

Daily Prayers for Spiritual Renewal

(1)

Grant to me, O Lord, to know what is worth knowing,
 To love what is worth loving,
 To praise what delights you most,
 To value what is precious to you,
 And to reject whatever is evil in your eyes.

Give me true discernment,
 So that I may judge rightly between things that differ.
 Above all, may I search out and do what is pleasing to you;

Through Jesus Christ my Lord. Amen. [Thomas A Kempis, c. 1389-1471]¹

(2)

My dearest Lord,
 be a bright flame before me,
 be my guiding star above me,
 be the smooth path beneath me,
 be a kindly shepherd behind me,
 today and evermore. [St. Columba, c.521-597]²

(3)

Lord, we offer you all we are,
 All we have,
 All we do,
 And all whom we shall meet this day
 That you will be given glory.
 We offer you our homes and work,
 our schools and leisure,
 and everyone in our community today;’ may all be done as unto you.
 We offer you the broken and hungry . . .
 May the wealth and work of the world be available to all and for the exploitation of none,
 May your presence be known to all.

[Morning Prayer, the community of St. Aidan and St. Hilda, Lindisfarne, UK]

¹ The Little Book of Lent, compiled by Arthur Howells, (London, UK: Harper Collins, 2014) p. p. 15.

² *Ibid*, p. 12

(4)

O thou who camest from above,
 The pure celestial fire to impart,
 Kindle a flame of sacred love
 On the mean altar of my heart.
 There let it for thy glory burn
 With inextinguishable blaze,
 And trembling to its source return
 In humble prayer and fervent praise.

[Charles Wesley, c. 1707-1788]³

(5)

Give me grace, O my Father, to be utterly ashamed of my own reluctance.
 Rouse me from sloth and coldness, and make me desire you with my whole heart.
 Teach me to love meditation, sacred reading, and prayer.
 Teach me to love that which must engage my mind for all eternity. [John Henry Newman, 1801-1890]⁴

(6)

Today, Lord, I come to you
 Like that sick woman who touched the hem of your garment.
 I draw near to you
 Knowing that you draw near to me with your precious gift of healing and forgiveness.
 Fill me with the energy and power of your Spirit.
 Make me whole
 That I may serve you to the end,
 My Master and my Friend.

[Stephen Cottrell, Archbishop of York, UK]⁵

(7)

Christ, you have gone before me
 to prepare a place for me,
 that where you are
 there I may be also.
 Teach me to wait with patience,
 to watch with alertness,
 to trust that you are with me
 in the unknown future
 and to know your presence.

[Jane Williams, professor St. Mellitus College]⁶

³ The Little Book of Lent, compiled by Arthur Howells, (London, UK: Harper Collins, 2014) p. 71

⁴ The Communion of Saints, edited by Horton Davies, (Grand Rapids: Eerdmans, 1990) p. 142

⁵ The Little Book of Lent, compiled by Arthur Howells, (London, UK: Harper Collins, 2014.) p. 141

⁶ *Ibid* p. 152

(8)

Take, Lord, and receive
 my liberty,
 my memory,
 my understanding,
 my entire will,
 everything I have and call my own.
 You gave me all these gifts,
 And to you I return them.
 Dispose of them entirely according to your will.
 Give me only your love and your grace.
 This is all I ask. [Margaret Silf]

(9)

Teach us, O God, that silent language which says all things.
 Teach our souls to remain silent in Your presence; that we may adore You in the depths of our being, and await all things from You, while asking of You nothing but the accomplishment of Your will.
 Teach us to remain quiet under Your action and produce in our souls that deep and simply prayer which says nothing and experiences everything, which specifies nothing and includes everything.
 Do pray in us, that our prayer may ever tend to Your glory, and our desires and intentions may not be fixed on ourselves, but wholly directed to You. [Evelyn Underhill]

(10)

Pardon, O gracious Jesus, what we have been;
 with your holy discipline correct what we are.
 Order by your providence what we shall be;
 and in the end crown your own gifts. [John Wesley, 1703-1791]⁷

⁷ Unbinding the Gospel, by Martha Grace Reese, (St. Louis, Missouri: Chalice Press, 2008) p. 168

(11)

The cross is the hope of Christians
 The cross is the resurrection of the dead
 The cross is the way of the lost
 The cross is the saviour of the lost
 The cross is the staff of the lame
 The cross is the strength of the weak
 The cross is the doctor of the sick
 The cross is the aim of the priests
 the cross is the hope of the hopeless
 the cross is the freedom of the slaves
 the cross is the power of the kings
 the cross is the water of the weeds
 the cross is the consolation of the bondmen
 the cross is the source of those who seek water
 the cross is the cloth of the naked
 We thank you, Father, for the cross
 [African prayer, 10th century]⁸

