

PRAYER



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PORTLAND CENTRAL NAZARENE CHURCH

Have you ever felt like your prayer life is boring and you keep praying for the same things and praying in the same way? I tend to get bored with the routine and like to try new things from time to time. This booklet is meant to get you thinking intentionally about your prayer life. The prayers contained here are prayers from some of the people in the early church. As you read the Scriptures and read the prayers perhaps some will be exactly what you have been needing or looking for and perhaps they will help you look at your prayer life a little bit differently.

Praying with you!

Pastor Matt

Scripture

“Pray without ceasing”

1 Thessalonians 5:17

Prayer

"Pray, then, in this way: 'Our Father who is in heaven, Hallowed be Your name. 'Your kingdom come. Your will be done, On earth as it is in heaven. 'Give us this day our daily bread. 'And forgive us our debts, as we also have forgiven our debtors. 'And do not lead us into temptation, but deliver us from evil. For Yours is the kingdom and the power and the glory forever. Amen.'"

—Jesus (Matthew 6:9-13)



Scripture

“Now at this time Mary arose and went in a hurry to the hill country, to a city of Judah, and entered the house of Zacharias and greeted Elizabeth. When Elizabeth heard Mary’s greeting, the baby leaped in her womb; and Elizabeth was filled with the Holy Spirit. And she cried out with a loud voice and said, “Blessed are you among women, and blessed is the fruit of your womb! “And how has it happened to me, that the mother of my Lord would come to me? “For behold, when the sound of your greeting reached my ears, the baby leaped in my womb for joy. “And blessed is she who believed that there would be a fulfillment of what had been spoken to her by the Lord.”

Luke 1:39-45

Prayer

And Mary said: “My soul exalts the Lord, And my spirit has rejoiced in God my Savior. “For He has had regard for the humble state of His bondservant; For behold, from this time on all generations will count me blessed. “For the Mighty One has done great things for me; And holy is His name. "AND HIS MERCY IS UPON GENERATION AFTER GENERATION TOWARD THOSE WHO FEAR HIM. “He has done mighty deeds with His arm; He has scattered those who were proud in the thoughts of their heart. “He has brought down rulers from their thrones, And has exalted those who were humble. “HE HAS FILLED THE HUNGRY WITH GOOD THINGS; And sent away the rich empty-handed. “He has given help to Israel His servant, In remembrance of His mercy, As He spoke to our fathers, To Abraham and his descendants forever.”

—Mary (Luke 1:46-55)

Scripture

“While they were eating, Jesus took some bread, and after a blessing, He broke it and gave it to the disciples, and said, “Take, eat; this is My body.” And when He had taken a cup and given thanks, He gave it to them, saying, “Drink from it, all of you; for this is My blood of the covenant, which is poured out for many for forgiveness of sins. “But I say to you, I will not drink of this fruit of the vine from now on until that day when I drink it new with you in My Father’s kingdom.”
Matthew 26:26-29

Prayer

My Father, if it is possible, let this cup pass from Me; yet not as I will, but as You will.... My Father, if this cannot pass away unless I drink it, Your will be done.”
—Jesus (Matthew 26:39, 42)



Scripture

“Jesus answered them, “Do you now believe? “Behold, an hour is coming, and has already come, for you to be scattered, each to his own home, and to leave Me alone; and yet I am not alone, because the Father is with Me. “These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.”
John 16:31-33

Prayer

Jesus spoke these things; and lifting up His eyes to heaven, He said, “Father, the hour has come; glorify Your Son, that the Son may glorify You, even as You gave Him authority over all flesh, that to all whom You have given Him, He may give eternal life. “This is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent. “I glorified You on the earth, having accomplished the work which You have given Me to do. “Now, Father, glorify Me together with Yourself, with the glory which I had with You before the world was. “I have manifested Your name to the men whom You gave Me out of the world; they were Yours and You gave them to Me, and they have kept Your word. “Now they have come to know that everything You have given Me is from You; for the words which You gave Me I have given to them; and they received them and truly understood that I came forth from You, and they believed that You sent Me. “I ask on their behalf; I do not ask on behalf of the world, but of those whom You have given Me; for they are Yours; and all things that are Mine are Yours, and Yours are Mine; and I have been glorified in them.
—Jesus (John 17:1-10)

Scripture

“For if you forgive others for their transgressions, your heavenly Father will also forgive you. “But if you do not forgive others, then your Father will not forgive your transgressions.”

