



Prayers Through the Ages

Daily prayers for spiritual renewal



Diocese of Toronto
Anglican Church of Canada

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

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

² *Ibid*, p. 12



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]

4. 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]³

³ The Communion of Saints, edited by Horton Davies, (Grand Rapids:
Eerdmans, 1990) p. 142

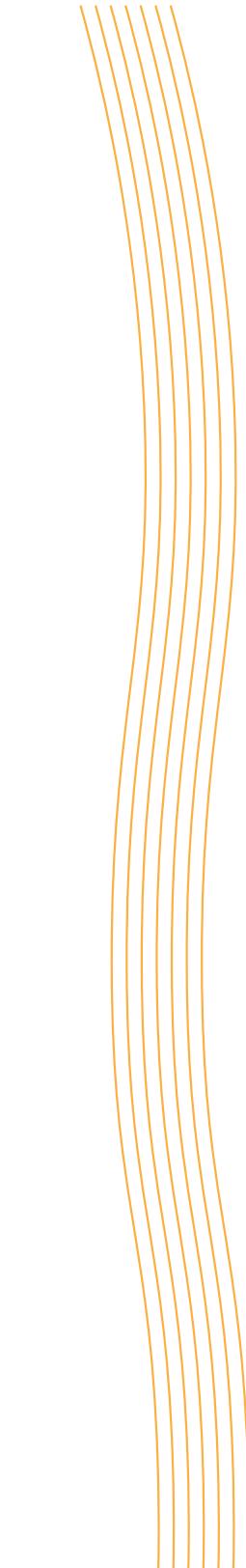
5. O thou who camest from above,
The pure celestial fire to impart,
Kindle a flame of sacred love
On the mean altar of my heart.
There let it for thy glory burn
With inextinguishable blaze,
And trembling to its source return
In humble prayer and fervent praise.

[Charles Wesley, c. 1707-1788]⁴

6. Creator, we give you thanks for all you are and all you
bring to us for our visit within your creation.
In Jesus, you place the Gospel in the center of this
Sacred Circle through which all of creation is related.
You show us the way to live a generous and
compassionate life.
Give us your strength to live together with respect and
commitment as we grow in your Spirit, for you are
God, now and forever. Amen.

[Taken from a liturgy for the National Indigenous Day of Prayer]

⁴ The Little Book of Lent, compiled by Arthur Howells, (London, UK: Harper Collins, 2014) p. 71



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]⁵

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, leader in Ignatian spirituality]

⁵ Ibid p. 152

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 simple 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, c. 1875-1941]

10. For all that separates our hearts from God and from all that closes our eyes to God's love...

(silence)

For what we have done, left undone, and what has been done on our behalf...

(silence)

For the pride that prevents us from forgiving others, as we have been forgiven...

(silence)

Jesus, forgive us. Create in us clean hearts, O God, and renew a right spirit within us.

[Taken from a liturgy for the National Indigenous Day of Prayer, Anglican Church of Canada]



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]⁶

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

[The Jesus Prayer, Orthodox Church]⁷

⁶ Ibid, p. 169

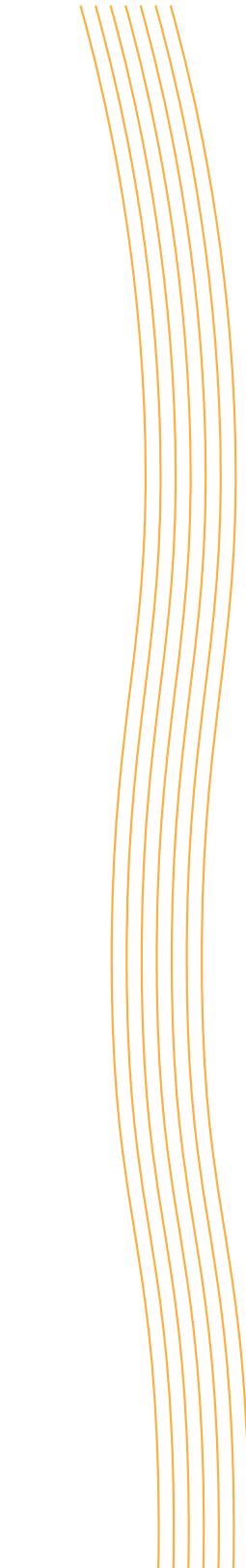
⁷ Unbinding the Gospel, by Martha Grace Reece, (St. Louis, Missouri: Chalice Press, 2008) p. 187

13. Creator God, so draw our hearts to you,
so guide our minds,
so fill our imaginations,
so control our wills,
that we might be wholly yours,
utterly dedicated to you;
and then use us, we pray, as you will, and always to
your glory and welfare of
your people; through our Redeemer, Jesus Christ.
Amen.

[A Disciple's Prayer Book, Anglican Council of Indigenous Peoples]

14. 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]



15. 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, poet and hymn writer, c. 1836-1879]

16. 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.

