

Simply Pray encourages those on the pilgrimage to the practice of continual prayer to begin by establishing the habit of praying, first at morning, then at morning and evening, then at midday. To help you, here are suggestions for these times of day.

### *Morning Prayers*

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*

(Adapted 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 Your own path, O God of virtues,  
Till I go to sleep this night;  
Your 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 you more clearly, love you more dearly and follow you more nearly, day by day. Amen

### *Midday Prayers*

#### *Midday prayers that focus on the Cross*

Blessed Saviour, at this hour you stretched out your loving arms upon the Cross. Grant that all peoples of the earth may look to you and be saved, for your tender mercy's sake. Amen.

Brother Jesus, you hung upon the Cross, lifted up in offering for the sins of the world. Be now with all who suffer injustice, imprisonment, torture or the prospect of execution. In your mercy, strengthen, comfort them and draw them to yourself. Amen.

Lord you said, 'When I am lifted up from the earth, I will draw all the world to myself.'  
Lift me up to this day and draw me into your living arms.

Lord, remember us when you come into your kingdom.

'Father, into your hands I commend my spirit.'

Lord, remember us when you come into your kingdom.

We adore you, O Christ, and we bless you, because by your holy Cross, you have redeemed the world. Amen.

You could also simply use the last sentence ('We adore you, O Christ . . .') as a midday prayer, or indeed at any moment of the day, but especially when you are reminded of those who suffer.

### *Anima Christi*

Here is another well-known prayer that focuses on the Passion, by Ignatius of Loyola:

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O Good Jesu, hear me.

Within your wounds hide me.

Let me never be separated from you.

From the malicious Enemy, defend me.

At the hour of my death, call me

to come to you,

So that with your saints I may praise you

For ever and ever. Amen.

Finally, a traditional form of prayer at midday is the Angelus. See [here](#) for its classic form, along with some ways of adapting it, for those uneasy prayer with addressed to the Virgin Mary, plus some explanations.

### *Evening Prayers*

Evening prayers vary in their mood or tone depending on whether they're intended to be said as darkness falls, just before bed or in the middle of the night.. Here are some that fall into all these categories.

#### *The Phos Hilaron*

This is an ancient Christian hymn for early evening.

O gracious Light,  
pure brightness of the everliving Father in heaven,

O Jesus Christ, holy and blessed!  
Now as we come to the setting of the sun,  
and our eyes behold the vesper light,  
we sing your praises, O God, Father, Son, and Holy Spirit.  
You are worthy to be praised by happy voices,  
O Son of God, O Giver of life,  
and to be glorified through all the worlds.

The Nunc dimittis (Luke 2.29-32) is a traditional song of praise for early evening. The Gloria Patri (Glory be to the Father . . .) is traditionally added on at the end of the Biblical text.

*Prayers for later in the evening*

Look down, O Lord, from your heavenly throne, and illumine this night with your celestial brightness, that by night as by day we may glorify your holy Name, through Jesus Christ our Lord. Amen.

Keep watch, dear Lord, with those who work or watch or weep this night and give your angels charge over those who sleep. Tend the sick, Lord Christ, give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous and all for your love's sake. Amen

O God, your unfailing providence sustains the world we live in and the life we live. Watch over those, both night and day, who work while others sleep and grant that we may never forget that our common life depends upon each other's toil, through Christ our Lord. Amen.

Finally, you might simply say a psalm. Psalm 91 is a traditional prayer for before bedtime and Psalm 134 is suitable for those who find themselves awake in the middle of the night.