Matthew 6:14-15

Prayer

They went on stoning Stephen as he called on the Lord and said, “Lord Jesus, receive my spirit!” Then falling on his knees, he cried out with a loud voice, “Lord, do not hold this sin against them!” Having said this, he fell asleep.

—Stephen (Acts 7:59-60)



Scripture

“Now I say, as long as the heir is a child, he does not differ at all from a slave although he is owner of everything, but he is under guardians and managers until the date set by the father. So also we, while we were children, were held in bondage under the elemental things of the world. But when the fullness of the time came, God sent forth His Son, born of a woman, born under the Law, so that He might redeem those who were under the Law, that we might receive the adoption as sons. Because you are sons, God has sent forth the Spirit of His Son into our hearts, crying, “Abba! Father!” Therefore you are no longer a slave, but a son; and if a son, then an heir through God.”

Galatians 4:1-7

Prayer

O God, You are the unsearchable abyss of peace, the ineffable sea of love, the fountain of blessings, and the bestower of affection, Who sends peace to those that receive it; open to us this day the sea of Your love, and water us with the plenteous streams from the riches of Your grace. Make us children of quietness, and heirs of peace. Enkindle in us the fire of Your love; sow in us Your fear; strengthen our weakness by Your power; bind us closely to You and to each other in one firm bond of unity; for the sake of Jesus Christ. Amen.

—Syrian Clementine Liturgy

Scripture

But you are A CHOSEN RACE, A royal PRIESTHOOD, A HOLY NATION, A PEOPLE FOR God's OWN POSSESSION, so that you may proclaim the excellencies of Him who has called you out of darkness into His marvelous light; for you once were NOT A PEOPLE, but now you are THE PEOPLE OF GOD; you had NOT RECEIVED MERCY, but now you have RECEIVED MERCY. Beloved, I urge you as aliens and strangers to abstain from fleshly lusts which wage war against the soul. Keep your behavior excellent among the Gentiles, so that in the thing in which they slander you as evildoers, they may because of your good deeds, as they observe them, glorify God in the day of visitation.

1 Peter 2:9-12

Prayer

May God, who sees all things, and who is the Ruler of all spirits and the Lord of all flesh—who chose our Lord Jesus Christ and us through Him to be a peculiar people—grant to every soul that calls upon His glorious and holy Name, faith, peace, patience, longsuffering, self-control, purity, and sobriety, to the well-pleasing of His Name, through our High Priest and Protector, Jesus Christ, by whom be to Him glory, and majesty, and power, and honor, both now and forevermore. Amen.

—Clement of Rome



Scripture

“First of all, then, I urge that entreaties and prayers, petitions and thanksgivings, be made on behalf of all men, for kings and all who are in authority, so that we may lead a tranquil and quiet life in all godliness and dignity. This is good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth. For there is one God, and one mediator also between God and men, the man Christ Jesus, who gave Himself as a ransom for all, the testimony given at the proper time. “

1 Timothy 2:1-6

Prayer

May God the Father, and the Eternal High Priest Jesus Christ, build us up in faith and truth and love, and grant to us our portion among the saints with all those who believe on our Lord Jesus Christ. We pray for all saints, for kings and rulers, for the enemies of the Cross of Christ, and for ourselves we pray that our fruit may abound and we may be made perfect in Christ Jesus our Lord. Amen.

—Polycarp

Scripture

“In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, so that the proof of your faith, being more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ; and though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory, obtaining as the outcome of your faith the salvation of your souls.”

