



Morning Prayers

Spring 2026 Week 3



Dates of Interest this week – 19th to 23rd January

18th to 25th January – Octave of Prayer

for Christian Unity ([info](#))

18th January – 2nd Sunday of Ordinary Time ([info](#))

18th January – Peace Day ([info](#))

18th January – World Religion Day ([info](#))

20th January – St Fabian ([info](#)) & St Sebastian ([info](#))

21st January – St Agnes ([info](#))

22nd January – St Vincent ([info](#))

24th January – St Frances de Sales ([info](#))

24th January – International Education Day ([info](#))

25rd January – 3rd Sunday of Ordinary Time ([info](#))

25th January – Sunday of the Word of God ([info](#))

25th January – Burns Night ([info](#))



Spring 2026 -Week 3



MONDAY

Question for the Day

What does a united nation mean to me?



Prayer

Lord God, the one God,
make your people one.

Whatever our differences, even in matters essential,
may we ever realise that we are one in Jesus Christ.

We pray that your Holy Spirit
will so guide and direct our hearts
to unite with our brothers and sisters.

Amen

(Christian K.J. Bunsen)

Bible Quote

“Behold, how good and pleasant it is when
brothers and sisters dwell in unity!”

Psalm 133:1



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TUESDAY

Question for the Day

Where are there divisions in my life?



Bible Quote

"I appeal to you, brothers, by the name of our Lord Jesus Christ, that all of you agree, and that there be no divisions among you, but that you be united in the same mind and the same judgement." **1 Corinthians 1:10**

Prayer

Eternal God, look mercifully on the broken body of your church. Draw its members to you and to one another by the bonds of your love; that its restored unity may bring healing to the nations and the life of mankind may glorify you, through Jesus Christ our Lord.

Amen

(New Every Morning)



Spring 2026 - Week 3



WEDNESDAY

Question for the Day

What does being one body and one spirit mean to me?



Prayer

Dear Lord,
may the boldness of your Spirit transform us,
may the gentleness of your Spirit lead us,
may the gifts of your Spirit equip us
to serve and worship you
now and always.
Through Jesus Christ, our Lord,
Amen.

Bible Quote

“There is one body and one Spirit—just as you were called to the one hope that belongs to your call”

Ephesians 4:4



Spring 2026 - Week 3



THURSDAY

Question for the Day

What prejudices do I have in my thinking?



Bible Quote

“Bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.” **Colossians 3:13**

Prayer

O God,
whose will it is that all your children
should be one in Christ;
we pray for the unity of your Church.
Pardon all our pride and our lack of faith,
of understanding and of charity,
which are the causes of our divisions.
Deliver us from narrow mindedness,
from our bitterness, from our prejudices.
Save us from considering as normal
that which is a scandal to the world
and an offence to your love.
Amen

(Liturgy of the French United Reformed Church)



Spring 2026 - Week 3



FRIDAY

Question for the Day

How can I create unity in my community?



Bible Quote

“And he gave the apostles, the prophets, the evangelists, the shepherds and teachers, to equip the saints for the work of ministry, for building up the body of Christ”

Ephesians 4: 11-13

Prayer

Lord Jesus,
who prayed that we might all be one,
we pray to you for the unity of Christians,
according to your will,
according to your means.
May your Spirit enable us
to experience the suffering caused by division,
to see our sin
and to hope beyond all hope.
Amen.

(Chemin Neuf Community)