

# Short Family Morning and Evening Prayer



Devotions For The Most Busy Of Families

## FAMILY MORNING PRAYER

*¶ For both the shorter and longer versions of Family Morning Prayer, after the reading of a portion of Holy Scripture (**item 2** in the reading schedule) let the Head of the Household, or some other member of the family, say as follows, all kneeling and repeating with him the Lord's Prayer:*

OUR Father in heaven, hallowed be your name. Your kingdom come. Your 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 yours is the kingdom, and the power, and the glory, for ever and ever. Amen.

*¶ The following collect is to be read for the shorter Family Morning Prayer and may be omitted from the longer version.*

O LORD, our heavenly Father, Almighty and everlasting God, who has safely brought us to the beginning of this day; defend us in the same with your mighty power; and grant that this day we fall into no sin, neither run into any kind of danger; but that all our doings, being ordered by your governance, may be righteous in your sight; through Jesus Christ our Lord. *Amen.*

*¶ Here shall follow the Collect Of The Day (item 1 in the reading schedule).*

### **Acknowledgement of God's Mercy and Preservation especially through the Night Past**

ALMIGHTY and everlasting God, in whom we live and move and have our being; we, your needy creatures, render you our humble praises, for your preservation of us from the beginning of our lives to this day, and especially for having delivered us from the dangers of the past night. For these your mercies, we bless and magnify your glorious Name; humbly beseeching you to accept this our morning sacrifice of praise and thanksgiving; for his sake who lay down in the grave, and rose again for us, your Son our Savior Jesus Christ. *Amen.*

### **Dedication of Soul and Body to God's Service, with a Resolution to be Growing Daily in Goodness**

AND since it is of your mercy, O gracious Father, that another day is added to our lives; we here dedicate both our souls and our bodies to you and your service, in a sober, righteous, and godly life: in which resolution, O merciful God, do confirm and strengthen us; that, as we grow in age, we may grow in grace, and in the knowledge of our Lord and Savior Jesus Christ. *Amen.*

### **Prayer for Grace to Enable Us to Perform that Resolution**

BUT, O God, you know the weakness and corruption of our nature, and the manifold temptations with which we daily meet; We humbly beseech you to have compassion on our infirmities and to give us the constant assistance of your Holy Spirit; that we may be effectually restrained from sin, and incited to our duty. Imprint upon our hearts such a dread of your judgments and such a grateful sense of your goodness to us, as may make us both afraid and ashamed to offend you. And, above all, keep in our minds a lively remembrance of that great day, in which we must give a strict account of our thoughts, words, and actions to him whom you have appointed the Judge of the living and dead, your Son Jesus Christ our Lord. *Amen.*

### **For Grace to Guide and Keep Us the Following Day, and for God's Blessing on the Business of the Same**

In particular, we implore your grace and protection for the ensuing day. Keep us temperate in all things, and diligent in our several callings. Grant us patience under our afflictions. Give us grace to be just and upright in all our dealings; quiet and peaceable; full of

compassion; and ready to do good to all men, according to our abilities and opportunities. Direct us in all our ways. Defend us from all dangers and adversities; and be graciously pleased to take us, and all who are dear to us, under your fatherly care and protection. These things, and whatever else you shall see to be necessary and fitting for us, we humbly beg, through the merits and mediation of your Son Jesus Christ, our Lord and Savior. Amen.

*¶ Here may be added any special Prayers.*

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.*

## FAMILY EVENING PRAYER

*¶ For both the shorter and longer versions of Family Evening Prayer, after the reading of a portion of Holy Scripture (item 2 in the reading schedule) let the Head of the Household, or some other member of the family, say as follows, all kneeling and repeating with him the Lord's Prayer:*

OUR Father in heaven, hallowed be your name. Your kingdom come. Your 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 yours is the kingdom, and the power, and the glory, for ever and ever. Amen.

*¶ The following collect is to be read for the shorter Family Evening Prayer and may be omitted from the longer version.*

LIGHTEN our darkness, we beseech you, O Lord; and by your great mercy defend us from all perils and dangers of this night; for the sake of the love of your only Son, our Savior, Jesus Christ. Amen.