1 Peter 1:6–9

Prayer

Ask for me this only in your prayers, that strength may be given me of the Lord that I may not be called but proved to be a Christian. Then shall I be seen to be faithful when the world no longer sees me. For nothing that appears is eternal. For the things which are perceived are temporal, but the things which are not seen are eternal. I write to the Churches and charge you all that willingly I die for Christ, if you prevent me not. I ask of you that your love for me be not untimely; allow me to be devoured of wild beasts, through whom I may attain unto God. I am the grain of God ground between the teeth of wild beasts, that I may be found to be the pure bread of Christ. Then indeed shall I be the true disciple of Christ when the world shall no longer behold my body. Beseech Christ on my behalf that through these means I may be found a perfect sacrifice. Not as Peter and Paul do I command you. They were apostles, I am the least of them; they were free, but I am a slave even unto this day, but, if you wish, I shall be the freedman of Jesus Christ, and in Him I shall rise again and be free. Amen.

—Ignatius



Scripture

“For to me, to live is Christ and to die is gain.”

Philippians 1:21

Prayer

Ah! sweet Jesus, pierce the marrow of my soul with the healthful shafts of Your love, that it may truly burn, and melt, and languish, with the only desire of You; that it may desire to be dissolved, and to be with You; let it hunger alone for the bread of life: let it thirst after You, the spring and fountain of eternal light, the stream of true pleasure; let it always desire You, seek You, and find You, and sweetly rest in You. Amen.

—Bonaventura

Scripture

“Then Jesus again spoke to them, saying, “I am the Light of the world; he who follows Me will not walk in the darkness, but will have the Light of life.”

John 8:12

Prayer

Eternal God, You uncreate and primal Light, Maker of all created things, Fountain of pity, Your Sea of Bounty, fathomless deep of Loving-Kindness: lift up the light of Your countenance upon us! Lord, shine in our hearts, true Sun of Righteousness, and fill our souls with Your beauty. Teach us always to keep in mind Your judgments, and to discourse of them, and own You continually as our Lord and Friend. Govern by Your will the works of our hands; and lead us in the right way, that we may do what is well-pleasing and acceptable to You, that through us unworthy Your holy name may be glorified. To You alone be praise and honor and worship eternally. Amen.

—Basil



Scripture

“Do you not know? Have you not heard? The Everlasting God, the LORD, the Creator of the ends of the earth does not become weary or tired. His understanding is inscrutable. He gives strength to the weary, And to him who lacks might He increases power. Though youths grow weary and tired, And vigorous young men stumble badly, Yet those who wait for the LORD Will gain new strength; They will mount up with wings like eagles, They will run and not get tired, They will walk and not become weary.”

Isaiah 40:28-31

Prayer

O Lord our God, under the shadow of Your wings let us hope. You will support us, both when little, and even to gray hairs. When our strength is of You, it is strength; but, when our own, it is feebleness. We return unto You, O Lord, that from their weariness our souls may rise towards You, leaning on the things which You have created, and passing on to Yourself, who has wonderfully made them; for with You is refreshment and true strength. Amen.

—Augustine

Scripture

“For You formed my inward parts; You wove me in my mother’s womb. I will give thanks to You, for I am fearfully and wonderfully made; Wonderful are Your works, And my soul knows it very well. My frame was not hidden from You, When I was made in secret, And skillfully wrought in the depths of the earth; Your eyes have seen my unformed substance; And in Your book were all written The days that were ordained for me, When as yet there was not one of them. How precious also are Your thoughts to me, O God! How vast is the sum of them! If I should count them, they would outnumber the sand. When I awake, I am still with You.”

Psalm 139:13-18

Prayer

You are Good and Omnipotent, Who so cares for every one of us, as if You cared for him alone; and so for all, as if all were but one! Blessed is the man who loves You and his friend in You, and his enemy for You. For he only loses none dear to him, to whom all are dear in Him who cannot be lost. And who is that but our God, the God that made heaven and earth, and fills them, even by filling them creating them. And Your law is truth, and You are truth. I know how some things pass away that others may replace them, but You never depart, O God, my Father supremely good, Beauty of all things beautiful. To You I will entrust whatsoever I have received from You, so I shall lose nothing. You made me for Yourself, and my heart is restless until it repose in You. Amen.

—Augustine



Scripture

“Come to Me, all who are weary and heavy-laden, and I will give you rest. “Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. “For My yoke is easy and My burden is light.”

Matthew 11:28-30

Prayer

We bring before You, O Lord, the troubles and perils of people and nations, the sighing of prisoners and captives, the sorrows of the bereaved, the necessities of strangers, the helplessness of the weak, the despondency of the weary, the failing powers of the aged. O Lord, draw near to each; for the sake of Jesus Christ our Lord. Amen.

