

# MORNING PRAYER

**Lent:**

**40 Days of Preparation**

*Spending Time with God in the Word  
and Prayer*

# EVENING PRAYER

For thousands of years, the Christian Church has paused at different times throughout the day to pray. These times of prayer are called the Daily Offices, the origins of which stretch to before the 3<sup>rd</sup> century. There are offices for the morning, noon, early evening, and night although these four are often reduced to two: morning prayer and evening prayer.

This booklet lays out readings and prayers for the morning and the evening during the forty days of Lent (**beginning Ash Wednesday—Mar. 6 and continuing to Holy Saturday—Apr. 20, excluding Sundays**).

Each day is very similar—there is much repetition with short prayers and readings—to make it easy to memorize and recall during the day.

I encourage you to pray the Morning and Evening Prayers with your family as a way of teaching Scripture and teaching how to pray. You will notice that much of what is said comes directly from Scripture and the prayers either come from Scripture or are from the early church.

By the end of Lent, you will have read forty Psalms, the Gospel of John, and half the books of the Minor Prophets: Hosea, Joel, Amos, Obadiah, Jonah, and Micah.

Both the Morning and Evening Prayers are divided up into three sections: **sections I and III are prayed each day while section II has different readings and prayers for each day of the week.**

Set aside some extra time over the next 40 days to immerse yourself in God’s Word and soak in prayer as a way of preparing yourself for Jesus’ death and resurrection.

**Morning Prayer begins on pg. 2**

**Evening Prayer begins on pg. 12**

### **A word on praying other people’s prayers:**

It may seem strange to use ancient words and unfamiliar phrases when you pray. Give it a fair chance!

*But...Shouldn't we pray from the heart? Yes!* Sometimes, it helps to have a framework, like a written prayer around which to focus our prayers.

These prayers help us to pray in a different way, inspiring us to pray for things we would not otherwise.

The Spirit prays through us whether we pray “spontaneously” or using a written prayer, if our heart is focused on God.

# Morning Prayer

## Section I

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## Section II

Mondays.....pg. 4

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## Section III

Every Morning..... pg. 10

*Pray this at some point in the morning: maybe when you wake up or at breakfast*

## Every Morning

### Section I

#### Invocation

In the name of the Father and of the Son  
and of the Holy Spirit. Amen

#### Psalm Prayers

In the morning, O Lord, You hear my  
voice; in the morning I prepare a sacrifice  
for You and watch.

*Psalm 5:3*

O Lord, open my lips, and my mouth will  
declare Your praise.

*Psalm 51:15*

#### Prayer

Jesus, my Lord and my God: with this new  
dawn, I seek You. Guard and guide my  
steps this day. Amen.

#### Psalm Reading

*Pick one Psalm to read each day; it could be  
random or you could read the Psalms in order,  
however you feel led. But don't just read the  
Psalm, use it as your prayer to God.*

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*Now turn to section II and the correct day of  
the week.*

## Monday

Section II

### Reading

Quiet your heart and mind and ask God to open His word to you as you read the passage for this morning (at the right).

Re-read this passage again, slowly and out loud. Reflect on the word or words that stood out to you and what they reveal about God.

### Prayer of the Day

Look upon us, O Lord, and let all the darkness of our souls vanish before the beams of thy brightness.

Fill us with holy love, and open to us the treasures of thy wisdom.

All our desire is known unto thee, therefore perfect what thou hast begun, and what thy Spirit has awakened us to ask in prayer.

We seek thy face, turn thy face unto us and show us thy glory.

Then shall our longing be satisfied, and our peace shall be perfect.

*(St. Augustine, 354-430)*

### Lift up in Prayer

Those in service to us in government: our mayor, counsellors, reeves, MLA, Premier, MP, and Prime Minister.

### March 11

John 2:13-24

### March 18

John 5:18-29

### March 25

John 7:25-39

### April 1

John 10:22-42

### April 8

John 13:1-20

### April 15

John 17:1-26

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Now turn to Section III (pg. 10)

**Tuesday**

Section II

**Reading**

Quiet your heart and mind and ask God to open His word to you as you read the passage for this morning (at the right).

Re-read this passage again, slowly and out loud.

Reflect on the word or words that stood out to you and what they reveal about God.

**Prayer of the Day**

Lord, be with us this day,  
 Within us to purify us;  
 Above us to draw us up;  
 Beneath us to sustain us;  
 Before us to lead us;  
 Behind us to restrain us;  
 Around us to protect us.  
*(St. Patrick, 389-461)*

**Lift up in Prayer**

Our pastor, church leadership, and all of the ministries at Trinity.

