

Responsive Prayer

A simple outline for individual or shared daily prayer

Pause for silent reflection, then begin with this invocation:

Holy God, holy and mighty, holy and immortal, have mercy on us.

You may pray The Lord's Prayer and say Apostles' Creed. Then pray one of the following litanies, which are based on language from the psalms.

Morning

O Lord, I cry to you for help.
In the morning my prayer comes before you.
(Ps 88:13)

Let my mouth be full of your praise
and your glory all the day long. (Ps 71:8)

Every day will I bless you,
and praise your name forever and ever.
(Ps 145:2)

Awesome things will you show us
in your righteousness,
O God of our salvation,
O hope of all the ends of the earth
and of the seas that are far away. (Ps 65:5)

Bless the Lord, O my soul,
and all that is within me, bless God's holy name.
(Ps 103:1)

You redeem my life from the grave,
and crown me with mercy and steadfast love.
(Ps 103:4)

Lord, hear my prayer,
and let my cry come before you. (Ps 102:1)

At other times of the day

Show us your mercy, O God,
and grant us your salvation. (Ps 85:7)

Give us the joy of your saving help again,
and sustain us with your bountiful Spirit.
(Ps 51:12)

Give peace in all the world;
for only in you can we live in safety.

Keep the nations under your care,
and guide us in the way of justice and truth.

Let your way be known upon earth;
your saving health among all nations. (Ps 67:2)

Let not the needy be forgotten,
nor the hope of the poor be taken away.
(Ps 9:18)

Create in me a clean heart, O God,
and sustain me with your Holy Spirit. (Ps 51:11)

Lord, hear my prayer,
and let my cry come before you. (Ps 102:1)

Prayer/Scripture/Silence/Reflection

Now, pause in a way that draws you closer to the promise and presence of God. Some options include: read Scripture; engage in extended meditation or reflection; pray for the church, the world, and all who are in need; pray through the church directory, your neighborhood, your family; meditate and pray following St Ignatius' Daily Examen pattern of prayer:

- 1. Become aware of God's presence.*
- 2. Review the day with gratitude.*
- 3. Pay attention to your emotions.*
- 4. Choose one feature of the day and pray from it.*
- 5. Look toward tomorrow.*



Conclude with one or more of the following prayers, followed by the blessing.

Morning

We give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have protected us through the night from all harm and danger. We ask that you would also protect us today from sin and all evil, so that our life and actions may please you. Into your hands we commend ourselves: our bodies, our souls, and all that is ours. Let your holy angels be with us, so that the wicked foe may have no power over us.

Amen.

Noon

Gracious Jesus, our Lord and our God, at this hour you bore our sins in your own body on the tree so that we, being dead to sin, might live unto righteousness. Have mercy upon us now and at the hour of our death, and grant to us, your servants, with all others who devoutly remember your blessed Passion, a holy and peaceful life in this world and, through your grace, eternal glory in the life to come; where, with the Father and the Holy Spirit, you live and reign, God forever.

Amen.

Afternoon

O God, in you we live and move and have our being. Guide and govern us in this day by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but remember that always we are walking in your sight; through Jesus Christ our Lord.

Amen.

Evening

We give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have graciously protected us today. We ask you to forgive us all our sins, where we have done wrong, and graciously to protect us tonight. Into your hands we commend ourselves: our bodies, our souls, and all that is ours. Let your holy angels be with us, so that the wicked foe may have no power over us.

Amen.

Daily work

God our creator, you have given us work to do and call us to use our talents for the good of all. Guide us as we work, and teach us to live in the Spirit who made us your sons and daughters, in the love that made us sisters and brothers, through Jesus Christ, our Savior and Lord.

Amen.

Before travel

O God, our beginning and our end, you kept Abraham and Sarah in safety throughout the days of their pilgrimage, you led the children of Israel through the midst of the sea, and by a star you led the magi to the infant Jesus. Protect and guide us now as we set out to travel. Make our ways safe and our home-comings joyful, and bring us at last to our heavenly home, where you dwell in glory with our Lord Jesus Christ and the life-giving Holy Spirit, one God, now and forever.

Amen.

Let us bless the Lord. **Thanks be to God.**

Almighty God bless us, defend us from all evil, and bring us to everlasting life. **Amen.**

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