

## Hearts on Fire Daily Guide to Prayer

This guide was originally developed by Pathways, a ministry of The Upper Room. This adaptation of the Daily Office provides an opportunity to join with other Christians around the world in a spirit of unbroken prayer for the needs of the world.

Using one scripture for all three times of daily prayer allows a spirit of living into the text throughout the day. Visit our Links page at [www.fumsdrl.org](http://www.fumsdrl.org) for other spiritual resources. You may also wish to find your own listing of daily lectionary texts. A number of versions are available. The Episcopal Church provides an on-line daily list of readings. Or you can substitute different Psalms from the daily lectionary for use in the daily prayer services. Weekly artwork for your reflection time is available from Vanderbilt University.

### Morning Prayer

“In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation.”

—Psalm 5:3

### Gathering and Silence

#### Call to Praise and Prayer

God said: Let there be light; and there was light. And God saw that the light was good.

#### Psalm Reading (63:2-6)

God, my God, you I crave;  
my soul thirsts for you,  
my body aches for you  
like a dry and weary land.  
Let me gaze on you in your temple:  
A vision of strength and glory

Your love is better than life,  
my speech is full of praise.  
I give you a lifetime of worship,  
my hands raised in your name.  
I feast at a rich table  
my lips sing of your glory.

### Prayer of Thanksgiving

We praise you with joy, loving God, for your grace is better than life itself. You have sustained us through the darkness: and you bless us with life in this new day. In the shadow of your wings we sing for joy and bless your holy name. Amen.

### Scripture Reading

#### Silence

### Prayers of the People

#### The Lord's Prayer (ecumenical text)

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.

### Blessing

May the light of your mercy shine brightly  
on all who walk in your presence today, O  
LORD.

## **Midday Prayer**

“I will extol the LORD at all times;  
God’s praise will always be on my lips.”

### **Gathering and Silence**

#### **Call to Praise and Prayer**

O LORD, my Savior, teach me your ways.  
My hope is in you all day long.

#### **Prayer of Thanksgiving**

God of mercy, this midday moment of rest  
is your welcome gift.  
Bless the work we have begun,  
make good its defects,  
and let us finish it in a way that pleases you.  
Grant this through Christ our Lord. Amen.

### **Scripture Reading**

#### **Silence**

### **Prayers of the People**

#### **The Lord’s Prayer**

#### **Blessing**

Strong is the love embracing us, faithful the  
LORD from morning to night.

## **Evening Prayer**

“My soul finds rest in God alone; my  
salvation comes from God.”

Psalm 62:1

### **Gathering and Silence**

#### **Call to Praise and Prayer**

From the rising of the sun to its setting,  
let the name of the LORD be praised.

#### **Psalm 134**

Bless the Lord,  
all who serve in God’s house,  
who stand watch  
throughout the night.  
Lift up your hands  
in the holy place  
and bless the Lord.  
And may God,  
the maker of earth and sky,  
bless you from Zion.

#### **Prayer of Thanksgiving**

Sovereign God, You have been our help  
during the day and you promise to be with  
us at night. Receive this prayer as a sign of  
our trust in you. Save us from all evil, keep  
us from all harm, and guide us in your way.  
We belong to you, Lord. Protect us by the  
power of your name, in Jesus Christ we  
pray. Amen.

### **Scripture Reading**

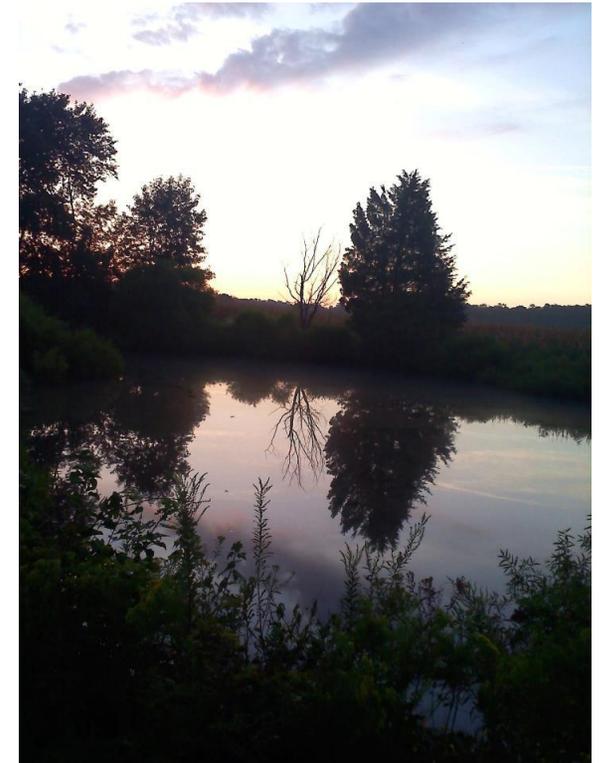
#### **Silence**

### **Prayers of the People**

#### **The Lord’s Prayer**

#### **Blessing**

May your unfailing love rest upon us, O  
LORD, even as we hope in you.



## Yearly Cycle of Prayer

### January

Week 1 for new beginnings  
Week 2 for spiritual seekers  
Week 3 for reconciliation among diverse peoples  
Week 4 for all who need clothing, food or shelter

### February

Week 1 for the oppressed—and the oppressors  
Week 2 for weather and seasons  
Week 3 for prisoners and their loved ones  
Week 4 for leaders of nations

### March

Week 1 for all people of prayer  
Week 2 for renewed commitment to Christ  
Week 3 for missionaries and their communities  
Week 4 for art, music, sports

### April

Week 1 for holy humor  
Week 2 for clarity amid confusion  
Week 3 for victims—and perpetrators—of violence  
Week 4 for healing of all creation

### May

Week 1 for church committees, conferences, councils  
Week 2 for mothers and other women of nurture  
Week 3 for the Spirit of God to guide us  
Week 4 for memories of those loved and lost

### June

Week 1 for those graduating—and those left behind  
Week 2 for fathers and other men of nurture  
Week 3 for marriages, old and new  
Week 4 for Vacation Bible Schools and summer camps

### July

Week 1 for responsible expressions of freedom  
Week 2 for endangered species  
Week 3 for farmers, migrant workers, truckers and grocers  
Week 4 for all who travel and all who provide hospitality

### August

Week 1 for peacemakers everywhere  
Week 2 for pets and other creatures of God  
Week 3 for life-giving water  
Week 4 for students, teachers and school officials

### September

Week 1 for all who labor under heavy burdens  
Week 2 for grandparents and “wise elders”  
Week 3 for health care providers  
Week 4 for persons with whom we disagree

### October

Week 1 for the sacraments and those who receive them  
Week 2 for all children, especially those who feel unloved  
Week 3 for positive relationships among coworkers  
Week 4 for bountiful harvests everywhere

### November

Week 1 for saints and martyrs  
Week 2 for public servants and veterans  
Week 3 for the Scriptures and inspirational writings  
Week 4 for an “attitude of gratitude”—all year round

### December

Week 1 for hope  
Week 2 for peace  
Week 3 for joy  
Week 4 for celebrations of God-With-Us