**March 12**

John 3:1-15

**March 19**

John 5:30-47

**March 26**

John 7:40-

8:11

**April 2**

John 11:1-27

**April 9**

John 13:21-38

**April 16**

John 18:1-40

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Now turn to Section III (pg. 10)

## Wednesday

Section II

### Reading

Quiet your heart and mind and ask God to open  
His word to you as you read the passage for  
this morning (at the right).

Re-read this passage again, slowly and out loud.  
Reflect on the word or words that stood out to  
you and what they reveal about God.

### Prayer of the Day

O Lord, who hast mercy upon all, take away from  
me my sins,  
and mercifully kindle in me the fire of thy  
Holy Spirit.

Take away from me the heart of stone,  
and give me a heart of flesh,  
a heart to love and adore thee,  
a heart to delight in thee,  
to follow and to enjoy thee,  
for Christ's sake.

*(Ambrose of Milan, 339-397)*

### Lift up in Prayer

Our community and the efforts of the Leader  
Ministerial as we seek ways to work together  
that all would know the good news of Jesus'  
love for them.

### March 6

John 1:1-18

### March 13

John 3:16-36

### March 20

John 6:1-21

### March 27

John 8:12-38

### April 3

John 11:28-44

### April 10

John 14:1-14

### April 17

John 19:1-37

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Now turn to Section III (pg. 10)

**Thursday**

Section II

**Reading**

Quiet your heart and mind and ask God to open His word to you as you read the passage for this morning (at the right).

Re-read this passage again, slowly and out loud.

Reflect on the word or words that stood out to you and what they reveal about God.

**Prayer of the Day**

Lord, give me grace to hold righteousness in all things that I may lead a clean and blessed life and prudently flee evil and that I may understand the treacherous and deceitful falseness of the devil.

Make me mild, peaceable, courteous, and temperate. And make me steadfast and strong. Also, Lord, give Thou to me that I be quiet in words and that I speak what is appropriate.

Amen.

*(John Wycliffe, 1320-1384)*

**Lift up in Prayer**

Our national church affiliations: Canadian Association of Lutheran Congregations and Lutheran Churches in Mission for Christ; for all the churches associated with them and for the work they are doing across the country.

**March 7**

John 1:19-34

**March 14**

John 4:1-26

**March 21**

John 6:22-59

**March 28**

John 8:39-59

**April 4**

John 11:45-57

**April 11**

John 14:15-31

**April 18**

John 19:38-

20:23

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Now turn to Section III (pg. 10)



**Friday**

Section II

**Reading**

Quiet your heart and mind and ask God to open His word to you as you read the passage for this morning (at the right).

Re-read this passage again, slowly and out loud. Reflect on the word or words that stood out to you and what they reveal about God.

**Prayer of the Day**

We ask you, Master, be our helper and defender. Rescue those of our number in distress; raise up the fallen; assist the needy; heal the sick; turn back those of your people who stray; feed the hungry; release our captives; revive the weak; encourage those who lose heart. Let all the nations realize that you are the only God, that Jesus Christ is your Child, and that we are your people and the sheep of your pasture.  
(*Book of 1 Clement, 96 A.D.*)

**Lift up in Prayer**

The persecuted church around the world as people face imprisonment and death for their faith. Pray that they would be strengthened to stand for Jesus and that we would be bold in witnessing to our faith.

**March 8**

John 1:35-51

**March 15**

John 4:27-45

**March 22**

John 6:60-71

**March 29**

John 9:1-41

**April 5**

John 12:1-19

**April 12**

John 15:18-16:4

**April 19**

John 20:24-21:14

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Now turn to Section III (pg. 10)

**Saturday**

Section II

**Reading**

Quiet your heart and mind and ask God to open His word to you as you read the passage for this morning (at the right).

Re-read this passage again, slowly and out loud. Reflect on the word or words that stood out to you and what they reveal about God.

**Prayer of the Day**

May God the Father, and the Eternal High Priest Jesus Christ, build us up in faith and truth and love, and grant to us our portion among the saints with all those who believe on our Lord Jesus Christ. We pray for all saints, for kings and rulers, for the enemies of the Cross of Christ, and for ourselves we pray that our fruit may abound and we may be made perfect in Christ Jesus our Lord. AMEN.

*(Polycarp, 69-155)*

**Lift up in Prayer**

The work of all missionaries: each of us as we live out the Gospel in our homes, schools, and places of work; Bible translators; Bible School educators; relief and development workers; and all others who work to make Jesus known.

**March 9**

John 2:1-12

**March 16**

John 4:46-5:17

**March 23**

John 7:1-24

**March 30**

John 10:1-21

**April 6**

John 12:20-50

**April 13**

John 16:4-33

**April 20**

John 21:15-25

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Now turn to Section III (pg. 10)

## Every Morning

Section III

### Intercessory Prayer

Take time here to pray for the people and situations on your heart; lift their needs and concerns before our God who answers prayer.

