

Morning and Evening Prayers

How the head of the family shall teach the household
to say morning and evening prayers

In the Morning

When you rise, make the sign of the cross and say, "In the name of God, the Father, the Son, and the Holy Spirit. Amen."

Then, kneeling or standing, say the Apostles' Creed and the Lord's Prayer. Then you may say this prayer:

"I give You thanks, heavenly Father, through your dear Son Jesus Christ, that You have hast protected me through the night from all harm and danger. I ask you to keep me this day, too, from all sin and evil, so that in all my thoughts, words, and actions I may please You.

Into your hands I commend my body and soul and all that is mine. Let your holy angels have charge over me, so that the wicked one may have no power over me. Amen."

In the Evening

When you go to bed, make the sign of the cross and say, "In the name of God, the Father, the Son, and the Holy Spirit. Amen."

Then, kneeling or standing, say the Apostles' Creed and the Lord's Prayer. Then you may say this prayer:

"I give You thanks, heavenly Father, through Your dear Son Jesus Christ, that You have this day graciously protected me. I ask You to forgive all my sin and the wrong which I have done. Graciously protect me during the coming night.

Into Your hands I commend my body and soul and all that is mine. Let your holy angels have charge over me, so that the wicked one may have no power over me. Amen."

Then quickly lie down and sleep in peace.

Taken from *Luther's Small Catechism*, which was written to help families learn and live the faith in daily life.