



# Morning Prayers

## Spring 2026 Week 2



**Dates of Interest this week – 12th to 16th January**

**11<sup>th</sup> January – The Baptism of Jesus ([info](#))**

**12<sup>th</sup> January – St Aelred of Rievaulx ([info](#))**

**13<sup>th</sup> January – St Hilary of Poitiers ([info](#))**

**14<sup>th</sup> January – World Logic Day ([info](#))**

**17<sup>th</sup> January – St Anthony ([info](#))**

**18<sup>th</sup> January – 2<sup>nd</sup> Sunday of Ordinary Time ([info](#))**

**18<sup>th</sup> January – Peace Day ([info](#))**

**18<sup>th</sup> January – World Religion Day ([info](#))**



# Spring 2026 -Week 2



**MONDAY**

## Question for the Day

How do I value my worth?



## Prayer

Heavenly Father,  
thank you for choosing me before I was born,  
Thank you for selecting me  
to be a prophet to the nations.  
Amen

## Bible Quote

“A wise man is full of strength, and a man of very well.” **Psalm 139:14**



# Spring 2026 - Week 2



**TUESDAY**

## Question for the Day

Why is my life so precious to Jesus?



## Prayer

We pray for those who do not love themselves,  
Who cannot face turmoil in their souls  
Who put themselves down and call it selflessness  
Who make themselves ill with bitterness  
Who become sick with self-loathing.  
Restore them  
and help them to live with themselves,  
That they may joyfully live with each other.  
And we pray for ourselves,  
For the times when 'they' include us.  
Amen

## Bible Quote

“Behold, as your life was precious this day in my sight,  
so may my life be precious in the sight of the Lord, and  
may he deliver me out of all tribulation.”

**1 Samuel 26:24**

**(The Iona Community)**



# Spring 2026 - Week 2



**WEDNESDAY**

## Question for the Day

How does my identity relate to God?



## Bible Quote

‘As for you, O Lord you will not restrain your mercy from me; your steadfast love and your faithfulness will ever preserve me!’ **Psalm 40:11**

## Prayer

Lord, I don't know what I'm really like. I put on a different face with each person I am with. When I am alone with no-one about, I don't know which one is the real me and its frightening. I'm not sure that I like myself. Help Lord. Give me a glimpse of what you would like me to be and the strength to become it. Give me the courage to follow your Son and become more like him, for I think that this is the only way that I will find my true self. Amen

**(Michael Hollings)**



# Spring 2026 - Week 2



## THURSDAY

### Question for the Day

How do I change my lack of self-worth?



### Bible Quote

Incline your ear, O Lord, and answer me, for I am poor and needy." **Psalm 86:1**

### Prayer

O God, I know quite well that I bring most of my troubles on myself. I leave things until the last minute and end up not giving them my best effort because I'm in such a hurry. I don't spend the time that I should on my work. I get angry and impatient far too easily and the result is that I upset myself and everyone else too. I do things without thinking about them first and then I'm sorry that I did them. I hurt the people that I love the most of all, and then – too late – I am sorry for what I said and did. At times I wonder why anyone would want to spend any time with me. Please help me to do what I cannot do and be what I cannot be by myself. I ask for your love's sake. Amen.

**(William Barclay)**



# Spring 2026 - Week 2



**FRIDAY**

## Question for the Day

How can I feel the presence of Jesus?



## Bible Quote

You a future and a hope.” **Jeremiah 29:11**

## Prayer

I may be paranoid,  
but it seems to me that  
everyone has more to offer than I do.  
Those with the ‘rock-solid’ faith.  
The ones who know the bible from cover to cover.  
Those who don’t mind saying what they think.  
I feel that I am worthless by comparison.  
But you like ordinary people, don’t you Lord?  
You were a carpenter.  
Your disciples were fishermen,  
tax collectors...and now me!  
And for that, Lord, I thank you.  
Thank you for choosing me  
and accepting me as I am. Amen

**(Dave Gatward)**