

according to your law, and in the doing of your commandments;  
that I, assisted by you, may here and hereafter, be saved and delivered, O Saviour of the world, who is alive and reigns, One God, now and for ever. Amen.

*(Roman Missal 1962 adapted)*



The Blyth Valley  
Team Ministry

# Private Prayer at home *In the Morning*



Prepared by the Revd Malcolm Walkey  
Material taken from a range of sources

**Begin:** In the name of the Father, and of the Son,  
and of the Holy Spirit. Amen.

**Or:** Blessed be God, Father, Son and Holy Spirit.  
Blessed be God for ever. *(CW Daily Prayer)*

**Or:** Blessed be the holy and undivided Trinity,  
now and for evermore. *(Traditional)*

### Penitence

God, be merciful to me, a sinner. *(Luke 18.13)*

**Or** Lamb of God, you take away the sin of the world,  
have mercy on me. *(Eucharist trad.)*

### Act of Adoration

High and holy God, sovereign Lord of heaven and earth,  
in my heart, I fall on my knees before you;  
with all the saints and angels, I adore you.  
I acknowledge you to be my creator and sovereign Lord;  
my first beginning and my last end.  
I offer to you the worship of my being and my life.  
I submit myself to your holy will,  
and I devote myself to your divine service, now and for ever.  
Amen. *(Roman Missal 1962 adapted)*

### The Lord's Prayer

#### Apostle's Creed or make an Act of Faith:

Lord, my God, I believe in one God, in three divine persons -  
the Father, the Son and the Holy Spirit.  
I believe in Jesus Christ, the true and only Son of God,  
who was born of the Virgin Mary, and died on the cross  
for our salvation;  
on the third day he rose from the dead  
and is now seated in glory.  
I also believe in the Holy Spirit, the holy catholic Church,  
the communion of saints, the forgiveness of sins  
and the resurrection to eternal life. Amen. *(Roman Missal 1962 adapted)*

### Act of hope:

Lord, my God, I trust in your goodness and your promises,  
and thereby, hope to obtain forgiveness of my sins;  
grace to serve you better in this world;  
and a place in your eternal kingdom;  
through the merits of Jesus Christ, my Lord and Redeemer.  
Amen *(Roman Missal 1962 adapted)*

### Act of Love:

Lord, my God, I love you above all things  
with all my heart and soul,  
because you are infinitely worthy of love;  
and I love also my neighbour as myself for the sake of your love;  
I forgive all who have injured me,  
and ask forgiveness of all whom I have injured. Amen  
*(Roman Missal 1962 adapted)*

### Resolution to follow Christ's pattern of life.

Jesu, my Lord, pattern of perfect humanity:  
I will set out this day to follow your example:  
to be gentle, humble, pure, zealous, patient,  
loving, and accepting.  
Incline my heart to keep your commandments.  
I resolve to watch over my life with the greatest care, and to live  
thoughtfully, morally and devoutly for the time to come.  
I will watch my words, that I may not offend with my tongue.  
I will turn away my eyes, that I may not look on worthless things,  
and I will be attentive today not to relapse into my accustomed  
failings, but to struggle against them with your gracious help.  
Enlighten my mind, cleanse my heart and guide my steps,  
that I may pass all my day  
and all my life in your divine service. Amen. *(Roman Missal 1962  
adapted)*

### Dedicate the day to God

Lord God, King of heaven and earth,  
graciously order and make holy, rule and govern  
my heart and body, my thoughts, words and actions,