

Psalm 4

At the end of this day I praise you, Lord,
for all your love and help.

O people of the world,
how long will you close your hearts to God?
How long you will keep on chasing false goals?

Lord, you have put into my heart a joy
that cannot be obtained by big meals and plenty of wine.

I will lie down in peace and sleep comes at once,
for you, Lord, make me dwell in safety and peace.

Thank you, Lord, for your love and help today

Psalm 5

At the start of this day I pray to you, O Lord, my King
and my God. I offer you my prayer and ask for your help.

Through the greatness of your love, I have access to your
friendship. I bow down in reverence and worship.

Lead me, Lord, in the way you want me to go.

It is you, Lord, who bless good people.

You surround them with favors, as with a shield.

Lord, I adore you as my Creator

Psalm 6

Have mercy on me, Lord, I have no strength.

My body is racked with pain. Please heal me, Lord.

I am exhausted with my groaning.

Every night my pillow is covered with tears.

Lord, please hear my prayer.

Dear Lord, please help people
who are in distress of mind or body