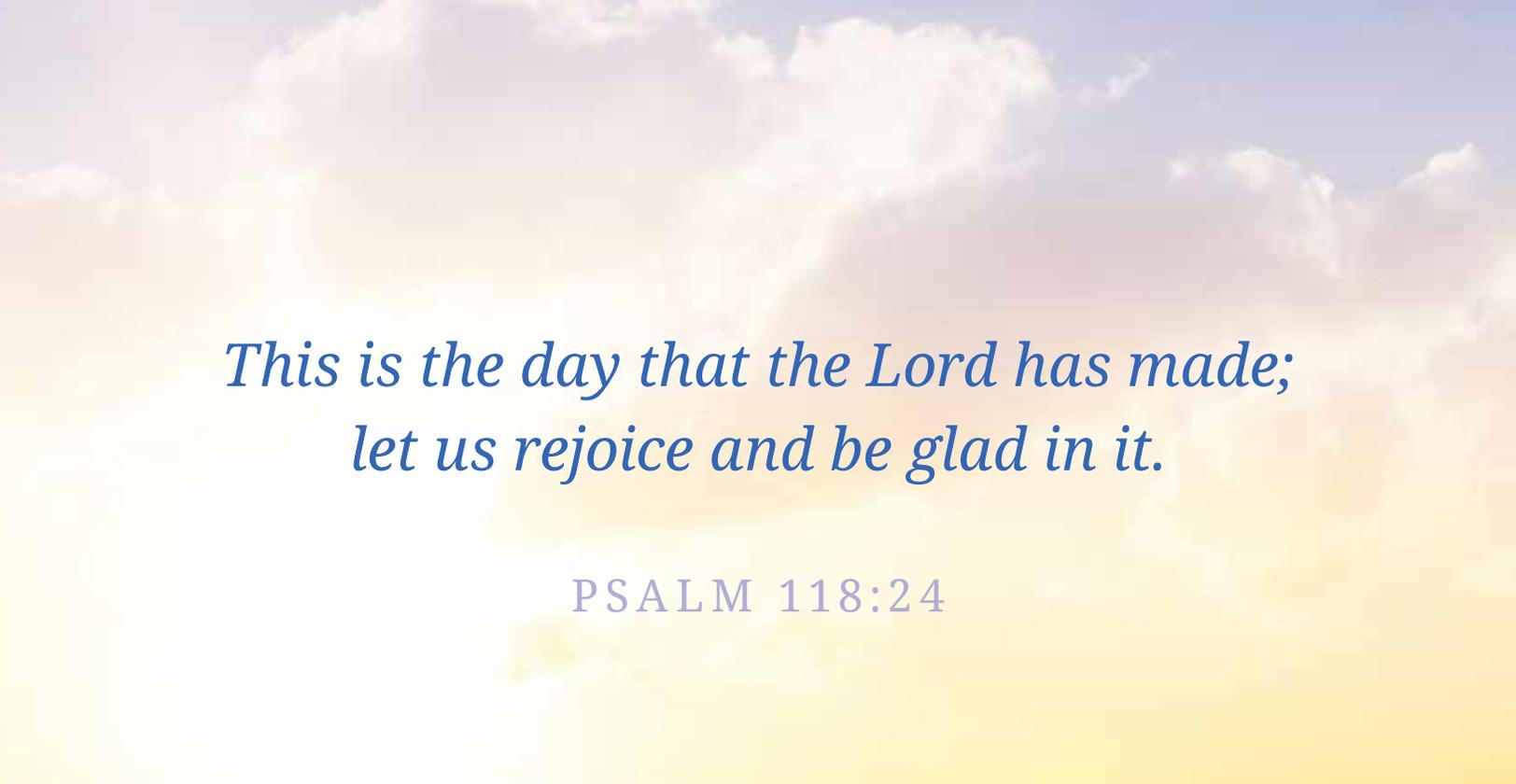


10 morning & evening prayers

BEGIN AND END
EACH DAY BY
DRAWING CLOSER
TO GOD

crosswalk.com



*This is the day that the Lord has made;
let us rejoice and be glad in it.*

PSALM 118:24

A morning prayer is a wonderful way to focus your time and attention on seeking God's plan for the day ahead. Whether you need encouragement, peace, strength, or rest, God can meet you in a very real and present way when you come before him with a humble heart. Seek God's presence each morning before your energy and attention is pulled by all the tasks you have ahead.

MORNING

Lord,

May nothing separate me from you today. Teach me how to choose only your way today so each step will lead me closer to You. Help me walk by the Word and not my feelings.

