

A Morning Prayer

Dear Lord... As this day begins I confess that I will need you every moment. I long to know you more deeply today. Help me in what I say to other people. Give me wisdom in each decision I will make. Make love and truth the motives behind everything I do. And when I fall short, help me not to give up, but to find an extra measure of your strength. This day is your creation and your gift. I commit my body and spirit to your good purposes. In Jesus' name, Amen.

An Evening Prayer

Dear Lord...As this day ends I am glad to be able to rest in you. I believe that you are with me and that you hear my prayer. May the good things that happened today be planted deeply in the memory of my heart and shape me into a better person. Help me to learn from my mistakes and sins. Thank you for the promise of a new beginning tomorrow. Now allow me to rest in you and you alone, body, mind, heart, and soul, to awake refreshed in the goodness of your care. In Jesus' name, Amen.