—Anselm

Scripture

“This is the message we have heard from Him and announce to you, that God is Light, and in Him there is no darkness at all. If we say that we have fellowship with Him and yet walk in the darkness, we lie and do not practice the truth; but if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin. If we say that we have no sin, we are deceiving ourselves and the truth is not in us. If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar and His word is not in us.”

1 John 1:5-10

Prayer

O God, the light of every heart that sees You, the Life of every soul that loves You, the strength of every mind that seeks You, grant me ever to continue steadfast in Your holy love. Be the joy of my heart; take it all, and therein abide. The house of my soul is, I confess, too narrow for You; enlarge it, that You may enter in; it is ruinous, but repair it. It has that within which must offend Your eyes; I confess and know it; but whose help shall I implore in cleansing it, but Yours alone? To You, therefore, I cry urgently, begging that You will cleanse me from my secret faults, and keep Your servant from presumptuous sins, that they never get dominion over me. Amen.

—Augustine



Scripture

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”

Galatians 5:22-23

Prayer

O merciful God, fill our hearts, we pray, with the graces of Your Holy Spirit, with love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance. Teach us to love those who hate us, to pray for those who despitefully use us, that we may be the children of You our Father, who makes Your sun to shine on the evil and on the good, and sends rain on the just and on the unjust. In adversity grant us grace to be patient; in prosperity keep us humble; may we guard the door of our lips; may we lightly esteem the pleasures of this world, and thirst after heavenly things; through Jesus Christ our Lord. Amen.

—Unknown

Scripture

“Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body.”

1 Corinthians 6:18-20

Prayer

Come, O Lord, in much mercy down into my soul, and take possession and dwell there. A homely mansion, I confess, for so glorious a Majesty, but such as You are fitting up for Your reception, by holy and fervent desires of Your own inspiring. Enter then, and adorn, and make it such as You can inhabit, since it is the work of Your hands. Give me Thine own self, without which, though You should give me all that ever You have made, yet my desires could not be satisfied. Let my soul ever seek You, and let me persist in seeking, till I have found, and am in full possession of You. Amen.

—Augustine



Scripture

“But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you. “Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.”

John 14:26-27

Prayer

Grant me, I beseech You, O merciful God, prudently to study, rightly to understand, and perfectly to fulfill that which is pleasing to You, to the praise and glory of Your name.

You, O Christ, are the King of glory; You are the everlasting Son of the Father. Amen.

—Thomas Aquinas

Scripture

“And the Word became flesh, and dwelt among us, and we saw His glory, glory as of the only begotten from the Father, full of grace and truth. John testified about Him and cried out, saying, “This was He of whom I said, ‘He who comes after me has a higher rank than I, for He existed before me.’ ” For of His fullness we have all received, and grace upon grace. For the Law was given through Moses; grace and truth were realized through Jesus Christ. No one has seen God at any time; the only begotten God who is in the bosom of the Father, He has explained Him.”
John 1:14-18

Prayer

You are the Father of that Son which has awakened us, and yet urges us out of the sleep of our sins, and exhorts us that we become Yours, to You, Lord, we pray, who is the supreme truth, for all truth that is, is from You. We implore You, O Lord, who is the highest wisdom, through You are wise, all those that are so. You are the supreme joy, and from You all have become happy that are so. You art the highest good, and from You all beauty springs. You are the intellectual light, and from You man derives his understanding. To You, O God, we call and speak. Hear us, O Lord, for You are our God and our Lord, our father and our creator, our ruler and our hope, our wealth and our honor, our home, our country, our salvation, and our life; hear, hear us, O Lord. Few of Your servants comprehend You, but at least we love You—yea, love You above all other things. We seek You, we follow You, we are ready to serve You; under Your power we desire to abide, for You are the Sovereign of all. We pray for You to command us as You will; through Jesus Christ Your Son our Lord. Amen.

—Alfred the Great



Scripture

“For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life. “For God did not send the Son into the world to judge the world, but that the world might be saved through Him.”

