

# ¶ Traditional Prayers for Use with Learning Groups

*These traditional prayers are taken from Prayer During the Day*

- 1 Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me,  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger. *from St Patrick's Breastplate*
- 2 Eternal God,  
the light of the minds that know you,  
the joy of the hearts that love you,  
and the strength of the wills that serve you;  
grant us so to know you that we may truly love you,  
and so to love you that we may fully serve you,  
whom to serve is perfect freedom,  
in Jesus Christ our Lord. *after St Augustine of Hippo (430)*
- 3 Eternal light, shine into our hearts,  
eternal goodness, deliver us from evil,  
eternal power, be our support,  
eternal wisdom, scatter the darkness of our ignorance,  
eternal pity, have mercy upon us;  
that with all our heart and mind and soul and strength  
we may seek your face and be brought by your infinite mercy  
to your holy presence,  
through Jesus Christ our Lord. *Alcuin of York (804)*
- 4 God be in my head, and in my understanding;  
God be in my eyes, and in my looking;  
God be in my mouth, and in my speaking;  
God be in my heart, and in my thinking;  
God be at mine end, and at my departing. *Sarum Primer*

- 5 Lord Jesus Christ, we thank you  
for all the benefits you have won for us,  
for all the pains and insults you have borne for us.  
Most merciful redeemer,  
friend and brother,  
may we know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day. *after Richard of Chichester (1253)*
  - 6 O gracious and holy Father,  
give us wisdom to perceive you,  
diligence to seek you,  
patience to wait for you,  
eyes to behold you,  
a heart to meditate upon you,  
and a life to proclaim you,  
through the power of the Spirit  
of Jesus Christ our Lord. *Benedict of Nursia (c.550)*
  - 7 O Lord our God,  
grant us grace to desire you with our whole heart;  
that so desiring, we may seek and find you;  
and so finding, may love you;  
and so loving, may hate those sins  
from which you have delivered us;  
through Jesus Christ our Lord. *Anselm (1109)*
- A prayer before Bible reading*
- 8 O Lord, you have given us your word  
for a light to shine upon our path.  
Grant us so to meditate on that word,  
and to follow its teaching,  
that we may find in it the light  
that shines more and more until the perfect day;  
through Jesus Christ our Lord. *after Jerome (c.420)*