

*May Christ be with us,
Christ before us,
Christ in us,
Christ over us.*

**Part of the 'Breastplate' of St Patrick,
389-461**

O most merciful Redeemer,
friend and brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly,
day by day. Amen.

**St Richard of Chichester
1197-1253**

Lord Jesus Christ, Son of God,
have mercy upon me, a sinner.

**The Jesus Prayer or the
Prayer of the Heart, or the
Perpetual Prayer**

LORD, MAKE ME AN INSTRUMENT OF YOUR PEACE;
WHERE THERE IS HATRED, LET ME SOW LOVE;
WHERE THERE IS INJURY, PARDON;
WHERE THERE IS DISCORD, UNION;
WHERE THERE IS DOUBT, FAITH;
WHERE THERE IS DESPAIR, HOPE;
WHERE THERE IS DARKNESS, LIGHT;
WHERE THERE IS SADNESS, JOY;
FOR YOUR MERCY AND TRUTH'S SAKE.
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;
IT IS IN DYING THAT WE ARE BORN TO ETERNAL LIFE. AMEN.

**A 19TH CENTURY PRAYER IN THE SPIRIT OF ST FRANCIS OF
ASSISI**

The Lord's Prayer:

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.

*Save us from the time of trial and deliver us
from evil.*

*For the kingdom, the power, and the glory
are yours*

now and forever. Amen.