

Psalm 55:17 (NKJV) Evening and morning and at noon I will pray, and cry aloud, And He shall hear my voice.



Morning Prayer: Good morning, Lord and thank You for another day, full of opportunities. Today, Lord I bring before You *names*, that You would bless them with whatever You know they need. Today, Lord, may all who see my face see the reflection of Your love. May my own eyes recognize You in others. May my ears listen to Your word throughout the day. May my nose breathe in Your Spirit with each breath, filling me with Your motivations and compassion. May my mouth speak honest and encouraging words. May my hands be ready to work for peace and the growth of Your Kingdom. May my neck and knees willing bow to Your wisdom and will in all things. May my feet walk upon Holy Ground so that I may be blessed by having the opportunity of being a blessing to others. Amen. (The Lord's Prayer would also be a good prayer at this time.)

Noon Prayer: For the next five minutes Lord, You are all that matters. *Sit still in silence holding your hands out as if to hold the world away. Think of nothing but Him, His power, His generous grace and love.* Thank you, Lord. Amen.



Night Prayer: God of mercy and compassion, I seek refuge in You, from the darkness of evil; the evil I have heard or even been part of. You alone I worship; guide me in Your Way. You, LORD are merciful and compassionate, slow to anger and abounding in unfailing love. You shower compassion on all You created. Thank You for today. Keep my home safe through this night. Tomorrow, my plans include *list your planned chores, places you'll go, people you'll see.* Please keep Your hand on everything I do, that I may not hurt anyone. I love You. Amen.



PSALM 34



¹I will bless the LORD | at all times;
***the praise of God shall ever
be | in my mouth.***

²I will glory | in the LORD;
***let the lowly hear | and
rejoice.***

³Proclaim with me the greatness | of the LORD;
let us exalt God's | name together.

⁴I sought the LORD, who | answered me
and delivered me from | all my terrors.

⁵Look upon the LORD | and be radiant,
and let not your faces | be ashamed.

⁶I called in my affliction, and | the LORD heard me
and saved me from | all my troubles.

⁷The angel of the LORD encamps around those who |
fear the LORD
and de- | livers them.

⁸Taste and see that the | LORD is good;
happy are they who take ref- | uge in God!

⁹Fear the LORD, you saints | of the LORD,
***for those who fear the | LORD lack
nothing.***

¹⁰The lions are in want and | suffer hunger,
***but those who seek the LORD lack nothing
| that is good.***