 12	 (Easter Sunday) Mark 16	 310
Mon Apr 13	Acts 1	318
Tue Apr 14	Acts 2	326
Wed Apr 15	Acts 3	334
Thur Apr 16	Acts 4	342
Fri Apr 17	Acts 5	12
Sat Apr 18	Acts 6	18
Sun Apr 19	 John 18:15-18, 21:15-19	
Mon Apr 20	Acts 7	28
Tues Apr 21	Acts 8	38
Wed Apr 22	Acts 9	48
Thur Apr 23	Acts 10	56
Fri Apr 24	Acts 11	62
Sat Apr 25	Acts 12	70
Sun Apr 26	 John 20:24-29	