

**Prayer to start your day**

**Lent 2021**

*You may wish to light a candle and have some reflective music playing in the background.*

**To you Lord, I lift up my soul**

In you I put my hope, all the day long

**God in you I trust**

The night has passed, and the day lies open before us

**Let's pray with one heart and mind**

*A moment of silence to be still and centre our scattered thoughts*

As we rejoice in the gift of this new day

**So, may the light of your presence set our hearts**

**on fire with love for you now and for ever**

*We join in prayer using words from the Psalms to help us*

Extract from a Psalm for today

*We declare these words of praise*

**Glory to the Father, and to the Son and to the Holy Spirit**

**As it was in the beginning, is now and shall  
be forever**

*We read from the Bible and reflect on what  
God may be saying to us today*

*We offer our prayers to God*

*We pray for this day and its tasks*

*We pray for others*

*We pray for ourselves*

*And bring our silent prayers before God*

Cast all your anxiety on Him for He cares for  
you

Standing at the foot of the cross,

As our Saviour taught us, so we pray

**Our Father in heaven**

**Hallowed be your name**

**Your Kingdom come**

**Your will be done**

**One earth as in heaven**

**Give us today our daily bread**

**Forgive us our sins as we forgive those who  
sin against us**

**Lead us not into temptation**

**But deliver us from evil**

**For the Kingdom, the power and the glory  
are yours**

**Now and for ever**

**Amen**

*We conclude our prayers trusting God  
to help and guide us this day.*

**The Lord bless us, and preserve us  
from all evil,  
and keep us in eternal life. Amen.**

Let us bless the Lord.

**Thanks be to God**

