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*with paintings by*  
PHAEDRA TAYLOR

*Prayers*  
*for the*  
PILGRIMAGE

A BOOK *of* COLLECTS  
*for* ALL *of* LIFE



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# PRAYERS FOR MORNING AND EVENING

## *Morning Prayers*

O Lord, you who promise daily bread, may I be faithful to all you have entrusted to me this day, no more and no less, I pray, and let me not become anxious over things that I cannot control, so that I may experience the peace of Christ which guards my heart and mind. I pray this in the name of Jesus, the One who is the Author and Finisher of my faith. Amen.

O Lord, you who make new again and again, enliven the thoughts of my mind, revitalize the cells of my body and cause a fresh outburst of praise to surge in my heart, I pray, so that I may taste the Life that is truly life this day. I pray this in the name of Jesus, the One whose Face is like the shining sun. Amen.

O Lord, you who are the Rising Sun, may I hear and heed your words of life this day, I pray, so that my soul might be refreshed, my heart made wise, my mind enlivened, my care of others renewed and my love of you made full

and true. I pray this in the name of Jesus, the One who is Eternal Life itself. Amen.

O Lord, you who go before us and behind us, be with us this day, we pray, as we travel to work and to school, to places of joy and of sorrow, and to places known and unknown, so that we might know your safeguarding love and remember always that our lives are in your hands. We pray this in the name of our Good Shepherd, Jesus Christ himself. Amen.

O Lord, you who bless both day and night, pour your steadfast love over me this day, I pray, and let your song be with me in the night, so that my entire life might become a prayer to you. I pray this in the name of Jesus, the One who ever goes before and behind me. Amen.

O Lord, you who are our peace, may I greet in peace all whom I meet this day, speaking your word of blessing to each one with feet that have been shod with the gospel of peace, so that I might become an emissary of the peace of Christ that heals and restores. I pray this in the name of the Reconciling One, Jesus Christ himself. Amen.

O Lord, you who crown me with love and mercy, may my whole body bless you this day—my eyes and my ears, my hands and my feet, my head and my heart—and may all

that is within me bless your holy name, so that I may be a blessing to all whom I meet on the way this day. I pray this in the name of the One from whom all blessings flow. Amen.

### *Evening Prayers*

O Lord, you who remain sovereign over all the forces of chaos, be my shelter and comfort this night, I pray, as I lay myself to sleep, so that I might rise in the morning rested and restored, certain that you have set my feet on the path of life. I pray this in the name of Yahweh, the God who is my Sanctuary. Amen.

O Lord, you who promise rest to the weary and heavy-laden, I offer to you my weary body, heavy-laden with the cares of this world, and I ask that you would speak your word of peace to it, so that my body might be repaired through the watches of the night and arise in your grace. I pray this in the name of the One who gives strength to the weary. Amen.

O Lord, you who guide me in the hours of the day and guard me through the watches of the night, I entrust to you all that I said and left unsaid this day, all that I did and did not do, all that I wished this day could have been but was not, and I ask that you would grant me your peace, so that

I might trust you in all things. I pray this in the name of the One who holds my life in tender care. Amen.

O Lord, you who keep watch day and night, I entrust to you this night my vulnerable body as it goes to sleep; may I be reminded in my vulnerability that I am not the master of my life but only its steward, so that I might rise in gratitude for all that you have given to me. I pray this in the name of the God who is my Refuge. Amen.

O Lord, you who neither sleep nor slumber, heal my restless heart, I pray, and ease my anxious mind through the hours of the night, so that I might awake to a new day replenished in body and soul. I pray this in the name of my Guardian Shepherd, Jesus Christ himself. Amen.

O Lord, you who give sleep to your beloved, I entrust to your care this night my weary and wounded body and I ask that you would give me the gift of deep and dreamless sleep, so that I might awake refreshed and ready to do the good work of a new day. I pray this in the name of the God who shields and shelters me. Amen.

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