

Martin Luther's Morning Prayer

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

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 actions and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angels be with me, that the evil foe may have no power over me. Amen.

Another Morning Prayer

There are so many things I take for granted. May I not ignore them today.

Just for today, help me, God, to remember that my life is a gift, that my health is a blessing, that this new day is filled with awesome potential, that I have the capacity to bring something wholly new and unique and good into this world.

Just for today, help me, God, to remember to be kind and patient to the people who love me, and to those who work with me too. Teach me to see all the beauty that I so often ignore, and to listen to the silent longing of my own soul.

Just for today, help me, God, to remember You.

Let this be a good day, God, full of joy and love. Amen.

Martin Luther's Evening Prayer

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

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 angels be with me, that the evil foe may have no power over me. Amen.

Another Evening Prayer

With the darkness comes Your light. Earth and sky blend into one, the heavens seem closer now, the day's burdens farther somehow. Your presence is almost palpable.

Watch over me, God, body and soul. Stay beside me through the night. Protect me from harm. Banish my fears. Send me dreams that are sweet, fill my heart with Your peace, set my mind at ease. And, at first light, please, restore me to new life. Amen.

A Prayer for the Strength to Reach Out for Help

I don't want to be a burden, God. I certainly don't want pity. But I can no longer do it all alone.

Help me, God. Teach me not to be afraid to rely upon others. Show me how to accept kindness, how to ask for help. Teach me, God, that my children still love me even though they're grown.

I still have so much to offer, God. Help me find the ways to transmit my wisdom, to share my love, to realize my talents, to offer my reassurance and support.

Most of all, I place my trust in You, God; I place my body and soul in Your hands, and pray that You will be with me. Amen.

A Prayer for the Body

Thank You, God, for the body You have given me. Most of the time I take my health for granted. I forget how fortunate I am to live without pain or disability, how blessed I am to be able to see and hear and walk and eat. I forget that this body of mine, with all its imperfections is a gift from You.

When I am critical of my appearance, remind me, God, that I am created in Your holy image. If I become jealous of someone else's appearance, teach me to treasure my unique form.

Help me, God, to care for my body. Teach me to refrain from any action that will bring harm to me. If I fall prey to a self-destructive habit, fill me with the strength to conquer my cravings.

Lead me to use my body wisely, God. Guide my every limb, God, to perform acts of compassion and kindness.

I thank You, God, for creating me as I am. Amen.

A prayer for aging with dignity

I don't want to grow old God. I don't want any part of it. But since I have no power to stop the clock, my prayer is this: Let me age with grace.

Show me the way, God. Be with me. Grant health to my body and clarity to my mind. Give me strength. Help me to overcome my vanity. Teach me to combat self-pity. Don't allow me to become set in my ways. Shield me from isolation and from loneliness.

May the love of my family and friends be my reward for all the struggles of my youth.

Let all the blessings of age emanate from me. Let wisdom flow from my mouth, let compassion flow from my heart, let acts of kindness flow from my arms, let faith flow from my soul, let joy shine forth from my eyes. Amen.

Mealtime Prayers

Bless us Oh Lord and these your gifts which we are about to receive through your grace, through Christ Our Lord, Amen

Full of joy and thankfulness, we say 'Thank you Lord' from the bottom of our hearts. We look at the food that has been prepared by loving hands, we look into the faces of those that love us and whom we love.

All good gifts around us are sent from heaven above, and we will never forget who is our true provider. We thank you as you bless this food and bless this time together. Amen

Thank you, Lord. These are simple words but they come from simple hearts that overflow with the realization of your goodness. We ask you to bless us as we eat, bless this food and bless the hands that prepared it. May the words of our lips spring forth from hearts of gratitude and may we bless others with our lives. Amen.

We thank you, God, for the love that binds us, for the food that nourishes us, and for your giving of your Son into our world to save us. Amen.

Come Lord Jesus, our guest to be and bless these gifts bestowed by Thee. Amen

Dear Lord, thank you for this food. Bless the hands that prepared it. Bless it to our use and us to your service. And make us ever mindful of the needs of others. Through Christ our Lord we pray. Amen.

We give you thanks from grateful hearts for this meal, for our fellowship, for your love, for your provision of food and of those who prepared this wonderful meal for us. Help us to remember that you are with us around the table and may our hearts and words be a blessing to you in return. Amen.