John 3:16-17

Prayer

My God, and my all, who are You, sweetest Lord, my God? And who am I, a poor worm, Your servant? Holiest Lord, I would love You! Sweetest Lord, I would love You! Lord, my God, I give to You all my heart and body, and vehemently desire, if I might know how, to do more for Your love. Amen.

—Francis of Assisi

Scripture

“He was despised and forsaken of men, A man of sorrows and acquainted with grief; And like one from whom men hide their face He was despised, and we did not esteem Him. Surely our griefs He Himself bore, And our sorrows He carried; Yet we ourselves esteemed Him stricken, Smitten of God, and afflicted. But He was pierced through for our transgressions, He was crushed for our iniquities; The chastening for our well-being fell upon Him, And by His scourging we are healed. All of us like sheep have gone astray, Each of us has turned to his own way; But the LORD has caused the iniquity of us all To fall on Him. “

Isaiah 53:3-6

Prayer

Thanks be to You, O Lord Jesus Christ, for all the benefits which You have given us; for all the pains and insults which You have borne for us. O most merciful Redeemer, friend and brother, may we know You more clearly, love You more dearly, and follow You more nearly. Amen.

—Richard of Chichester



Scripture

“Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.”

Romans 12:1-2

Prayer

Lord, I offer to You all my sins and offences, which I have committed before You, from the day wherein I first could sin even to this hour; that You might consume and burn them, one and all, with the fire of Your love, and do away all the stains of my sins, and cleanse my conscience from all offences, and restore to me Your grace, fully forgiving me all, and admitting me mercifully to the kiss of peace. I offer up also unto You all that is good in me, though it be very small and imperfect, in order that You might amend and sanctify it, that You might make it grateful and acceptable unto You, and always be perfecting it more and more; and bring me also, slothful and unprofitable poor creature as I am, to a good and blessed end. Amen.

—Thomas à Kempis

Scripture

“For the grace of God has appeared, bringing salvation to all men, instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age, looking for the blessed hope and the appearing of the glory of our great God and Savior, Christ Jesus, who gave Himself for us to redeem us from every lawless deed, and to purify for Himself a people for His own possession, zealous for good deeds.”

Titus 2:11-14

Prayer

O Lord, who has mercy upon all, take away from me my sins, and mercifully kindle in me the fire of Your Holy Spirit. Take away from me the heart of stone, and give me a heart of flesh, a heart to love and adore You, a heart to delight in You, to follow and to enjoy You, for Christ's sake. Amen.

—Ambrose



Scripture

“Do not worry then, saying, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear for clothing?’ “For the Gentiles eagerly seek all these things; for your heavenly Father knows that you need all these things. “But seek first His kingdom and His righteousness, and all these things will be added to you. “So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.”

Matthew 6:31-34

Prayer

Strengthen me, O God, by the grace of Your Holy Spirit. Grant me to be strengthened with might in the inner man, and to empty my heart of all useless care and anguish. O Lord, grant me heavenly wisdom, that I may learn above all things to seek and to find You, above all things to relish and to love You, and to think of all other things as being, what indeed they are, at the disposal of Your wisdom. Amen.

—Thomas à Kempis

Scripture

“Now this I say, he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Each one must do just as he has purposed in his heart, not grudgingly or under compulsion, for God loves a cheerful giver. And God is able to make all grace abound to you, so that always having all sufficiency in everything, you may have an abundance for every good deed; as it is written, “HE SCATTERED ABROAD, HE GAVE TO THE POOR, HIS RIGHTEOUSNESS ENDURES FOREVER.” Now He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness; you will be enriched in everything for all liberality, which through us is producing thanksgiving to God.”

2 Corinthians 9:6–11

Prayer

O Lord, our Savior, who has warned us that You will require much of those to whom much is given; grant that we whose lot is cast in so goodly a heritage may strive together the more abundantly to extend to others what we so richly enjoy; and as we have entered into the labors of other men, so to labor that in their turn other men may enter into ours, to the fulfillment of Your holy will; through Jesus Christ our Lord. Amen.

—Unknown



Scripture

“Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him and will dine with him, and he with Me.”

