

*At night*

**M**ay the words of my mouth  
and the meditation of my  
heart be pleasing in your  
sight, O Lord, my Rock and my Redeemer.  
Psalm 19:14

*A Prayer for guidance*

**L**ord God  
Speak to me in the quietness  
about your majesty – the wonder  
and beauty of your creation, about  
your love for me.

Speak to me about Jesus Christ my  
Saviour – the pain of Calvary, about his  
resurrection life.

O God – I will worship you, I will praise  
your name because there is no one in  
Heaven or on Earth like you.

Help me to respond to your love with  
trust, to your voice with obedience,  
to your presence with joy.  
Amen.

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In quietness  
and trust is your strength

## With our very best wishes

**A**ssuring you of our continuing love and prayers.  
At times of illness it is easy to worry and so delay progress to a full recovery.

As you use these readings and prayers may you find the healing peace which only Jesus can give.

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

Trust in the Lord for ever, for the Lord, the Lord, is the Rock eternal.  
Isaiah 26:3-4

## Morning prayer

**O** God, thank you for this day and the promise of your presence with me. Help me in everything to put my trust in you.

Lord, give me your strength to do what has to be done and your wisdom to leave alone what I cannot do.

Lord, I need your forgiveness when I become overconcerned, fretful, irritable and selfish.

Dear Lord, you who never stopped caring for others even at times of great suffering, help me to never lose sight of the needs of others, to take every opportunity of doing good, and in fulfilling your law of love, find your peace.

Lord Jesus, I give to you this day and all it holds. Amen.

## God's response

'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 minds in Christ Jesus.'  
Philippians 4:6,7