

Psalm 23

KJV

A Prayer Attributed to St. Francis

The Lord is my Shepherd;
I shall not want.

He maketh me to lie down
in green pastures; he leadeth
me beside the still waters.

He restoreth my soul;
He leadeth me in the paths
of righteousness for
His Name's sake.

Yea, though I walk through
the valley of the shadow of
death, I will fear no evil;
for thou art with me,
thy rod and thy staff,
they comfort me.

Thou preparest a table
before me in the presence
of mine enemies; thou
annointest my head with oil,
my cup runneth over.

Surely goodness and mercy
shall follow me all the days
of my life, and I will dwell
in the house of the Lord forever.



*Lord, make us
instruments of your peace.*

Where there is hatred, let us sow love;
where there is injury, pardon;
where there is discord, union;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

Grant that we may not so much seek
to be consoled as to console;
to be understood as to understand;
to be loved as to love.

For it is in giving that we receive;
it is in pardoning that we are
pardoned; and it is in dying
that we are born to eternal life. *Amen*

Hugs

Helping-Understanding-Giving Support



St. Andrew's Episcopal Church
301 South Circle Drive
Rocky Mount, N.C. 27804

Phone: (252) 443-2070
Email: office@saint-andrews-church.org

*Grace and Peace
be unto you...*



Daily Prayers from

Hugs

Helping-Understanding-Giving Support

...from God our Father and the Lord Jesus Christ.



This leaflet comes to you from the community of St. Andrew's Episcopal Church and their *HUGS* Prayer Team.

We hope these prayers will give you comfort, strength, and a sense of God's loving presence.

Remember the words of our Lord Jesus Christ,

"Come unto me, all ye that travail and are heavy laden, and I will refresh you."



In the Morning:

O God, this is the first day of the rest of my life. Fill my heart with the inward joy and serenity that comes from living close to you; that by your Spirit, I may bear whatever ills and crosses that I meet with a good courage and endure what I must endure; and always and in all things, give you thanks; for the sake of our Lord Jesus Christ. *Amen.*

At Noon:

Heavenly Father, send your Holy Spirit into our hearts to direct and rule us according to your will, to comfort us in all our afflictions, to defend us from all error, and to lead us into all truth; through Jesus Christ our Lord. *Amen.*

In the Evening:

Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, and awaken hope, that we may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love. *Amen.*

For Inner Peace:

O God, whose grace is sufficient for all our needs: Lift us, we pray thee, above our doubts and anxieties into the calm of thy presence; that guarded by thy peace we may serve thee without fear all the days of our life; through Jesus Christ our Lord. *Amen.*

For Healing:

Lord Jesus Christ: Be near me in my time of weakness and pain; sustain me by your grace, that my strength and courage may not fail; heal me according to your will and help me to trust in your promise of eternal life, my Lord and my God. *Amen.*

For Quiet Confidence:

O God of peace, who hast taught us that in returning and rest we shall be saved, in quietness and confidence shall be our strength; By the might of thy Spirit lift us, we pray thee, to thy presence, where we may be still and know that thou art God, through Jesus Christ our Lord. *Amen.*