

**SUPPER** (or late-day meal)

Dear Lord, thank you for this food.  
Bless the hands that prepared it.  
Bless it to our use and us to your service,  
And make us ever mindful of the needs of others.  
Through Christ our Lord we pray. Amen.

**AT THE END OF THE DAY**

Our Father in heaven,  
hallowed be your name.  
Your Kingdom come,  
your will be done,  
on earth as in heaven  
Give us today our daily bread.  
Forgive us our sins,  
as we forgive those who sin against us.  
Lead us not into temptation,  
but deliver us from evil.  
For the kingdom, the power and the glory are yours.  
Now and for ever.  
Amen

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Amen

# LENTEN PRAYER GUIDE

**ON WAKING IN THE MORNING**

*St. Patrick's Breastplate*

I arise today through God's strength.  
Christ be with me, Christ before me, Christ behind me,  
Christ within me, Christ beneath me, Christ above me,  
Christ on my right, Christ on my left,  
Christ when I lie down, Christ when I sit down,  
Christ when I arise,  
Christ in the heart of everyone who thinks of me,  
Christ in the mouth of everyone who speaks of me,  
Christ in every eye that sees me,  
Christ in every ear that hears me.



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**BEGINNING WORK** (or 10 a.m. holiday/day off)

*Prayer of St. Francis*

Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love.  
Where there is injury, pardon.  
Where there is doubt, faith.  
Where there is despair, hope.  
Where there is darkness, light.  
Where there is sadness, joy.  
O Divine Master,  
grant that I may not so much seek  
to be consoled, as to console;  
to be understood, as to understand;  
to be loved, as to love.  
For it is in giving that we receive.  
It is in pardoning that we are pardoned,  
and it is in dying that we are born to Eternal Life.  
Amen.



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Amen.



**LUNCH BREAK** (or 1 p.m. on holiday/day off)

*Apostles' Creed*

I believe in God,  
the Father almighty,  
creator of heaven and earth.  
I believe in Jesus Christ, his only Son, our Lord.  
He was conceived by the power of the Holy Spirit  
and born of the Virgin Mary.  
He 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 to judge the living and the dead.  
I 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.  
Amen.

**AFTERNOON** (or 3p.m. on holiday/day off)

Glory to the Father, and to the Son, and to the Holy Spirit, both now and always, and unto the ages of ages.  
Amen.

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