 Prayers during the Covid-19 crisis

Christ Church Higher Bebington

Morning Prayer

*If praying with someone in your household, do make sure you are observing social distancing.*

These prayers are taken from widely available websites, including the Church of England.

O Lord, open our lips, and our mouth shall proclaim your praise.

Hear our voice, O Lord, according to your faithful love,

according to your judgement give us life.

*A prayer of thanksgiving*

Blessed are you, God of compassion and mercy,

to you be praise and glory forever.  
In the darkness of our sin, your light breaks forth like the dawn  
and your healing springs up for deliverance.  
As we rejoice in the gift of your saving help,

sustain us with your bountiful Spirit  
and open our lips to sing your praise.  
Blessed be God, Father, Son and Holy Spirit.

Blessed be God for ever.

The night has passed, and the day lies open before us;

let us pray with one heart and mind.

*Silence*

As we rejoice in the gift of this new day, so may the light of your presence, O God,

set our hearts on fire with love for you; now and forever. Amen.

**Psalm 84 (NIV) *for Sunday – suggestions for other days are at the end***

1How lovely is your dwelling place, Lord Almighty!

2My soul yearns, even faints, for the courts of the Lord; my heart and my flesh cry out

for the living God.

3Even the sparrow has found a home, and the swallow a nest for herself, where she may have her young - a place near your altar, Lord Almighty, my King and my God.

4Blessed are those who dwell in your house; they are ever praising you.

5Blessed are those whose strength is in you, whose hearts are set on pilgrimage.

6As they pass through the Valley of Baka, they make it a place of springs; the autumn rains also cover it with pools.

7They go from strength to strength, till each appears before God in Zion.

8Hear my prayer, Lord God Almighty; listen to me, God of Jacob.

9Look on our shield, O God; look with favour on your anointed one.

10Better is one day in your courts than a thousand elsewhere;

I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked.

11For the Lord God is a sun and shield; the Lord bestows favour and honour;

no good thing does he withhold from those whose walk is blameless.

12Lord Almighty, blessed is the one who trusts in you.

*Silence*

Father, we hold to you this day the needs and concerns of all people at these difficult and uncertain times, we pray that you keep us, good Lord under the shadow of your mercy, in this time of uncertainty and distress.  
Sustain and support the anxious and fearful, and lift up all who are brought low;  
that we may rejoice in your comfort knowing that nothing can separate us from your love, in Christ Jesus our Lord. **Amen.**

***We take time to bring before God those struggling at this time within***

* *our own families and friends*
* *our church and local community*
* *our nation*
* *our world*

*We particularly pray for*

* *all those in leadership positions*
* *those serving on the frontline – including medical services and food suppliers*
* *all struggling with isolation especially those separated from their families*

***For our neighbours…***

Lord Jesus Christ, you taught us to love our neighbour,

and to care for those in need as if we were caring for you.  
In this time of anxiety, give us strength to comfort the fearful, to tend the sick,  
and to assure the isolated of our love, and your love, for your name’s sake. **Amen.**

***For hospital staff, emergency workers and medical researchers…***

Gracious God, give skill, sympathy and resilience to all who are caring for the sick,  
and your wisdom to those searching for a cure.  
Strengthen them with your Spirit, that through their work many will be restored to health; through Jesus Christ our Lord.

Grant them wisdom when they are faced with making decisions which will impact the lives of those they serve. **Amen.**

***For families***

Father God, we pray for all mums and dads and all looking after children. We ask that your peace would reign in their homes. Please give them great patience, and help them find creative ways of keeping everyone occupied. We pray, in your merciful and mighty name, that You would strengthen families and see them through this difficult time. Amen.

***For us all***

O God, help us to trust you, help us to know that you are with us, help us to believe that nothing can separate us from your love revealed in Jesus Christ our Lord. **Amen.**

***The Lords’ prayer***

May God our Redeemer show us compassion and love. Amen. **Thanks be to God.**

**Suggested Psalms for each day of the week (NIV)**

**Monday Psalm 121**

1I lift up my eyes to the mountains – where does my help come from?

2My help comes from the Lord, the Maker of heaven and earth.

3He will not let your foot slip – he who watches over you will not slumber;

4indeed, he who watches over Israel will neither slumber nor sleep.

5The Lord watches over you – the Lord is your shade at your right hand;

6the sun will not harm you by day, nor the moon by night.

7The Lord will keep you from all harm – he will watch over your life;

8the Lord will watch over your coming and going both now and for evermore.

**Tuesday Psalm 46**

1God is our refuge and strength, an ever-present help in trouble.

2Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,

3though its waters roar and foam and the mountains quake with their surging.

4There is a river whose streams make glad the city of God, the holy place where the Most High dwells.

5God is within her, she will not fall; God will help her at break of day.

6Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.

7The Lord Almighty is with us; the God of Jacob is our fortress.

8Come and see what the Lord has done, desolations he has brought on the earth.

9He makes wars cease to the ends of the earth.

He breaks the bow and shatters the spear; he burns the shields with fire.

10He says, ‘Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.’

11The Lord Almighty is with us; the God of Jacob is our fortress.

**Wednesday Psalm 34: 1-9**

1I will extol the Lord at all times; his praise will always be on my lips.

2I will glory in the Lord; let the afflicted hear and rejoice.

3Glorify the Lord with me; let us exalt his name together.

4I sought the Lord, and he answered me; he delivered me from all my fears.

5Those who look to him are radiant; their faces are never covered with shame.

