

Morning Dedications

Here are a selection of verses and prayers you could use as a morning offering of yourself to the Blessed Trinity:

A Morning Prayer

Lord, you have made me for yourself. To you, I devote my heart and my whole life. Grant me grace so that I may today live in the awareness of your presence, follow Christ's example and grow in faith, hope and charity. Amen

A Prayer at Dressing

(from Esther de Waal, *The Celtic Vision: Prayers and Blessings from the Outer Hebrides* (1988))

Bless to me, O God,
My soul and my body;
Bless to me, O God,
My belief and my condition;
Bless to me, O God,
My heart and my speech,
And bless to me, O God,
The handling of my hand;
Strength and busyness of morning,
Habit and temper of modesty,
Force and wisdom of thought,
And Thine own path, O God of virtues,
Till I go to sleep this night;
Thine own path, O God of virtues,
Till I go to sleep this night.

From George Herbert's 'Easter'

Rise, heart; thy Lord is risen. Sing his praise
Without delays,
Who takes thee by the hand, that thou likewise
With him mayst rise:

A Prayer of St Richard of Chichester

Day by day, O Lord, three things I pray: to see thee more clearly, love thee more dearly and follow thee more nearly, day by day. Amen