



# A few Portable Prayers

for use by  
anyone,  
anywhere,  
anytime



## A Prayer of Thomas Merton

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone.

Amen.

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## A Prayer in the Morning

This is another day, O Lord. I know not what it will bring forth, but make me ready, Lord, for whatever it may be. If I am to stand up, help me to stand bravely. If I am to sit still, help me to sit quietly. If I am to lie low, help me to do it patiently. And if I am to do nothing, let me do it gallantly. Make these words more than words, and give me the Spirit of Jesus. Amen. (BCP, p. 461)



## A Prayer for Trust in God

O God, the source of all health: So fill my heart with faith in your love, that with calm expectancy I may receive, recognize and give thanks for your gracious healing, through Jesus Christ our Lord. Amen. (BCP, p. 461)



## A Prayer for Sleep

Creator of all days and nights and giver of life: bless me now with the precious gift of sleep; free me from all anxieties as I abide in your tender care; and renew my body, mind and spirit so that I may again rise to serve you in good health and with joy; through Jesus Christ our Lord. Amen.



## A Prayer for Perseverance in Faith

O God, whose days are without end, and whose mercies cannot be numbered: Make us, we pray, deeply aware of the shortness and uncertainty of human life; and let your Holy Spirit lead us in holiness and righteousness all our days; that, when we shall have served you in our generation, we may be gathered to our ancestors, having the testimony of a good conscience, in the communion of the Catholic Church, in the confidence of a certain faith, in the comfort of a religious and holy hope, in favor with you, our God, and in perfect charity with the world.

All this we ask through Jesus Christ our Lord. Amen. (BCP, p. 504)



## A Prayer for Guidance

Heavenly Father, in you we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. Amen. (BCP, p. 100)