

### *Prayer for Morning and Evening*

*In the morning, when you get up make the sign of the Holy Cross and say the following prayers: The Lords Prayer: 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 and the power and the glory forever and ever. Amen*

*Then say the Apostles Creed: I believe in God, the Father Almighty, Maker of heaven and earth. And in Jesus Christ, His only Son our Lord, who was conceived by the power of the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell. The third day He rose again from the dead. He ascended into heaven and sits at the right hand of God, the Father Almighty. From thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the holy Christian Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen. If you choose you may say the following prayer.*

*Luther's Morning Prayer: 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 doings and life may please You. For into Your hands I commend myself, my body and soul and all things. Let Your holy angel be with me that, the evil foe may have no power over me. Amen*

*In the evening, before retiring, make the sign of the Holy Cross and again say the Lords prayer and the Apostles Creed. If you wish you may say this little prayer also.*

*Luther's Evening prayer: 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 angel be with me, that the evil foe may have no power over me. Amen. If your devotion to Christ leads you in this direction you may also say a prayer to your Guardian Angel. I have included both the Orthodox and Roman Catholic versions. Orthodox Prayer to our Guardian Angel: O angel of God, my holy guardian, given me for protection by God in heaven: Do thou this day illumine me and preserve me from all evil, teach me to do good, and direct me on the path of salvation. Amen.*

*The Roman Catholic version: Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side, to light and guard, to rule and guide. Amen.*