

# A SIMPLE RULE OF PRAYER

## AT THE BEGINNING OF THE DAY

*Take a few moments to be still, quiet, and present to God. Then pray:*

Lord Jesus Christ, Son of the Living God: Help me this day to love and serve you in everyone I meet, and to rejoice in your promise to be with me always, as my Savior and my Lord. Amen.

## DAILY DISCIPLINE

Generous and gracious God, help me to be aware of your continual presence that I may:

- Grow in my trust in you,
- Give of myself more fully, and
- Serve others as a tangible expression of your own love for them.

## AT THE END OF THE DAY

**Examen:** *reflecting on your day*

- Where or by whom did Jesus come to me today?
- When and how was I a Christ-bearer to another?
- For what am I most grateful to God?

### **Concluding Prayer:**

Almighty God, I thank you for all you have given and for all you have forgiven: for your hidden blessings and for those which in my negligence I have passed over; for every gift of nature or of grace; for the power of love; for all you have yet in store for me; for everything, whether joy or sorrow, whereby you are drawing me to yourself through Jesus Christ our Lord. Amen.



## TABLE BLESSINGS

God is great, God is good,  
and we thank you for our food. Amen.

—*traditional*

We thank you, Lord, for these gifts of  
your bounty.  
In our plenty may we not forget the poor  
and needy;  
and for all your mercies make us humbly  
grateful. Amen.

—*Massey H. Shepherd, Jr.*

Be present at our table, Lord;  
Be here and everywhere adored.  
These creatures bless, and grant that we  
May feast in Paradise with thee. Amen.

—*John Wesley*

Give us grace, O Lord,  
to fast till we come to a refreshed sense of  
what we have,  
and then to dine gratefully on all that  
comes to hand.

And set us free so we may serve you as  
you have blessed us. Amen.

—*Robert Farrar Capon*

O Thou who clothest the lilies  
and feedest the birds of the sky,  
who leadest the lambs to the pasture  
and the hart to the waterside,  
who hast multiplied loaves and fishes  
and converted water into wine:  
do thou come to our table  
as guest and giver to dine. Amen.

—*Anonymous*

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*grow*  *give*  *serve*