

# MORNING AND EVENING PRAYER

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# INTRODUCTION

## “PRAY ALWAYS”

What else does this simple Scriptural sentence mean except that all our lives God calls us to prayer? Praying is not easy, as you know. Every day so many other things call for your attention. The world around you puts little value on prayer; its advice is that you put your mind to more important matters. It is not easy to pray, yet God tells us to do so.

This book of prayers contains Morning and Evening Prayer drawn from the Psalms and Scriptures, the Way of the Cross, the Rosary, Meditations for Advent, Christmas and Lent, which are the great seasons of prayer within the Church, as well as selections from the word of God. As you use this book of prayers, may the Holy Spirit come to your aid and guide you to the God Who loves you.

## MONDAY MORNING

Attend to the sound of my cry, my king  
and my God! For to you I will pray, LORD;  
in the morning you will hear my voice;  
in the morning I will plead before you and wait.

You are not a god who delights in evil;  
no wicked person finds refuge with you;  
the arrogant cannot stand before your eyes.  
You hate all who do evil; you destroy those  
who speak falsely. A bloody and fraudulent man  
the LORD abhors.

But I, through the abundance of your mercy,  
will enter into your house. I will bow down  
toward your holy sanctuary out of fear of you.  
LORD, guide me in your justice because of my foes;  
make straight your way before me.

Then all who trust in you will be glad  
and forever shout for joy. You will protect them  
and those will rejoice in you who love your  
name. For you, LORD, bless the just one;  
you surround him with favor like a shield.

Psalm 5

Glory be to the Father...

## FRIDAY MORNING

**H**ave mercy on me, God, in accord  
with your merciful love;  
in your abundant compassion blot  
out my transgressions.

Thoroughly wash away my guilt;  
and from my sin cleanse me.

For I know my transgressions;  
my sin is always before me.

Against you, you alone have I sinned;

A clean heart create for me, God;  
renew within me a steadfast spirit.

Do not drive me from before your face,  
nor take from me your holy spirit.

Restore to me the gladness of your salvation;  
uphold me with a willing spirit.

I will teach the wicked your ways,  
that sinners may return to you.

Rescue me from violent bloodshed,  
God, my saving God,  
and my tongue will sing joyfully  
of your justice.

LORD, you will open my lips;  
and my mouth will proclaim your praise.

Psalm 51

**G**lory be to the Father...



Bartolome Esteban Murillo (1617 – 1682). *The Annunciation*,  
Prado, Madrid, Spain

## FOURTH WEEK OF ADVENT

Then the angel said to her, “Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High. Therefore the child to be born will be called holy, the Son of God.”

Luke 1:30–32, 35

O Jesus, I believe You were born of Mary and are God’s Son. Your mysterious coming is beyond understanding. Yet like Your holy mother, Mary, I wish that You come to me, for You promised You will. Let me serve You in any way I can and know that You are with me day by day as my life goes by. Like Mary, Your mother, though I know You only by faith, may my whole being proclaim Your greatness and my spirit rejoice in Your favor to me. O Wisdom, holy Word of God, Jesus.