Help me to keep my heart pure and undivided. Protect me from my own careless thoughts, words, and actions. And keep me from being distracted by MY wants, MY desires, MY thoughts on how things should be. Help me to embrace what comes my way as an opportunity... rather than a personal inconvenience. And finally, help me to rest in the truth of [Psalm 86:13](#), "Great is your love toward me." You already see the ways I will fall short and mess up. But right now, I consciously tuck your whisper of absolute love for me into the deepest part of my heart. I recognize your love for me is not based on my performance. You love me warts and all. That's amazing. But what's most amazing is that the Savior of the world would desire a few minutes with me this morning. Lord, help me to forever remember what a gift it is to sit with you like this. Amen.

Lysa Terkeurst

EVENING

Bless us with rest tonight, Jesus, and a good night's sleep. Forgive us for the things we did today that did not honor you. Thank you for loving us so much and that you know us through and through. We need your help every day, and we thank you for the strength you give and for helping us know that with you, even hard things are possible. Bless our family and our home, and keep us safe through the night. May your angels guard us and watch over us, just like you promised.

You've told us we are just like sheep. And that you lead us and guard us like a shepherd. You know our names, and you make us feel special and loved. When we hurt, you help us feel better. Thank you, Jesus, for your good care and for giving us [mom/dad/parents/foster parents/pastors] to help. Thank you for the Bible, and for teaching us stuff in life that helps us grow. Bless the people in our world, and help them to know you love them, too. Thank you for all the people who help us so much: teachers, doctors, policeman, and fireman—and so many more.

Thank you for your good plan for our lives. Help us to obey you and love you more and more. When we awake in the morning, put a smile on our face and your purpose in our hearts, ready to start a new day. We love you, Jesus. Good night. In Jesus's precious name, Amen.

Rebecca Barlow Jordan

MORNING

I got up early one morning
And rushed right into the day;
I had so much to accomplish
That I didn't have time to pray.

Problems just tumbled about me,
And heavier came each task;
"Why doesn't God help me?" I wondered.
He answered, "You didn't ask."

I wanted to see joy and beauty
But the day toiled on gray and bleak
I wondered why God didn't show me
He said, "But you didn't seek",

I tried to come into God's presence;
I used all my keys in the lock.
God gently and lovingly chided,
"My child, you didn't knock."

I woke up early this morning,
And paused before entering the day;
I had so much to accomplish
That I had to take time to pray.

author unknown

EVENING

Dear God, we thank you tonight for the good day and for the special way you take care of us all the time. Thank you for the fun times outside and the quiet times inside, and for helping us learn new things every day.

Thank you for creating us special, exactly the way you wanted. Thank you for protecting us throughout the day. Forgive us for the wrong things we do. Thank you for loving us even when we disobey or try to do things our way. Help us to always choose your way, God, because it's always best. We pray for all the people who don't know you, and that they will come to understand your love for them, too.

Bless our family and thank you for good times together and apart. Bless our friends and those we love, including our grandparents, our aunts and uncles and cousins. Thank you for our home and a place to sleep and good food to eat. Help us rest well, give us peaceful dreams, and send your angels around our home to protect us throughout the night. Teach us to trust you and to love you more and more. You are good; you are great; and you are faithful, God. And we love you. Good night. In Jesus's precious name, Amen.

Rebecca Barlow Jordan

MORNING

Dear God,

Thank you for another day. Please watch over my family and friends. Thank you!

Amen.

I have set the LORD always before me. Because He is at my right hand, I will not be shaken.

[Psalm 16:8](#)

EVENING

...for God gave us a spirit not of fear but of power and love and self-control.

[2 Timothy 1:7](#)

A Short Night-time Prayer

For God's not given me a spirit of fear,
But a spirit of love,
and of power, and a sound mind,
To live each day and glorify his name.

MORNING

Dear Lord,

I don't know who or what will cross my path today. But I do know that you are my Rock and my Fortress. You are my Shield and my Strong Tower. Help me to anchor myself to you today. Teach me how to stand strong in you and choose only your way today. Help me walk by your truth and not my feelings. Help me to embrace anything that comes my way as an opportunity to see you at work and as an opportunity to point others to you. Thank you that you love me and nothing can ever take that away from me! Even if I fail today and fall short, you whisper your unconditional love deep into my soul and remind me that your mercies are new every morning. That truly amazes me, Lord. Thank you for meeting with me today. Would you wake me again tomorrow with the same sweet whisper of your love? I can't wait to meet with you again.

In Jesus' name, amen.

