

MORNING AND EVENING

Martin Luther's Small Catechism contains brief prayers for morning and evening. You could learn these for your own benefit. If you're a parent, you could teach them to your children.

Morning Prayer

In the morning when you get up, make the sign of the holy cross and say: "In the name of the Father and of the Son and of the Holy Spirit. Amen." Then, kneeling or standing, repeat the Creed and the Lord's Prayer. If you choose, you may also say this little prayer:

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.

Evening Prayer

In the evening when you go to bed, make the sign of the holy cross and say: "In the name of the Father and of the Son and of the Holy Spirit. Amen." Then kneeling or standing, repeat the Creed and the Lord's Prayer. If you choose, you may also say this little prayer:

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.

Then go to sleep at once and in good cheer.

The Lord's Prayer - Matthew 6:9-13 (CSB)

Our Father in heaven, your name be honored as holy. Your kingdom come. Your will be done on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And do not bring us into temptation, but deliver us from the evil one.

The Apostles' Creed

We believe in God, the Father Almighty, creator of heaven and earth.

We believe in Jesus Christ, God's only Son, our Lord,

who was conceived by the Holy Spirit, born of the Virgin Mary,

suffered under Pontius Pilate, was crucified, died, and was buried;

he descended to the dead. On the third day he rose again;

he ascended into heaven, and is seated at the right hand of the Father.

He will come again to judge the living and the dead.

We believe in the Holy Spirit,

the holy catholic church,

the communion of saints,

the forgiveness of sins,

the resurrection of the body,

and the life everlasting.