

Welcome to the Audio Guide for Morning Prayer

Morning Prayer is a way to respond to our connection with God on a regular basis.

It is also a way to remember that all times and all spaces are holy. And, finally, it is a way to absorb the Bible and Prayers.

The format for Morning Prayer is simple. It has 5 parts.

1) a Psalm; 2) a Bible Verse; 3) Prayers for our self and others; 4) the Lord's Prayer and 5) a Prayer of the Day.

This audio guide allows us to incorporate an ancient spiritual discipline in a modern setting such as riding in a car or walking on a treadmill. The intention is to help guide a beginner through the Episcopal Morning Prayer service in non-traditional settings.

There are different prayer tracks on the audio guide. You may use a different prayer track each day or each week as suits you. Each prayer track ranges from 2 to 3 minutes. While there is no wrong way to use this guide, the intention is that one prayer track per session is sufficient. The amount of time for your individual prayers may vary from person to person or even from day to day, so the silence between the Bible Verse and the Lord's Prayer allows you to use the pause/stop function on your audio player.

A note of caution: if you are driving a car while using the audio guide, please keep your eyes open and stay aware of your surroundings.

After listening to this audio guide, you are invited to use this format to create your own tract for Morning Prayer and submit it.

To begin Morning Prayer, first, center yourself in the presence of God. Then use the Morning Prayer audio guide. Remember that prayer is not the way to God, but a response when we acknowledge God's love, forgiveness and grace for each of us.

One

A Reading from Psalm 51

Open my lips, O Lord, and my mouth shall proclaim your praise.
Create in me a clean heart, O God, and renew a right spirit within me.
Cast me not away from your presence and take not your holy Spirit from me.
Give me the joy of your saving help again and sustain me with your bountiful Spirit.

A Reading from first Peter beginning in chapter 1, verse 3

Blessed be the God and Father of our Lord Jesus Christ! By his great mercy we have been born anew to a living hope through the resurrection of Jesus Christ from the dead.

At this time you are invited to a time of prayer. During your time of prayer, please pause or stop the audio guide and resume playing the audio guide when you are finished. Please pause or stop the audio guide now.

We continue with the Lord's Prayer

Our Father, who art in heaven, hallowed be thy Name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

We conclude with a prayer of the day.

This is a Prayer for Grace

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. Amen.

Two

Psalm 95:1-7: Venite

Come, let us sing to the Lord; let us shout for joy to the Rock of our salvation. Let us come before his presence with thanksgiving and raise a loud shout to him with psalms. For the Lord is a great God, and a great King above all gods. In his hand are the caverns of the earth, and the heights of the hills are his also. The sea is his, for he made it, and his hands have molded the dry land. Come, let us bow down, and bend the knee, and kneel before the Lord our Maker. For he is our God, and we are the people of his pasture and the sheep of his hand. Oh, that today you would hearken to his voice!

Luke 4:18-19

The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favor.

Prayers

The Lord's Prayer

A Prayer In the Morning

This is another day, O Lord. I know not what it will bring forth, but make me ready, Lord, for whatever it may be. If I am to stand up, help me to stand bravely. If I am to sit still, help me to sit quietly. If I am to lie low, help me to do it patiently. And if I am to do nothing, let me do it gallantly. Make these words more than words, and give me the Spirit of Jesus. Amen.

Three

Psalm 100: Jubilate

Be joyful in the Lord, all you lands; serve the Lord with gladness and come before his presence with a song. Know this: The Lord himself is God; he himself has made us, and we are his; we are his people and the sheep of his pasture. Enter his gates with thanksgiving; go into his courts with praise; give thanks to him and call upon his Name. For the Lord is good; his mercy is everlasting; and his faithfulness endures from age to age.

From Romans 8:35-39

Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Prayers

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy Name. Thy kingdom come. Thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever. Amen.

A Prayer of Self-Dedication

Almighty and eternal God, so draw our hearts to you, so guide our minds, so fill our imaginations, so control our wills, that we may be wholly yours, utterly dedicated to you; and then use us, we pray, as you will, and always to your glory and the welfare of your people; through our Lord and Savior Jesus Christ. Amen.

Four

Psalm 121

I lift up my eyes to the hills; from where is my help to come? My help comes from the LORD, the maker of heaven and earth. He will not let your foot be moved and he who watches over you will not fall asleep. Behold, he who keeps watch over Israel shall neither slumber nor sleep; The LORD himself watches over you; the LORD is your shade at your right hand, So that the sun shall not strike you by day, nor the moon by night. The LORD shall preserve you from all evil; it is he who shall keep you safe. The LORD shall watch over your going out and your coming in, from this time forth for evermore.

Philippians 4:8-9

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Prayers

The Lord's Prayer

Prayer of St. Francis

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we 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. Amen.

Five

From Psalm 139

LORD, you have searched me out and known me; you know my sitting down and my rising up; you discern my thoughts from afar. You trace my journeys and my resting-places and are acquainted with all my ways. Indeed, there is not a word on my lips, but you, O LORD, know it altogether. You press upon me behind and before and lay your hand upon me. Such knowledge is too wonderful for me; it is so high that I cannot attain to it. Where can I go then from your Spirit? Where can I flee from your presence? If I climb up to heaven, you are there; if I make the grave my bed, you are there also. If I take the wings of the morning and dwell in the uttermost parts of the sea, even there your hand will lead me and your right hand hold me fast. For you yourself created my inmost parts; you knit me together in my mother's womb. I will thank you because I am marvelously made; your works are wonderful, and I know it well.

Matthew 11:28-30

Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Prayers

The Lord's Prayer

The Serenity Prayer

God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Living one day at a time; enjoying one moment at a time; accepting hardships as the pathway to peace; taking, as He did, this sinful world as it is, not as I would have it; trusting that He will make all things right if I surrender to His will; that I may be reasonably happy in this life and supremely happy with Him forever in the next. Amen.