(12)

Come Holy Spirit! Please show me how you can be with me
 Every day, every minute, in every decision and action.
 Come into my life. Be with me, help me grow into holiness.
 Direct my thoughts and steps.
 Make me completely your servant.
 Amen. [Martha Grace Reese]⁹

(13)

Soul of Christ, sanctify me
 Body of Christ, save me
 Blood of Christ, refresh me
 Water from Christ's side, wash me
 Passion of Christ, strengthen me
 O good Jesus, hear me
 Within thy wounds hide me
 Suffer me not to be separated from thee
 From the malicious enemy defeat me
 In the hour of my death call me
 And bid me come unto thee
 That I may praise thee with thy saints
 and with the angels
 Forever and ever. Amen.
 [The Anima Christi, early 14th century, a favorite prayer of St. Ignatius Loyola]

⁸ Ibid, p. 169

⁹ Ibid p. 177

(14)

Lord Jesus Christ
 Son of God
 Have mercy on me,
 a sinner.

[The Jesus Prayer, Orthodox Church]¹⁰

(15)

Oh God, early in the morning I cry to you.
 Help me to pray and to concentrate my thoughts on you:
 I cannot do this alone,
 In me there is darkness, but with you there is light,
 I am lonely, but you do not leave me;
 I am feeble in heart, but in you there is help;
 I am restless, but with you there is peace.
 In me there is bitterness, but with you there is patience;
 I do not understand your ways, but you know the way for me . . .
 Restore me to liberty, and enable me to live now
 That I may answer before you and before me.
 Lord, whatever this day may bring, your name be praised.
 [Deitrich Bonhoeffer, martyred German theologian, c 1904-1945]

(16)

Take my life and let it be consecrated, Lord, to thee.
 Take my moments and my days;
 Let them flow in ceaseless praise,
 let them flow in ceaseless praise.
 [Francis R. Havergal, 1874]

(17)

But all shall be well,
 And all shall be well,
 And all manner of thing shall be well.

[Julian of Norwich]¹¹

¹⁰ Unbinding the Gospel, by Martha Grace Reece, (St. Louis, Missouri: Chalice Press, 2008) p. 187

¹¹ "Prayers for the Journey Inward", in Prayer Treasury, by Richard Foster, (New York: HarperCollins, 1994) p.19

(18)

GOVERN EVERYTHING by your wisdom, o Lord,
So that my soul may always be serving you

In the way you will

And not as I choose.

Let me die to myself so that I may serve you;

Let me live to you who are life itself. Amen.

[Teresa of Avila]¹²

(19)

O Lord, my God.

Form me more fully in your likeness.

Use the circumstance and interactions of this day to form your will in me.

From the frustrations of this day form peace.

From the joy of this day form strength.

From the struggles of this day form courage.

From the beauties of this day form love.

In the name of Jesus Christ, who is all peace and strength
and courage and love. Amen.

[Richard Foster]¹³

(20)

Come! Spirit of Love!

Penetrate and transform us by the action of Your purifying life.

May your constant, brooding love bring forth in us more love and all the grace and works of love.

Give us grace to remain still under its action,

and may that humble stillness be our prayer. Amen.

[Evelyn Underhill]¹⁴

(21)

Abba, I adore you.

Abba, I adore you.

Abba, I adore you.

Abba, my Abba.¹⁵

[Abba, the Hebrew word meaning father]

¹² Ibid p. 25

¹³ Ibid p. 32

¹⁴ "Prayers for the Journey Inward", in Prayer Treasury, by Richard Foster, (New York: HarperCollins, 1994) p. 34

¹⁵ Ibid, p. 59

(22)

God, of your goodness give me yourself,
 For you are enough for me. I cannot properly ask anything less, to be worthy of you. If I were to
 ask less, I should always be in want.
 In you alone do I have everything.
 Amen. [Julian of Norwich]¹⁶

(23)

Christ, be with me, Christ before me, Christ behind me,
 Christ in me, Christ beneath me, Christ above me,
 Christ on my right, Christ on my left,
 Christ where I lie, Christ where I sit, Christ where I arise,
 Christ in the heart of everyone who think of me,
 Christ in every eye that sees me,
 Christ in every ear that hears me,
 Salvation is of the Lord,
 Salvation is of the Christ,
 May our salvation, O Lord, be ever with us. [St. Patrick of Ireland]¹⁷