*At the conclusion of your prayer for others:*

“Amen. Very well, God has heard my prayer; this I know as a certainty and a truth.”

### The Lord’s Prayer

Our Father in Heaven, hallowed be Your name,  
Your kingdom come, Your will be done, on earth  
as in heaven.

Give us today our daily bread.

Forgive us our sins as we forgive those who sin  
against us. Save us from the time of trial and  
deliver us from evil.

For the kingdom, the power, and the glory are  
yours, now and forever. Amen.

### Luther’s Morning Prayer

I thank You, my heavenly Father, through Jesus  
Christ, Your dear Son, that You have kept me  
this night from all harm and danger; and I pray  
that You would keep me this day also from sin  
and every evil, that all my doings and life may  
please You. For into Your hands I commend  
myself, my body and soul, and all things. Let  
Your holy angel be with me, that the evil foe may  
have no power over me. Amen.

### Benediction

Lord, be gracious to us and bless us and make  
Your face shine upon us, that Your way may be  
known on earth and Your saving power among all  
nations. Amen.

# Evening Prayer

## Section I

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## Section II

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Tuesdays.....pg. 14

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## Section III

Every Evening..... pg. 19

*Pray this at some point in the evening: maybe after supper or  
before bed*

## **Every Evening**

### Section I

#### **Invocation**

In the name of the Father and of the Son and of the Holy Spirit. Amen

Jesus Christ is the Light of the world, the light no darkness can overcome. *John 8:12; John 1:5*

Stay with us, Lord, for it is evening, and the day is almost over. *Luke 24:29*

#### **Confession**

Holy and gracious God, I confess that I have sinned against You this day. Some of my sin I know—the thoughts and words and deeds of which I am ashamed—but some is known only to You. In the name of Jesus Christ I ask forgiveness. Deliver and restore me that I may rest in peace.

#### **Forgiveness in the Cross**

Almighty Father, in your great love you gave your dearly beloved Son to die for us: grant that through his cross our sins may be put away, and remembered no more against us, and that, cleansed by his blood, and mindful of his sufferings, we may take up our cross daily, and follow him in newness of life, until we come to his everlasting kingdom; through your Son Jesus Christ our Lord. Amen.

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*Now turn to section II and the correct day of the week.*

## Monday

Section II

### Reading

Ask the Holy Spirit to speak to you tonight. Read the passage for this evening (at the right).

Re-read the passage and as you do, focus on what has connected with your spirit; what is God speaking to you this evening?

### Prayer of the Day

We thank you, O God, through your Child, Jesus Christ our Lord, because you have enlightened us and revealed to us the light that is incorruptible.

And now that evening has come and again we have no lack of light, we praise your holiness and glory through Your only Son, our Lord Jesus Christ. Amen.

*(A Prayer from one of the earliest Christian liturgies, dated to the first few generations of Christians)*

### Thanksgiving

Spend some time thanking God for all that was good in your day, remembering to give thanks even for the frustrating and challenging things.

Rejoice in the Lord always; again I will say,  
Rejoice  
*Philippians 4:4*

### March 11

Hosea 5:1-15

### March 18

Hosea 11:1-12:1

### March 25

Joel 2:1-11

### April 1

Amos 4:1-13

### April 8

Obadiah

### April 15

Micah 2:1-13

## Tuesday

Section II

### Reading

Ask the Holy Spirit to speak to you tonight. Read the passage for this evening (at the right).

Re-read the passage and as you do, focus on what has connected with your spirit; what is God speaking to you this evening?

### Prayer of the Day

Praise the Lord, you that are his servants, praise the Lord's name. We praise You, sing hymns to You, bless You, because of Your great glory, Lord King, Father of Christ, the spotless Lamb who took sin away from the world. Praise is Your fitting portion, singing of hymns your due, and glory: your, God the Father, through the Son and in the Spirit, age after age. Amen.

*(A Prayer from one of the earliest Christian liturgies, dated to the first few generations of Christians)*

### Thanksgiving

Spend some time thanking God for all that was good in your day, remembering to give thanks even for the frustrating and challenging things.

Give thanks to the Lord, for he is good; his love endures forever.

*Psalms 107:1*

### March 12

Hosea 6:1-11

### March 19

Hosea 12:2-14

### March 26

Joel 2:12-30

### April 2

Amos 5:1-27

### April 9

Jonah 1:1-17

### April 16

Micah 3:1-12

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Now turn to Section III (pg. 19)

## Wednesday

### Section II

#### Reading

Ask the Holy Spirit to speak to you tonight. Read the passage for this evening (at the right).

Re-read the passage and as you do, focus on what has connected with your spirit; what is God speaking to you this evening?

