
O praise God in his holiness! praise him in the firmament of his power!

from Psalm 150

Jesu my Lord, I thee adore: O make me love thee more and more.

Henry Collins

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.

Great God of glory, King of high heaven,
to you may our hearts' hope and hands' work be given.

Thank you for creating us and giving us your love

Thank you for the promise of eternal life above.

My Jesus, my Saviour,
Lord there is no-one like you,
all of my days, I want to praise
the wonders of your mighty love.

My comfort, my shelter,
tower of refuge and strength,
let every breath, all that I am,
never cease to worship you.

Darlene Zschech

**A prayer to repeat while
working, while waiting,
while awake at night**

**Lord Jesus Christ, Son of God,
have mercy on me.**

Grace at meals

Lord, bless this food to our use and ourselves in your service, and keep us always mindful of the needs of others. Amen.



Revd Dr Ruth Tuschling, Spirituality Adviser
First floor, Peninsular House
Wharf Road
Portsmouth PO2 8HB
023 9289 9686

ruth.tuschling@portsmouth.anglican.org
[www.portsmouth.anglican.org/what_we_do/
healing_spirituality](http://www.portsmouth.anglican.org/what_we_do/healing_spirituality)

Some basic prayers

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy 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, the power and the glory, for ever and ever. Amen.

Morning and evening

The night has passed, and the day lies open before us; let us pray with one heart and mind. As we rejoice in the gift of this new day, so may the light of your presence, O God, set our hearts on fire with love for you; now and for ever. Amen.

Grant us, O Lord, to pass this day in gladness and peace, without stumbling and without stain, so that we may praise you, God ever blessed, who watch over our days. Amen.

Lighten our darkness, Lord we pray, and in your great mercy defend us from all perils and dangers of this night, for the love of your only Son, our Saviour Jesus Christ. Amen.

Watch, Lord, with those who wake, or watch, or weep tonight, and give your angels charge over those who sleep. Tend the sick, refresh the weary, sustain the dying, calm the suffering, pity the distressed. This we ask for your love's sake. Amen.

Glory to thee, my God, this night,
for all the blessings of the light.
Keep me, O keep me, King of kings
beneath thine own almighty wings.

Prayers from the Bible

The Lord is my light and my salvation, whom then shall I fear? The Lord is the strength of my life, of whom then shall I be afraid?

from Psalm 27

The Lord is my shepherd: therefore can I lack nothing. He makes me lie down in green pastures and leads me beside still waters. He shall refresh my soul, and guide me in right pathways for his name's sake. Though I walk through the valley of the shadow of death I will fear no evil, for you are with me; your rod and your staff comfort me. You spread a table before me in the presence of those who trouble me; you have anointed my head with oil and my cup shall be full. Surely goodness and loving mercy shall follow me all the days of my life, and I will dwell in the house of the Lord for ever.

Psalm 23

Out of the deep have I called to you, O Lord; hear my voice. I wait for the Lord, my soul waits for him; in his word is my hope. O Israel, trust in the Lord, for with him is mercy, and he will redeem you from all your sins.

from Psalm 130

Words to strengthen and console

Thank you, Lord Jesus Christ, for all the benefits which you have given me, for all the pains and insults which you have borne for me. Most merciful Redeemer, Friend and Brother, may I know you more clearly, love you more dearly and follow you more nearly day by day.

St Richard of Chichester, d. 1253

God be in my head and in my understanding
God be in my eyes and in my looking
God be in my mouth and in my speaking
God be in my heart and in my thinking
God be at my end, and at my departing.

From a 16th century prayer book

O Lord, support us the day long of this troublous life, until the shadows lengthen and the evening comes, and the busy world is hushed, the fever of life is over, and our work is done. Then Lord, in your mercy, grant us safe lodging, a holy rest, and peace at the last; through Jesus Christ our Lord.

John Henry Newman, d. 1890

Words of joy

Glory to the Father and to the Son and the Holy Spirit. As it was in the beginning, is now and shall be for ever. Amen.