Wendy Blight

EVENING

Popular Child's Bedtime Prayer, 18th Century

Now I lay me down to sleep,
I pray the Lord my soul to keep.
If I should die before I wake,
I pray the Lord my soul to take.

Alternative Version for Children:

Now I lay me down to sleep,
I pray the Lord my soul to keep,
Watch and guard me through the night,
and wake me with the morning light.
Amen.

MORNING

Lord,

Give me strength in my weakness. Give me faith in my heart. Give me power in my powerlessness. I'm trusting in you.

Amen.

You will keep in perfect peace him whose mind is steadfast, because he trusts in you.

[Isaiah 26:3](#)

EVENING

A Beautiful Prayer to End the Day

Heavenly Father, my day is drawing to an end, and I'm ready to turn in. But before I do, I have to thank you for your faithfulness today. It's always a good day, even when things may not go the way I plan, or when the world seems in chaos, because you are in control.

For all the times when I was aware of your help today, all the times when your unseen presence seemed so near, thank you, God. But for all the ways you worked behind the scenes, unknown to me, moments when heaven-sent angels moved on my behalf in ways I'll never know, thank you for those also, Lord.

Forgive me for any foolish actions on my part today or things I did without first asking your blessing or wisdom. Those are moments I'd rather forget, but I'm so grateful for your forgiveness when I ask. I never want to go to bed without clearing the air between us, Lord. Our friendship means too much, and your holiness deserves that. Thank you for loving me just as I am. Your love compels me to give you my all and fills my heart with praise for the relationship we share because of Jesus. *(Continued on next page)*

EVENING CONT.

As I close my eyes tonight, I'm praying for loved ones around me, for friends and those who need to know you, Lord. I'm praying that your love, like the billions of stars in the night sky outside, will touch them and help them see who you really are. I pray for our world and those in it. I pray for their needs as well as my own.

Grant me a good night's sleep tonight, God, so that I can awake refreshed and ready to begin another day loving you. Thank you again for blessings so undeserved and too numerous to count. I love being your child, and I long for the word "faithful" to describe my service to you, each day of every year. When I awake in the morning, may it be with a joyful smile, not a grumpy spirit. May your protection and your presence bathe this place with peace and safety against the enemy. Good night, Lord. In Jesus's name, Amen.

Rebecca Barlow Jordan

MORNING

Lord,

Grant me tenacious winsome courage as I go through this day. When I am tempted to give up, help me to keep going. Grant me a cheerful spirit when things don't go my way. And give me courage to do whatever needs to be done.

In Jesus' name, amen.

Dr. Ray Pritchard

For God did not give us a spirit of timidity, but a spirit of power, of love and self-discipline.

[2 Timothy 1:7](#)

EVENING

Father, we thank thee for the night,
And for the pleasant morning light;
For rest and food and loving care,
And all that makes the day so fair.
Help us to do the things we should,
To be to others kind and good;
In all we do, in work or play,
To grow more loving every day.

Rebecca Weston - 1890

MORNING

Father,

My heart is heavy. I feel like I have to carry the burden alone. Words like overwhelmed, distraught, exhausted seem to describe where I am. I am not sure how to let you carry my heavy load, so please show me how. Take it from me. Let me rest and be refreshed so that my heart won't be so heavy in the morning.

In Jesus' name, amen.

Ron Moore

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and your mind in Christ Jesus.

[Philippians 4:6-7](#)

EVENING

Bedtime Prayer (song by Twila Paris)

Now I lay me down to sleep
I pray dear Lord that you will keep
Your eyes upon this sleeping world
Every little boy and girl

Bless the children far away
The ones who don't know how to pray
Those who are not feeling well
The little one the slipped and fell

Bless the puppy down the street
The neighbors I have yet to meet
Bless my mom and dad especially

Just one more thing I'd like to say
Before I close another day
I'd like to thank you Lord for all the ways
That You bless me

EVENING CONT.

Bless the child whose home is torn
The babies who are not yet born
Bless the ones who take your word
To all the hearts that have not heard

Bless all your children everywhere
I hope they know how much you care
Maybe someday I can go
And tell them that You love them so

Bless Grandma and my Grandpa too
And all my friend and all they do
Bless every twig upon my family tree

Just one more thing I'll say to you
I'm so amazed by all you do
I'll thank you once again because it's true
That you bless me

MORNING

Dear Lord,

Help me remember what a difference it makes when I make time with You a priority in my morning. Awaken me in body and spirit each day with a desire to meet with You and to hear You speak words of affirmation, assurance and wisdom over my heart as I prepare to go into my day.

In Jesus' name, amen.