[Dietrich Bonhoeffer, martyred German theologian, c. 1904-
1945]

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

[Julian of Norwich, c. 1343 – after 1416]⁸

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 c. 1515-1582]⁹

⁸ “Prayers for the Journey Inward”, in Prayer Treasury, by Richard Foster, (New York: HarperCollins, 1994) p.19

⁹ Ibid p. 25

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, theologian and author in the Quaker
tradition]¹⁰

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, c. 1875-1941]¹¹

¹⁰ Ibid p. 32

¹¹ "Prayers for the Journey Inward", in Prayer Treasury, by Richard Foster, (New York: HarperCollins, 1994) p. 34

21. Abba, I adore you.

Abba, I adore you.

Abba, I adore you.

Abba, my Abba.

[Abba, the Hebrew word meaning father]¹²

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.

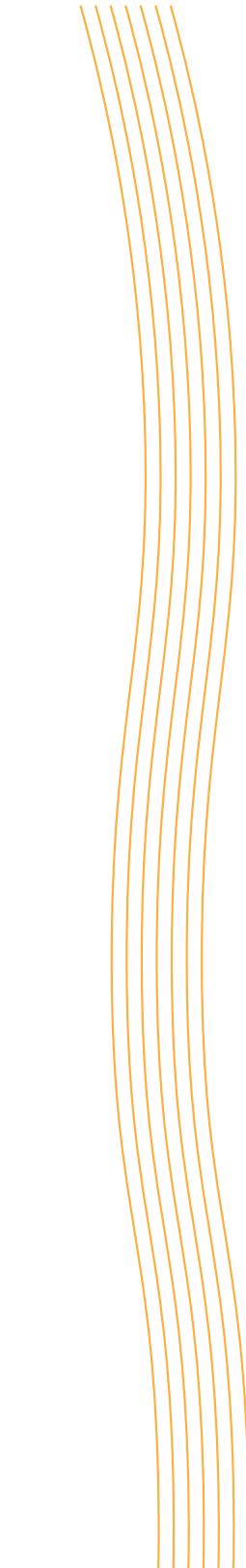
In you alone do I have everything.

Amen.

[Julian of Norwich, c. 1343 – after 1416]¹³

¹² Ibid, p. 59

¹³ Ibid, p. 62



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, c. 387-461]¹⁴

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?”

¹⁴ The Communion of Saints: Prayers of the Famous, edited by Horton Davies,
(Grand Rapids, Eerdmans, 1990) p. 17

“My dear, then I will serve.”
“You must sit down,” says Love, “and taste my meat.”
So I did sit and eat.

[George Herbert, c. 1593–1633, Simone Weil was converted after reading this poem, which she learned by heart.]¹⁵

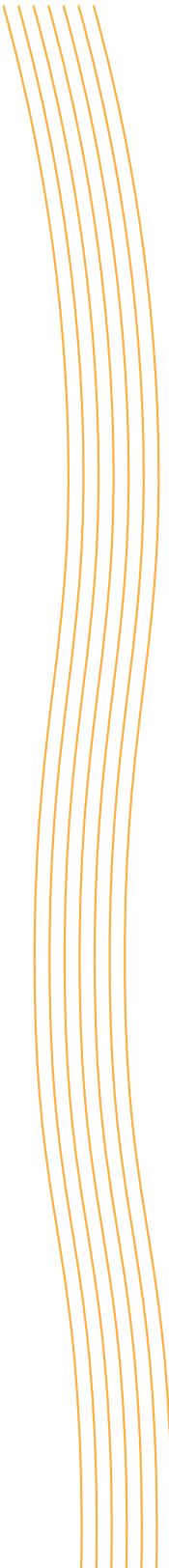
25. I rise and pledge myself to God

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, c. 329-390]¹⁶

¹⁵ The Communion of Saints, p. 23

¹⁶ The Communion of Saints, p.127



26. Open wide the window of our spirits, O lord,
and fill us full of light;
Open wide the door of our hearts,
that we may receive and entertain thee with all our
power
of adoration and love. Amen.

[Christina G. Rossetti, c. 1830-1894]¹⁷

27. 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, c. 1623-1662, noting an experience that happened
to him on the evening of Nov. 23, 1654. He sewed this prayer
into his coat lining so it would always be with him.]¹⁸

¹⁷ Ibid p. 81

¹⁸ "Prayers for the Journey Inward", in Prayer Treasury, by Richard Foster, (New York: HarperCollins, 1994) p.70

28. Late have I loved 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 my 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, c. 354-430]¹⁹

¹⁹ "Prayers for the Journey Inward", in Prayer Treasury, by Richard Foster, (New York: HarperCollins, 1994) p. 50



29. 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, c. 1347-1380]²⁰

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 sweet it is to serve you.”

[Mother Teresa of Calcutta, c. 1910-1997]²¹

²⁰ Ibid p.69

²¹ Ibid p. 83

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, c. 1389-1471]²²

²² "Prayers for the Journey Inward", in Prayer Treasury, by Richard Foster, (New York: HarperCollins, 1994) p. 78

