

Morning Prayer Guide

Prayer Upon Waking

Good morning heavenly Father, good morning Lord Jesus, good morning Holy Spirit. Heavenly Father, I worship You as the Creator and Sustainer of the universe. Lord Jesus, I worship You, Savior and Lord of the world. Holy Spirit, I worship You, Sanctifier and Guide of the people of God. Heavenly Father, I pray that I may live this day in Your presence and please You more and more. Lord Jesus, I pray that this day I may take up my cross and follow You. Holy Spirit, I pray that this day You will fill me with yourself and cause your fruit to ripen in my life: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Holy, blessed, and glorious Trinity, three persons in one God, have mercy upon me. Amen. ([John Stott](#))

Opening Scriptures

When you are settled down in your prayer corner, pray:

Send out Your light and Your truth, that they may lead me, and bring me to Your holy hill and to Your dwelling. (Psalm 43:3)

Give thanks to the Lord, for He is good. His love endures forever. (Psalm 136:1)

The Life-Giving Law of Love

One of the scribes asked Him, “Which commandment is the most important of all?” Jesus said, “The greatest commandment is this: ‘Hear O Israel: The Lord our God, the Lord is one. And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.’ The second is this, ‘You shall love your neighbor as yourself.’ There is no other commandment greater than these. (Mark 12:29-31)

Prayer of Repentance

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

“If anyone sins, we have an advocate with the Father—Jesus Christ, the Righteous One. He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.” (1 John 2:1-2)

Invitation to Praise and Listen

O Lord, open our lips, and our mouth shall proclaim Your praise. (Psalm 51:15)

Come, let us sing to the Lord; let us shout for joy to the Rock of our salvation. Let us come before His presence with thanksgiving and raise a loud shout to Him with psalms. For the Lord is a great God, and a great King above all gods. In His hand are the caverns of the earth, and the heights of the hills are His also. The sea is His, for He made it, and His hands have molded the dry land. Come, let us bow down, and bend the knee, and kneel before the Lord our Maker. For He is our God, and we are the people of His pasture and the sheep of His Hand. Oh, that today you would hearken to His voice! (Psalm 95:1-7)

The Book of Psalms or “Praises”

Jesus’ prayer book boils down to: Wow! Help! Sorry! Thanks! Pray one per day, read it aloud. At the end, pause to let a line or image guide a brief prayer for your day ahead.

Old and New Testament Readings

If you don’t have a reading plan, start in Genesis 1 and Matthew 1, read a chapter or portion a day. If you have time, use the SOAP method for 5-10 minutes with the Gospel text.

Affirmation of Faith

What is the highest purpose of human life?

That I may glorify God and to enjoy Him forever.

What is your only comfort in life and death?

That I am not my own, but belong — body and soul, in life and in death — to my faithful Savior, Jesus Christ. He has fully paid for all my sins with His precious blood, and has set me free from the tyranny of the devil. He also watches over me in such a way that not a hair can fall from my head without the will of my Father in heaven; in fact, all things must work together for my salvation. Because I belong to him, Christ, by His Holy Spirit, assures me of eternal life and makes me wholeheartedly willing and ready from now on to live for Him.

The Lord's Prayer

Our Father in heaven, hallowed be Your name. Your kingdom come, Your will be done, on earth as it is in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For Yours is the kingdom, the power, and the glory, for ever and ever. Amen.

If you have time, pray through each line of Jesus' prayer for your day ahead. For example, "Father, glorify Your name in all I think, say, and do today. Let Your gracious rule and liberating reign break through in my life and work today as it is in heaven. Not my will but Your good, pleasing, and perfect will be done this day. Etc." Pray it for your loved ones.

Jesus said, "I am the light of the world; whoever follows Me will never walk in darkness but will have the light of life." (John 8:12)

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all. Amen. (2 Corinthians 13:14)

May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit. (Romans 15:13)

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Songs of Praise

Holy, holy, holy! Lord God, Almighty! Early in the morning our song shall rise to Thee. Holy, holy, holy! Merciful and mighty! God in three Persons, blessed Trinity!

O for a thousand tongues to sing my great Redeemer's praise, the glories of my God and King, the triumphs of His grace. // Jesus the name that charms our fears, that bids our sorrows cease, 'tis music in the sinner's ears, 'tis life and health and peace.

Crown Him with many crowns, the Lamb upon the throne; Hark! How the heavenly anthem drowns all music but its own. Awake my soul and sing, of Him who died for thee, and hail Him as thy matchless king through all eternity.

Amazing grace, how sweet the sound, that saved a wretch like me! I once was lost, but now am found, was blind but now I see. // 'Twas grace that taught my heart to fear, and grace my fears relieved; how precious did that grace appear the hour I first believed.

Praise God from whom all blessings flow; praise Him all creatures here below; praise Him above ye heavenly host; praise Father, Son, and Holy Ghost. Amen.

Post Script

Form healthy "first thing" habits: "Prayer before phone, Bible before breakfast, Supernatural Media before social media."

Bible reading plan: M'Cheyne [Printable](#) & [Audio](#)

Biblical meditation: [SOAP Scripture Reading Method](#)

Biblical prayers: [Praying with Jesus](#), [Praying with Paul](#)

Set times and set prayers: "Evening, morning, and noon I cry out" (Psalm 55:17). (Martin Luther, John Calvin, Dietrich Bonhoeffer, Tim Keller)

Trinitarian dynamic: "God has sent the Spirit of His Son into our hearts, crying, 'Abba! Father!'" (Galatians 4:6). Pay attention to God's three-fold initiative movement of grace: "From the Father, through the Son, in the Spirit." And our three-fold responsive movement of faith: "In the Spirit, through the Son, to the Father."

Prayer of the heart: 5-20 minutes of silence, pay attention to God's presence, enjoy him: "[Inhale] Lord Jesus Christ, Son of God, [exhale] have mercy on me a sinner." // "[Inhale] Father, [exhale] into Your hands I commit my spirit."

Table prayer: "Bless, O Lord, Your gifts to our use and us to Your service. Give us grateful hearts, our Father, for all Your mercies, and make us mindful of the needs of others; through Jesus Christ our Lord. Amen."

Bedtime prayer: "Glory to you Father, Son, and Holy Spirit. Father almighty, maker of heaven and earth: Set up Your kingdom in our midst. Lord Jesus Christ, Son of the living God: Have mercy on me, a sinner. Holy Spirit, breath of the living God: Renew me and all the world." (N. T. Wright)

Prayer books: A Call to Prayer, A Diary of Private Prayer, The Valley of Vision, A Way to Pray, Book of Common Prayer

Mobile apps: Daily Prayer, The Daily Office