Traci Miles

If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.

[James 1:5](#)

EVENING

The Examen (Evening Reflection)

Written by St. Ignatius Loyola, the Examen is a daily process for prayerfully reflecting on your day.

1. Remember God's presence.

Even after a trying day, God will quiet your soul as you remember His presence and intentionally seek to enter into it. Remember He's with you. Invite Him to make Himself present to you.

2. Respond to Him with thanks.

Giving thanks gives God glory and helps us look on the bright side of a bad day. What small blessings can you thank God for?

3. Reflect on how God showed Himself to you.

God reveals himself through scripture, but we also see glimpses of him in nature, events, and people. Sometimes He shows up loudly through miraculous, divine intervention. Other times He shows Himself quietly through the beauty

EVENING CONT.

of a flower or an earnest conversation. As you look back over your day, can you identify moments where you sensed God's revelation or intervention?

4. Repent of your failings.

I don't like recognizing my own sin, but repentance is key to continual renewal in our relationship with God. As you reflect on your day, remember specific points where you failed. Bring your shortcomings before God and ask Him to forgive you.

5. Resolve to grow.

God is in the business of changing us, so don't let your failings discourage or define you. His mercies are always new. Accept His forgiveness. Ask Him for grace to change. Is there anything you need to make right or anyone you need to apologize to? What can you do differently tomorrow?

MORNING

God,

Please enlighten my mind with truth;

Inflame my heart with love;

Inspire my will with courage;

Enrich my life with service.

Pardon what I have been;

Sanctify what I am;

And order what I shall be.

Amen.

EVENING

Lord we can't sleep because we just don't know what to do. These big decisions are pressing hard. We can't see all the answers but we believe that you are leading us. Help us to hear your voice, help us to see your hand guiding us at every turn. Make the way clear before us and we ask that you would open the right doors and close the ones that aren't meant for us to walk through. We give it to you again right now, and believe that you are helping us and working on our behalf, even as we sleep.

Debbie McDaniel

MORNING

The prayer of Jabez:

Jabez cried out to the God of Israel, “Oh, that You would bless me and enlarge my territory! Let Your hand be with me, and keep me from harm so that I will be free from pain.”

[1 Chronicles 4:10](#)

EVENING

A Prayer for Peace at Night

Oh Lord, sometimes my insides feel like a battle zone, where missiles are falling too close to home. Other times I'm caught in an endless storm, with thoughts flying out of control. Confusion reigns, and defeat creeps in to steal my joy. I need your peace—the deep-down-in-your-heart kind that stays with me day and night and speaks confidently into the wind. Calm my anxious spirit, Lord; all the attacking “if-onlys” and “what-ifs” fill me with needless worry.

I know that trust is a big part of experiencing peace and that fear has no place in my life. Most of the things I worry about or dread don't even happen. So I'm declaring my trust in you. I'm releasing the reins of my life again and asking you to take control. I may need to pray this same prayer daily, but I'm tired of the frenzy of life that leaves my schedule and my thoughts without any margin. I need more of you, Lord, and less of me.

I surrender and admit: I can't control people, plans, or even all my circumstances, but I can yield those things to you, and focus on your goodness. Thank you today for every good gift you've given, every blessing you've sent, all the forgiveness I did not deserve, and, yes, for every trial you've allowed into my life.

EVENING CONT.

You bring good out of every circumstance if I'll only let go and believe you. I know that when I pray and give thanks instead of worrying, you have promised that I can experience the kind of peace that passes all understanding. That's your kind of peace, Lord. And it's the kind I crave.

Whenever I'm stressed, anxious, or afraid, help me remember to run to you. You're the only one that can calm my fears and end my fretful behavior. Whether in trivial or heavy matters, I know you will not only give me peace; Lord, you will be my peace. And when I draw close to you—in prayer, in reading your Word, in helping another, in taking my mind off myself—you will be there, up close and personal.

I can't handle these times alone, Lord. Will you speak peace and calm my storms, or hold my hand while we walk through them together? Will you bring the reassuring wisdom of those who have come through similar times into my life? Thank you, Lord. I'm trusting you.

In the name of the One who makes the wind and the waves stand still, Amen.

Rebecca Barlow Jordan



More Prayer Resources

Compiled and edited by Crosswalk.com's editorial staff, this prayer guide is part of our larger [Prayers](#) resource meant to inspire and encourage your prayer life when you face uncertain times. Visit our most popular prayers if you are wondering [how to pray](#) or what to pray. Remember, the Holy Spirit intercedes for us and God knows your heart even if you can't find the words to pray.