Revelation 3:20

Prayer

O Holy Spirit, Love of God, infuse Your grace, and descend plentifully into my heart; enlighten the dark corners of this neglected dwelling, and scatter there Your cheerful beams; dwell in that soul that longs to be Your temple; water that barren soil, over-run with weeds and briars, and lost for want of cultivating, and make it fruitful with Your dew from heaven. Oh come, The refreshment of them that languish and faint. Come, The Star and Guide of them that sail in the tempestuous sea of the world; The only Haven of the tossed and shipwrecked. Come, The Glory and Crown of the living, and only Safeguard of the dying. Come, Holy Spirit, in much mercy, and make me fit to receive You. Amen.

—Unknown

Scripture

“Not that I have already obtained it or have already become perfect, but I press on so that I may lay hold of that for which also I was laid hold of by Christ Jesus. Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.”

Philippians 3:12-14

Prayer

Grant us, even us, O Lord, to know You, and love You, and rejoice in You. And if we cannot do these perfectly in this life, let us, at least, advance to higher degrees every day, till we can come to do them in perfection. Let the knowledge of You increase in us here, that it maybe full hereafter. Let the love of You grow every day more and more here, that it may be perfect hereafter; that our joy may be great in itself and full in You. We know, O God, that You are a God of truth, O make Your gracious promises good to us, that our joy may be full. To Your honor and glory, Who with the Father and the Holy Ghost lives and reigns one God, world without end. Amen.

—Augustine



Scripture

“Now if we have died with Christ, we believe that we shall also live with Him, knowing that Christ, having been raised from the dead, is never to die again; death no longer is master over Him. For the death that He died, He died to sin once for all; but the life that He lives, He lives to God. Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. Therefore do not let sin reign in your mortal body so that you obey its lusts, and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God. For sin shall not be master over you, for you are not under law but under grace.”

Romans 6:8-14

Prayer

O Lord, my Savior, in whose power it is to remit sins, I beseech You say unto me, “You are loose from your chains, come out of the bonds of your sins”; and when You say it, loose those cords of my errors wherewith I am entangled and bound; for, though I am the most wicked of all men, and to be abhorred by reason of my continuance in sins, yet when You command, I shall be free from them. Amen.

—Ambrose

Scripture

“Have this attitude in yourselves which was also in Christ Jesus, who, although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross. For this reason also, God highly exalted Him, and bestowed on Him the name which is above every name, so that at the name of Jesus EVERY KNEE WILL BOW, of those who are in heaven and on earth and under the earth, and that every tongue will confess that Jesus Christ is Lord, to the glory of God the Father. “

Philippians 2:5-11

Prayer

Lord Jesus Christ, who stretches out Your hands on the Cross, and redeems us by Your Blood, forgive me, a sinner, for none of my thoughts are hid from You. Pardon I ask, pardon I hope for, pardon I trust to have. You who art pitiful and merciful, spare and forgive me. Amen.

—Ambrose



Scripture

AND YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND, AND WITH ALL YOUR STRENGTH.’ “The second is this, ‘YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.’ There is no other commandment greater than these.”

Mark 12:30-31

Prayer

O God of love, Who has given a new commandment through Your only begotten Son, that we should love one another, even as You have loved us, the unworthy and the wandering, and gave Your beloved Son for our life and salvation; we pray, Lord, give to us, Your servants, in all time of our life on the earth, a mind forgetful of past ill-will, a pure conscience and sincere thoughts, and a heart to love our brethren; for the sake of Jesus Christ, Your Son, our Lord and only Savior. Amen.

—Coptic Liturgy of St. Cyril

Scripture

“Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.”

Hebrews 12:1-3

Prayer

Grant Your servants, O God, to be set on fire with Your Spirit, strengthened by Your power, illuminated by Your splendor, filled with Your grace, and to go forward by Your aid. Give them, O Lord, a right faith, perfect love, true humility. Grant, O Lord, that there may be in us simple affection, brave patience, persevering obedience, perpetual peace, a pure mind, a right and honest heart, a good will, a holy conscience, spiritual strength, a life unspotted and unblameable; and after having manfully finished our course, may we be enabled happily to enter into Your kingdom; through Jesus Christ our Lord. Amen.

—Old Gallican Sacramentary

