



Meaningful Prayers

We can all talk with God anytime and should. The prayers we make either verbally or silently are our expression of faith that God listens and hears our need. But, sometimes, words are hard to come by or we don't know what to say. I have found some historical prayers that have become very meaningful to me. These prayers express much in a few words.

One such prayer is very old and has helped focus my mind in a right relationship with God. It expresses thankfulness and my needs at the same time. It goes like this:

Lord God, almighty and everlasting Father, you have brought me in safety to this new day. Preserve me with your mighty power, that I may not fall into sin, nor be overcome by adversity. And in all I do direct me to the fulfilling of your purpose, through Jesus Christ, my Lord. Amen

Another prayer from THE DIVINE HOURS compiled by Phyllis Tickle goes like this:

Most loving Father, whose will it is for us to give thanks for all things, to fear nothing but the loss of you, and to cast all our care on you who cares for us. Preserve me from faithless fears and worldly anxieties, that no clouds of this mortal life may hide from me the light of that love which is immortal, and which you have given to us in your Son, Jesus Christ, our Lord; who lives and reigns with you in the unity of the Holy Spirit, one God, now and for ever. Amen

I connect with the words, "faithless fears and worldly anxieties". It is God's call to me to trust in HIM as I acknowledge the limits of my abilities and powers. God tells me that in Him all will be well.

This reminds me of some old, but powerful words from St. Theresa of Avila expressing deep trust in God.

***Be not perplexed, Be not afraid
All things are passing, God never changes
Patient endurance attains all things,
He who has God lacks nothing
God alone suffices.***

Martin Luther wrote two short prayers, one for morning when we wake up and one for evening when we are ready for sleep. They are prayers of trust and dependence.

LUTHER'S MORNING PRAYER

In the name of the Father and of the Son and of the Holy Spirit. Amen.



I thank you, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

LUTHER'S EVENING PRAYER

In the name of the Father and of the Son and of the Holy Spirit. Amen.

I thank you, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands, I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

We not only have historical and helpful prayers, prayed by millions over the history of the church, we also have a very important prayer given to us by Jesus. It was Jesus' response when the disciples asked him to teach them how to pray. Here is the prayer taught by Jesus:

***Our Father, who art in heaven, Hallowed be thy Name.
Thy Kingdom come. Thy will be done on earth, As it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses, As we forgive those who trespass against us.
And lead us not into temptation, But deliver us from evil.
For thine is the kingdom, the power, and the glory, For ever and ever. Amen.***

So, if you find yourself looking for words to pray, pause for a moment and try any of these prayers. As you seek God's blessings in your life (and the one you are caring for) slowly ponder on one of these prayers to hear why these prayers have been classics for Christian over the ages. These, among other classic prayer, have been helpful in the spiritual life of Christians.