#### Prayer of the Day

In the name of our Lord Jesus Christ, send me Your Spirit; instil the wisdom of Your Holy Spirit into my heart; protect my soul and body, every limb in my body, every fibre of my being, from all possible harm and all traps the Devil may set me and every temptation to sin. Teach me to give you thanks, O Father, Son and Holy Spirit. Amen.

*(A Prayer from one of the earliest Christian liturgies)*

#### Thanksgiving

Spend some time thanking God for all that was good in your day, remembering to give thanks even for the frustrating and challenging things.

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

*1 Thessalonians 5:16-18*

#### March 6

Hosea 1:1-11

#### March 13

Hosea 7:1-16

#### March 20

Hosea 13:1-16

#### March 27

Joel 3:1-21

#### April 3

Amos 6:1-14

#### April 10

Jonah 2:1-10

#### April 17

Micah 4:1-13



## Thursday

Section II

### Reading

Ask the Holy Spirit to speak to you tonight. Read the passage for this evening (at the right).

Re-read the passage and as you do, focus on what has connected with your spirit; what is God speaking to you this evening?

### Prayer of the Day

Watch, Lord, with those who wake or weep tonight. Give the angels and saints charge over those who sleep. O Lord Jesus Christ, tend your sick ones, rest Your weary ones, bless Your dying ones, soothe the suffering ones, pity all the afflicted ones, shield the joyful ones, and all for Your love's sake. Amen.

*(St. Augustine, 354-430)*

### Thanksgiving

Spend some time thanking God for all that was good in your day, remembering to give thanks even for the frustrating and challenging things.

Give thanks to the Lord, call upon his name, make known his deeds among the peoples, proclaim that his name is exalted.

*Isaiah 12:3*

### March 7

Hosea 2:1-13

### March 14

Hosea 8:1-14

### March 21

Hosea 14:1-9

### March 28

Amos 1:1-15

### April 4

Amos 7:1-17

### April 11

Jonah 3:1-10

### April 18

Micah 5:1-15

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Now turn to Section III (pg. 19)

## Friday

Section II

### Reading

Ask the Holy Spirit to speak to you tonight. Read the passage for this evening (at the right).

Re-read the passage and as you do, focus on what has connected with your spirit; what is God speaking to you this evening?

### Prayer of the Day

Lord, thou hast given us thy Word for a light to shine upon our path; grant us so to meditate on that Word, and to follow its teaching, that we may find in it the light that shines more and more until the perfect day; through Jesus Christ our Lord.

*(Jerome, 342-420)*

### Thanksgiving

Spend some time thanking God for all that was good in your day, remembering to give thanks even for the frustrating and challenging things.

And now we thank you, our God, and praise your glorious name.

*1 Chronicles 29:13*

### March 8

Hosea 2:14-3:6

### March 15

Hosea 9:1-17

### March 22

Joel 1:1-12

### March 29

Amos 2:1-16

### April 5

Amos 8:1-14

### April 12

Jonah 4:1-11

### April 19

Micah 6:1-16

## Saturday

### Section II

#### Reading

Ask the Holy Spirit to speak to you tonight. Read the passage for this evening (at the right).

Re-read the passage and as you do, focus on what has connected with your spirit; what is God speaking to you this evening?

#### Prayer of the Day

Before the ending of the day, Creator of the world, we pray!

That You with steadfast love would keep Your watch around us while we sleep.  
(*Compline office hymn, 8<sup>th</sup> century*)

#### Thanksgiving

Spend some time thanking God for all that was good in your day, remembering to give thanks even for the frustrating and challenging things.

Bless the Lord, O my soul, and all that is within me, bless his holy name!

*Psalms 103:1*

#### March 9

Hosea 4:1-19

#### March 16

Hosea 10:1-15

#### March 23

Joel 1:13-20

#### March 30

Amos 3:1-15

#### April 6

Amos 9:1-15

#### April 13

Micah 1:1-16

#### April 20

Micah 7:1-20

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Now turn to Section III (pg. 19)

## Every Evening

Section III

### Song of Simeon

Lord, now You let Your servant go in peace; Your word has been fulfilled. My own eyes have seen the salvation which You have prepared in the sight of every people: a light to reveal You to the nations and the glory of Your people Israel. Glory be to the Father and to the Son and to the Holy Spirit; as it was in the beginning is now and will be forever. Amen.

(Luke 2:29-32)

### Luther's Evening Prayer

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

### Doxology (Sung)

Praise God from whom all blessings flow  
Praise him all creatures here below  
Praise him above ye heavenly host  
Praise Father, Son, and Holy Ghost. Amen.

### Benediction

The Lord grant us a quiet night, and at the last a perfect end; and the blessing of God Almighty, Father, Son, and Holy Spirit, be with us this night and always. Amen.