*¶ Here shall follow the Collect Of The Day (item 1 in the reading schedule).*

### **Confession of Sins, with a Prayer for Contrition and Pardon**

MOST merciful God, you are of purer eyes than to behold iniquity and have promised forgiveness to all those who confess and forsake their sins; we come before you in an humble sense of our own unworthiness, acknowledging our manifold transgressions of your righteous laws. But, O gracious Father, who desires not the death of a sinner, look upon us, we beseech you, in mercy, and forgive us all our transgressions. Make us deeply sensible of the great evil of them; and work in us an hearty contrition; that we may obtain forgiveness at your hands, who is ever ready to receive humble and penitent sinners; for the sake of Your Son Jesus Christ, our only Savior and Redeemer. *Amen.*

### **Prayer for Grace to Reform and Grow Better**

AND lest, through our own frailty, or the temptations which encompass us, we be drawn again into sin; graciously grant us according to your promises, we beseech you, the direction and assistance of Your Holy Spirit. Reform whatever is amiss in the temper and disposition of our souls; that no unclean thoughts, unlawful designs, or inordinate desires,

may rest there. Purge our hearts from envy, hatred, and malice; that we may never allow the sun to go down upon our wrath; but may always go to our rest in peace, charity, and good-will, with a conscience void of offence towards You and towards men; that we may be preserved pure and blameless, unto the coming of our Lord and Savior Jesus Christ. Amen.

### **The Intercession**

AND accept, O Lord, our intercessions for all mankind. Let the light of Your Gospel shine upon all nations; and may as many as have received it, live as becomes it. Be gracious unto Your Church; and grant that every member of the same, in his vocation and ministry, may serve You faithfully. Bless all in authority over us; and so rule their hearts and strengthen their hands, that they may punish wickedness and vice, and maintain Your true religion and virtue. Send down your blessings, temporal and spiritual, upon all our relations, friends, and neighbors. Reward all who have done us good and pardon all those who have done or wish us evil, and give them repentance and better minds. Be merciful to all who are in any trouble; and do, God of pity, administer to them according to their several necessities; for his sake who went about doing good, Your Son our Savior Jesus Christ. *Amen.*

### **The Thanksgiving**

To our prayers, O Lord, we join our unfeigned thanks for all Your mercies; for our being, our reason, and all other endowments and faculties of soul and body; for our health, friends, food, and raiment, and all the other comforts and conveniences of life. Above all, we adore your mercy in sending your only Son into the world, to redeem us from sin and eternal death, and in giving us the knowledge and sense of our duty towards you. We bless You for Your patience with us, notwithstanding our many and great provocations; for all the directions, assistances, and comforts of Your Holy Spirit; for your continual care and watchful providence over us through the whole course of our lives; and particularly for the mercies and benefits of the past day; beseeching you to continue these your blessings to us, and to give us grace to show our thankfulness in a sincere obedience to his laws; through whose merits and intercession we received them all, your Son our Savior Jesus Christ. Amen.

### **Prayer for God's Protection through the Night Following**

IN particular, we beseech you to continue your gracious protection to us this night. Defend us from all dangers and mischiefs and from the fear of them; that we may enjoy such refreshing sleep as may fit us for the duties of the coming day. And grant us grace always to live in such a state that we may never be afraid to die; so that, living and dying, we may be yours, through the merits and satisfaction of your Son Christ Jesus, in whose Name we offer up these our imperfect prayers. *Amen.*

*¶ Here may be added any special Prayers.*

THE Lord bless us and keep us. The Lord make his face to shine upon us, and be gracious unto us. The Lord lift up his countenance upon us, and give us peace, this night and evermore. Amen.

### **Some Suggestions For Family Devotions**

- It is right to have good intentions. It is better to have good results. Therefore, start slowly, with short devotional times, short portions of Scripture, and several times per week (two or three times).
- Choose the time of day and occasion that best suits family unity and temperament; ie, before or after meals, morning or evening, at the table or at the bedside.
- It is suggested that children be “grown into” the devotional opportunity. For example, consider these age groups. For ages one through three, it is enough that they can sit through the time of family prayer. For ages four through six, it is enough that they can say the Lord’s Prayer together with the family. For ages seven through twelve, it is sufficient that they can read a portion of Scripture without breaking into laughter or freezing into an intimidated statue. For ages twelve and up, it would be expected that they might lead the time of devotion, including (eventually) a short commentary or observation on the text of Scripture read.
- As the leader, the father or mother should seek to find connections between the prayers or the Scriptures and some occasion or event of the day.
- No method should be binding for its own sake, nor should form be ignored for the sake of “freedom,” if that freedom becomes lack of discipline. Use this method judiciously – but use it! Especially take note of language or concepts in the prayers that might at first be foreign to you or your children and take the opportunity to learn what those things mean.