

## **Morning Prayers and Meditation**

### **Call To Worship**

This is the day which God has made

**Let us rejoice and be glad therein**

And what does the Eternal require of us?

**To do justly, love mercy, and walk humbly with our God.**

### **Opening Our Hearts To This Day**

People of God look about and see the faces of those we know and love—neighbors and friends, sisters and brothers—a community of kindred hearts. People of God, look about and see the faces of those we hardly know—strangers, sojourners, forgotten friends, the ones who need an outstretched hand.

**People of God, look about and see all the images of God in me, in you, in each of us, and in all the world so loved God's spirit shines for all to see. Open our eyes, our hearts, our souls this day.**

### **Morning Prayers**

Eternal God, we come to you with hungry hearts, waiting to be filled: Waiting to be filled with a sense of your presence; Waiting to be filled with the touch of your spirit; Waiting to be filled with new energy for service;

We have followed too much the devices and desires of our own hearts. We have left undone those things which we ought to have done, and we have done those things which we ought not to have done.

Gracious God, we confess what seems always with us: broken things within us that seem never to mend, empty places within us that seem always to ache, things like buds within us that seem never to flower.

O God of love and grace, help us to accept ourselves; lead us to do those good and true things that are not compromised by anything within us. As much as can be, mend us, fill us, make us bloom.

Have mercy upon us. Come to us, we pray. Be with us this day. Touch us. Heal us. Empower us as your people, that we might worship you in all we do, and act in the world for Jesus' sake.

Everlasting God, who hast safely brought us to the beginning of this day; grant that this day we fall into no sin, straying not from the way of love and justice, and protect us with thy peace which has power over all adversity.

Let us pray for those who weep, and for those who cause their weeping

**Hear our prayer, O God.**

For those who are without food, clothes, and a place of shelter this day  
and everyday

**Hear our prayer, O God.**

For those who live without hope and meaning

**Hear our prayer, O God.**

For those who live in fear or sickness

**Hear our prayer, O God.**

For those who make gods of things and of themselves,

**Hear our prayer, O God.**

(Sharing/Speaking Names Aloud or in Silence)

And as Jesus taught those who would follow him, we now join in  
praying:

**Our Father, who art in heaven, hallowed be thy name. Thy  
kingdom come, they 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.**

#### Centering Prayer

Sit in the quietness of your soul, regardless of how much noise may be  
around you, and let a word come to you this morning, or read over  
the prayers again and let a word from them choose you. Sit with that  
word. Repeating it to yourself. Let it lead you into reflection on your  
life and your purpose for this day. Use it in your own silent prayer.

#### Closing Words

Let the words of our mouths, and the meditations of our hearts,  
be acceptable in your sight, O Lord, this day.

**God is spirit, and where the spirit of God is, there is freedom.**

For freedom Christ has set us free; stand fast therefore, and do not  
submit again to a yoke of slavery.

**Be still and know God, whose mercy is everlasting and whose  
truth endures from generation to generation.**

The grace of our Lord Jesus Christ, and the love of God, and the  
fellowship of the Holy Spirit, be with us all evermore.

**Amen.**

---prayers taken, altered, from the King's Chapel Book of Common Prayer, and from the Book of Worship of the United Church of Christ.