

As soon as you get out of bed, make the sign of the cross and say:

“God the Father, Son, and Holy Spirit watch over me. Amen.”

Then pray:

I give thanks to you, my heavenly Father, through Jesus Christ your dear Son, that you have protected me through this night from all harm and danger, and I ask you that you would also protect me today from sin and all evil, so that my life and actions may please you completely. For into your hands I commend myself: my body, my soul, and all that is mine. Let your holy angel be with me, so that the wicked foe may have no power over me. Amen. (*Luther’s Morning Prayer*)