



# Common Rule Prayers

## Praying the Psalms

	<u>Morning</u>	<u>Evening</u>
Day 1	1-5	6-8
Day 2	9-11	12-14
Day 3	15-17	18
Day 4	19-21	22-23
Day 5	24-26	27-29
Day 6	30-31	32-34
Day 7	35-36	37
Day 8	38-40	41-43
Day 9	44-46	47-49
Day 10	50-52	53-55
Day 11	56-58	59-61
Day 12	62-64	65-67
Day 13	68	69-70
Day 14	71-72	73-74
Day 15	75-77	78
Day 16	79-81	82-85
Day 17	86-88	89
Day 18	90-92	93-94
Day 19	95-97	98-101
Day 20	102-103	104
Day 21	105	106
Day 22	107	108-109
Day 23	110-113	114-115
Day 24	116-118	119:1-33
Day 25	119:34-72	119:73-104
Day 26	119:105-144	119:145-176
Day 27	120-125	126-131
Day 28	132-135	136-138
Day 29	139-141	142-143
Day 30	144-146	147-150

## Morning Prayers

Blessed Trinity,  
I receive your love,  
your presence,  
and this day as a gift from you.  
I open my heart to you.  
Please lead me deeper  
into your transforming love  
as we live these next hours together.

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Lord,  
You made in me love;  
You surround me in love;  
Sustain me in love so that I might serve and love well today.

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May my mouth praise the love of God this morning.  
O God, may I do your will this day.  
May my ears hear the words of God and obey them.  
O God, may I do your will this day.  
May my feet follow the footsteps of God this day.  
O God, may I do your will this day.

—Prayer from Japan

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I rise today with the power of God to guide me, the might of God to uphold me, the wisdom of God to teach me, the eye of God to watch over me, the ear of God to hear me, the word of God to give me speech, the hand of God to protect me, the path of God to lie before me, the shield of God to shelter me, the host of God to defend me against the snares of the devil and the temptations of the world, against every man who meditates injury against me, whether far or near.

—The Breastplate of St. Patrick (373 – 462)

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## Midday Prayers

Lord,  
we pause at noon from work and activity  
to remember the many gifts that come from your heart.  
Thank you for food and meaningful work.  
Thank you for the beauty and rhythm of each day.  
Thank you that you lovingly accept us as we are  
and invite us to rest in the intimacy of that love.  
Guard us, Lord, from seeking to find our identity  
in performance or professions.  
Keep us awake to your sustaining love  
the remainder of this day.  
Grant us the courage to delight in the life that is ours  
and may the peace you have given to us  
make its way to those you bring across our path.

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Lord,  
I offer myself from this point forward  
for the work you want accomplished,  
for the people you want me to meet,  
for the word you want to be uttered,  
for the silence you want to be kept,  
for the places you want me to enter,  
for the new ways you want pioneered.  
You go with me along the way, God;  
enable me to realize your presence  
and follow in the footsteps of our loving Lord Jesus Christ.

—*Morris Maddocks*

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O Lord,  
I yield myself to you.  
Eradicate the evil, purify the good,  
and establish your kingdom on earth.

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## Evening Prayers

Loving God,  
as I close my eyes and say goodnight to you and all this day has  
given, 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!

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Lord of the night,  
watch over me through the hours of darkness.  
Let all my questions, problems, decisions, be enveloped in sleep  
that through the mystery of the sleeping mind  
the difficulties of this day will be seen to be easier  
in the morning light.

Into your hands, O Lord, I commit my spirit. —*Frank Topping*

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O God,  
I am glad that I need not pretend during prayer:  
I am tired now and my words do not come easily;  
I have not kept all my bright promises of the morning;  
I have smudged the clear truth of some of my words;  
I have been a little short in some of my replies;  
I have overlooked others' needs, absorbed in my own;  
I have failed in cheerfulness at times.

You know, O God my Father,  
what troubles me now on recollection, as I come to my rest.  
I seek your forgiveness.  
Without your forgiving, sustaining, renewing love I cannot fully rest.  
I commit myself to you anew—in the name of Jesus my Master.

—*Rita Snowden*

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