(24)

Love bade me welcome; yet my soul drew back,
 Guilty of dust and sin.
 But quick-eyed Love, observing me grow slack
 From my first entrance in,
 Drew nearer to me, sweetly questioning
 If I lacked anything.
 “A guest,” I answered, “worthy to be here”:
 Love said, “You shall be he.”
 “I, the unkind, ungrateful? Ah, my dear,
 I cannot look on Thee.”
 Love took my hand and smiling did reply,
 “Who made the eyes but I?”
 “Truth, Lord, but I have marred them: let my shame
 Go where it doth deserve.”
 “And know you not,” says Love, “Who bore the blame?”
 “My dear, then I will serve.”
 “You must sit down,” says Love, “and taste my meat.”
 So I did sit and eat.
 [George Herbert, Simone Weil was converted after reading this poem, which she learned by heart.]¹⁸

¹⁶ Ibid, p. 62

¹⁷ The Communion of Saints: Prayers of the Famous, edited by Horton Davies, (Grand Rapids, Eerdmans, 1990) p. 17

¹⁸ The Communion of Saints, p. 23

(25)

I rise and pledge myself to God
 To do no deed at all of dark.
 This day shall be his sacrifice
 And I, unmoved, my passions' lord.
 I blush to be so old and foul
 And yet to stand before his table.
 You know what I would do, O Christ;
 O then, to do it make me able.
 [Gregory of Nazianzus]¹⁹

(26)

Late have I love you, O beauty so ancient and so new.
 Late have I loved you!
 You were within me while I have gone outside to seek you.
 Unlovely myself, I rushed toward all those lovely things you had made.
 And always you were with me, I was not with you.
 All these beauties kept me far from you – although they would not have existed at all unless they
 had their being in you.
 You called,
 You cried,
 You shattered by deafness.
 You sparked,
 You blazed,
 You drove away my blindness.
 You shed your fragrance, and I drew in my breath, and I pant for you.
 I tasted, and now I hunger and thirst.
 You touched me, and now I burn with longing for your peace.
 [Augustine of Hippo]²⁰

(27)

You, O ETERNAL TRINITY, are a deep sea into which,
 the more I enter, the more I find.
 And the more I find, the more I seek.
 O Abyss,
 O eternal Godhead,
 O sea profound,
 What more could you give me than yourself?
 Amen.
 [Catherine of Siena]²¹

¹⁹ The Communion of Saints, p.127

²⁰ "Prayers for the Journey Inward", in Prayer Treasury, by Richard Foster, (New York: HarperCollins, 1994) p. 50

²¹ *Ibid* p.69

(28)

Fire

God of Abraham, God of Isaac, God of Jacob,

Not of philosophers and scholars.

Certitude.

Certitude.

Feeling.

Joy.

Peace.

God of Jesus Christ.

Forgetfulness of the world and of everything, except God.

Greatness of the Human Soul.

Joy, joy, joy, tears of joy.

[Blaise Pascal, noting an experience that happened to him on the evening of November 23rd, 1654. He sewed this prayer into the lining of his coat so that it would always be with him.]²²

(29)

Open wide the window of our spirits, O lord,

and fill us full of light;

Open with the door of our hearts,

that we may receive and entertain thee with all our power
of adoration and love.

Amen.

[Christina G. Rossetti]²³

(30)

Dearest Lord, may I see you today and every day in the person of your sick,

and, while nursing them, minister unto you.

Though you hid yourself behind the unattractive disguise of the irritable, the exacting, the unreasonable,

may I still recognize you, and say:

“Jesus, my patient, how it is to serve you.”

[Mother Teresa of Calcutta]²⁴

(31)

*My DEAR FRIEND, I am here.**See, I have come to you because you have invited me.**Your tears and your soul's longing, your humility and
your grief-stricken heart**Have moved me and brought me to you.*

+++

*O Lord, I called you and longed to enjoy you, and I am prepared to give up everything for you.**Let my mouth, my soul, and all creation praise and bless you.*

Amen.

[Thomas a Kempis]²⁵

²² “Prayers for the Journey Inward”, in Prayer Treasury, by Richard Foster, (New York: HarperCollins, 1994) p.70

²³ Ibid p. 81

²⁴ Ibid p. 83

²⁵ “Prayers for the Journey Inward”, in Prayer Treasury, by Richard Foster, (New York: HarperCollins, 1994) p. 78