

MORNING PRAYER FOR FREEDOM

Lord Jesus Christ, as I wake this morning I surrender to you my body, mind, heart, and soul. Fill me with the light of your presence even as the world fills with the light of the sun! Banish the darkness of doubt, fear, and selfishness with the brightness of faith, hope, and love.

Help me to follow you today. You are the Good Shepherd leading me home—don't let me follow anyone else. Close my ears to the voice of your enemy; strengthen my heart against the pull of temptation. I don't want to bow down to anything false in fear or fascination. Nevertheless, help me to remember that true victory does not mean becoming perfect; it means accepting weakness without losing my peace, understanding that apart from you, I can do nothing.

In this morning offering, I recall all those you have given me: my family, my friends, those I work with, those I pray with, and all those I will connect with in the course of this day. Cover us all with your blood for the forgiveness of our sins and protection from the Evil One. And I ask you to rouse those who pray for me. Stir their hearts now on my behalf, so that I may receive all the spiritual covering you desire.

Thus, covered with your blood and sheltered in the communion of your saints, I have nothing to fear from the enemy. So in this morning prayer, I renounce Satan, all his evil works, and all his empty promises. Hidden in the heart of Jesus and with his authority, I command every evil spirit aligned against me and against those I pray for to leave now. I declare that Satan cannot hurt or harass us any more than God allows for our good and for His glory.

My Lord, I know that evil seeks to fill the gaps in our hearts, the wounds, the needy places. So I pray that you would fill those gaps with your abundant grace and healing today. Show us the Father as you promised, and teach us that we are God's children. Therefore we have nothing to fear, nothing to want for, and everything to hope for.

Let me live in this joyful confidence today, so that at the end of it I may cry, "I sing for joy in the shadow of Your wings, for You have been my help!" (Ps. 63). I now consecrate this day to you and to the praise of your glory, embracing your will, accepting your providence, for truly "everything is grace" (St. Therese).

AMEN

EVENING PRAYER FOR FREEDOM

Heavenly Father, as this day ends I want to quiet my soul before you and thank you for all your mercies, remembering that You were with me throughout this day, even at the times I didn't feel you near. Open my eyes to your providence and make me truly grateful for the ways you have protected and blessed me. Open my eyes as well to recognize how I offended you or missed opportunities to love you and others, and grant me the gift of a deep and true repentance.

I ask you to infuse my memories of this day with the sweetness of your Holy Spirit, through whom I receive your forgiveness and your healing now. Purify me, O Fire of God! Where there was deception, correct it with your truth. Where there was doubt, inspire firm confidence. Where there was fear, replace it with trust. Where there was sin, cover it with mercy. Where there was hurt, any wound to my heart, heal me. And wherever there was love or goodness or faith, multiply its effects in me and others and let it bear fruit in eternal life.

In all the ways I have disappointed or harmed people today through my sin or my weakness, please heal them, provide for them, and fill the gaps between what they needed and what I gave. Your mercy overflows for all of us! I trust you to take care of these, your children, and to bless them, even through their experience of my faults.

For my part, I now forgive all who have hurt me. Give me the humility to accept all wrongs, all misunderstanding, all insult, all neglect with patience, knowing that I have sinned against others in my turn. I resolve to leave today's difficulties in your hands. I will not nurse any grudge by meditating on it or sharing it with others and so allow a root of bitterness to grow in me.

I remember before you all those I saw or spoke to or thought of throughout the day, and I pray for your blessing upon them. I put our lives into your gentle hands. Grant us the gift of peaceful rest; watch over us through the night. In the morning, fill us again with grace, renewing our "youth like the eagles to run and not grow weary, walk and not faint" (Is. 40) and so make our way home on the "highways to Zion" you build in our hearts (Ps. 84).

I love you, Lord. You are the deepest desire of my heart and I cannot wait to see you face to face. Thank you that through daily union with you, I can begin the life of heaven here and now, a life where with the saints and angels I will praise you forever.

AMEN