

Some Prayers For Morning From The Celtic Tradition

1. I arise today
embraced in the arms
of God the Father,
empowered by the strength
of God the Spirit,
immersed in the love
of God the Son.
I arise today
in the company
of the Trinity,
Father, Spirit and Son.
I arise today

2. In my waking and arising
be the first thought that enters my head
In my eating and drinking
be the first thought that enters my head
In my walking and journeying
be the first thought that enters my head
In my working and serving
be the first thought that enters my head
In my sowing and harvesting
be the first thought that enters my head
In my rejoicing and sorrowing
be the first thought that enters my head
In my resting and sleeping
be the first thought that enters my head

3. I do not fear this day
for you are with me
wherever I might go
your light to shine ahead
your footsteps to lead the way.
I do not fear this day
for your word will be my guide
your strength will sustain me
your love revive me
this day and all days.
I do not fear this day
for you are with me

4. This is your world I step upon
the air I breathe
the food I eat
This is your world I step upon
the sounds I hear
the people I meet
This is your world I step upon
your footsteps
where I place my feet

5. I arise today,
conscious of the forgiveness
of God the Father,
conscious of the companionship
of God the Son,
conscious of the guidance
of God the Spirit,
conscious of the unity
of the Trinity,
Three in One

6. Guiding God
be with us
in our going out
and coming home
in our journeying
and returning
in our decision making
and organising

Guarding God
be with us
through the calm
and through the storm
be our comfort
when we're hurting
be our helper
when we're falling

Gracious God
walk with us
every moment
of this new day

7. Christ our healer
Christ our teacher
Our inspiration and purpose.
Christ our defender
Christ our redeemer
Our liberation and precious.
8. Bless both day and night.
Bless our travelling and arriving.
Bless our service and our sleeping.
9. In all I do and in all I say
may my life
this day and all days
reflect the beauty of my Lord.
10. Be thou my vision, Lord
this day and every day,
the centre of my life,
the focus of my thoughts.
Be thou my wisdom, Lord
the inspiration of my words,
in every situation,
Your Spirit my support
11. Bless this day
all that I might see,
all that I might hear,
all that I might smell,
all that I might say.
Bless this day
all that I might serve,
all that I might comfort,
all that I might help,
all that I might guide.
Bless this day

12. May I arise this morning
feeling your warmth
embracing me,
conscious of your love
forgiving me,
knowing your peace
within me,
feeling your Spirit
strengthen me,
hearing your whisper
encouraging me.

13. May the whisper of the Father
be the one that wakens you;
the open hand of the Son
be the one that raises you;
the prompting of the Spirit
be the one that sends you,
this morning and all mornings,
and leads you safely home.

14. This morning,
and all mornings
as we face the day
daunted by expectations
others place upon us,
weighed down by burdens,
unsure of outcomes,
opposed,
alone,
afraid;
remind us
that you faced all this
and more,
that we might loose
these chains that bind us,
rise above and beyond
the troubles of this world,
and know peace.
To the one who has overcome
we bring our thanks and praise

15. May this be a day of hope,
of expectation,
of relishing each moment as a gift from you.

May this be a day of freedom,
of breaking free,
of loosening the chains that still surround us.

May this be a day of peace,
of wholeness,
of knowing that our lives are in your hands.

May this be a day of joy,
of blessing,
of living in your kingdom as a child of God.

16. I enter this day with joy
knowing you are with me
every step of the way,
knowing there is a purpose
to each breath that I take,
knowing there is a hope
toward which I walk.

I enter this day with faith
knowing you are the strength
which I depend on,
knowing you are the love
that is all embracing,
knowing it is your peace
which calms my soul.

I enter this day with praise
knowing that I worship
with service as with voice,
hoping that my words
might reveal your truth,
hoping that your grace
might touch another heart.

17. I call to you, Lord
at the dawn of this new day,
place into your hands
family and friends,
work to be done,
decisions I shall make,
obstacles I encounter,
strangers who pass my way,
the service I shall offer.

I call to you, Lord
at the dawn of this new day,
my rock and my fortress,
my strength and deliverer,
for all I am is yours,
each moment of this day
gifted to me by grace,
and offered in your name,
my offering of praise

18. Bless to me, O God,
Each thing mine eye sees;
Bless to me, O God,
Each sound mine ear hears;
Bless to me, O God,
Each odour that goes to my nostrils
Bless to me, O God,
Each taste that goes to my lips;
Each note that goes to my song,
Each ray that guides my way,
Each thing that I pursue.
Each lure that tempts my will,
The zeal that seeks my living soul.
The Three that seek my heart,
The zeal that seeks my living soul,
The Three that seek my heart.

19. I arise to-day :
might of Heaven
brightness of Sun
whiteness of Snow
splendour of Fire
speed of Light
swiftness of Wind
depth of Sea
stability of Earth
firmness of Rock.

I arise to-day :
Might of God
Power of God
Wisdom of God
Eye of God
Ear of God
Word of God
Hand of God
Path of God
Shield of God
Host of God

20. *From the breastplate of St. Patrick*

I arise to-day
Through a mighty strength, the invocation of the Trinity,
Through belief in the threeness,
Through confession of the oneness of the Creator of Creation.

I arise to-day
Through the strength of Christ's birth with His baptism,
Through the strength of His crucifixion with His burial.
Through the strength of His resurrection with His ascension,
Through the strength of His descent for the judgment of Doom.

I arise to-day
Through the strength of the love of Cherubim,
In obedience of angels.
In the service of archangels.
In hope of resurrection to meet with reward,
In prayers of patriarchs.

In predictions of prophets,
In preachings of apostles.
In faiths of confessors,
In innocence of holy virgins,
In deeds of righteous men.

I arise to-day
Through the strength of heaven :
Light of sun,
Radiance of moon,
Splendour of fire,
Speed of lightning,
Swiftness of wind,
Depth of sea.
Stability of earth,
Firmness of rock.

I arise to day
Through God's strength to pilot me :
God's might to uphold me,
God's wisdom to guide me,
God's eye to look before me,
God's ear to hear me,
God's word to speak for me,
God's hand to guard me,
God's way to lie before me,
God's shield to protect me,
God's host to save me
From snares of devils.
From temptations of vices,
From every one who shall wish me ill,
Afar and anear.
Alone and in a multitude.

I summon to-day all these powers between me and those evils.
Against every cruel merciless power that may oppose my body and soul,
Against incantations of false prophets,
Against black laws of pagandom.
Against false laws of heretics.
Against craft of idolatry.
Against spells of women and smiths and wizards.
Against every knowledge that corrupts man's body and soul.

Christ to shield me to-day
Against poison, against burning,
Against drowning, against wounding,
So that there may come to me abundance of reward.

Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ when I lie down, Christ when I sit down,
Christ when I arise,
Christ in the heart of every man who thinks of me,
Christ in the mouth of every one who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

I arise to-day
Through a mighty strength, the invocation of the Trinity,
Through belief in the threeness.
Through confession of the oneness
Of the Creator of Creation.