

Rising Prayer

In the morning when you wake 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.

You may sing or read a short psalm.

Psalm

Then, kneeling or standing, repeat the Creed and these prayers:

Creed

I believe in God the Father almighty,
Maker of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
and born of the virgin Mary.

He suffered under Pontius Pilate,
was crucified, died, and was buried;
he descended into hell.

The third day he rose again from the dead.

He ascended into heaven
and is seated at the right hand of God the Father Almighty.
From there he shall 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.

The Lord's Prayer

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 debts,
as we forgive our debtors.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
forever and ever. Amen.

Prayer for the Day

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.

Then go joyfully to your work, singing a hymn, like that of the Ten Commandments, or whatever your devotion may suggest.