6This poor man called, and the Lord heard him; he saved him out of all his troubles.

7The angel of the Lord encamps around those who fear him, and he delivers them.

8Taste and see that the Lord is good; blessed is the one who takes refuge in him.

9Fear the Lord, you his holy people, for those who fear him lack nothing.

**Thursday Psalm 22** *selected verses*

1My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish?  
2My God, I cry out by day, but you do not answer, by night, but I find no rest.

3Yet you are enthroned as the Holy One; you are the one Israel praises.  
4In you our ancestors put their trust; they trusted and you delivered them.  
5To you they cried out and were saved; in you they trusted and were not put to shame.

11Do not be far from me, for trouble is near and there is no one to help.

19But you, Lord, do not be far from me. You are my strength; come quickly to help me.  
20Deliver me from the sword, my precious life from the power of the dogs.  
21Rescue me from the mouth of the lions; save me from the horns of the wild oxen.

22I will declare your name to my people; in the assembly I will praise you.

**Friday Psalm 6**

1Lord, do not rebuke me in your anger or discipline me in your wrath.  
2Have mercy on me, Lord, for I am faint; heal me, Lord, for my bones are in agony.  
3My soul is in deep anguish. How long, Lord, how long?

4Turn, Lord, and deliver me; save me because of your unfailing love.  
5Among the dead no one proclaims your name. Who praises you from the grave?

6I am worn out from my groaning. All night long I flood my bed with weeping  
    and drench my couch with tears.  
7My eyes grow weak with sorrow; they fail because of all my foes.

8Away from me, all you who do evil, for the Lord has heard my weeping.  
9The Lord has heard my cry for mercy; the Lord accepts my prayer.  
10All my enemies will be overwhelmed with shame and anguish;  
    they will turn back and suddenly be put to shame.

**Saturday Psalm 130**

1Out of the depths I cry to you, Lord; Lord, hear my voice.  
2Let your ears be attentive to my cry for mercy.

3If you, Lord, kept a record of sins, Lord, who could stand?  
4But with you there is forgiveness, so that we can, with reverence, serve you.

5I wait for the Lord, my whole being waits, and in his word I put my hope.  
6I wait for the Lord more than watchmen wait for the morning,  
    more than watchmen wait for the morning.

7Israel, put your hope in the Lord, for with the Lord is unfailing love  
    and with him is full redemption.  
8He himself will redeem Israel from all their sins.

 Prayers during the Covid-19 crisis

Christ Church Higher Bebington

Midday Prayer

*If praying with someone in your household, do make sure you are observing social distancing.*

These prayers are taken from widely available websites, including the Church of England.

O God, make speed to save us. O Lord, make haste to help us.

Hear our prayer, O Lord, and give ear to our cry; hold not your peace at our tears.

**Praise**

Jesus, like a mother you gather your people to you;

you are gentle with us as a mother with her children.

Despair turns to hope through your sweet goodness;

through your gentleness we find comfort in fear.

Your warmth gives life to the dead,

your touch makes sinners righteous.

Lord Jesus, in your mercy heal us;

in your love and tenderness remake us.

In your compassion bring grace and forgiveness,

for the beauty of heaven may your love prepare us. **Amen**

***Silence***

**Romans 8: 35-39 *for Sunday – suggestions for other days are at the end***

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?

As it is written: ‘For your sake we face death all day long; we are considered as sheep to be slaughtered.’

No, in all these things we are more than conquerors through him who loved us.

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

*Silence*

Teach us, good Lord to serve thee as thou deservest,  
 to give and not to count the cost;  
 to fight and not to heed the wounds;  
 to toil and not to seek for rest;  
 to labour and not to ask for any reward;  
 except that of knowing that we do thy will.  **Amen**.  
​

Father, we hold to you this day the needs and concerns of the people of this parish at these difficult and uncertain times, we pray that you keep us, good Lord under the shadow of your mercy, in this time of uncertainty and distress.

Sustain and support the anxious and fearful, and lift up all who are brought low;  
that we may rejoice in your comfort knowing that nothing can separate us from your love, in Christ Jesus our Lord. **Amen.**

***We take time to bring before God those struggling at this time within***

* *our own families and friends*
* *our church and local community*
* *our nation*
* *our world*

*We particularly pray for*

* *all those who are struggling financially and/or have lost their jobs*
* *all having to make critical decisions at this time*
* *other nations who lack the health resources we enjoy*

Let us pray to God, who alone makes us dwell in safety:

For all who are affected by coronavirus, through illness or isolation or anxiety,

that they may find relief and recovery: Lord, hear us, **Lord, graciously hear us.**

For those who are guiding our nation at this time, and shaping national policies,

that they may make wise decisions: Lord, hear us, **Lord, graciously hear us.**

For doctors, nurses and medical researchers, that through their skill and insights

many will be restored to health: Lord, hear us, **Lord, graciously hear us.**

For the vulnerable and the fearful, for the gravely ill and the dying,

that they may know your comfort and peace: Lord, hear us, **Lord, graciously hear us.**

We commend ourselves, and all for whom we pray, to the mercy and protection of God.

***A Prayer for those facing economic pressures and job losses***

**Merciful Lord, in this time of economic instability, please send your great comfort to those who are worried about their finances and carry many burdens and responsibilities. Help us to come alongside them, to be considerate in all our decisions and give great wisdom to the Government to know how best to provide for everyone. Amen.**

***For the whole community…***

Help us not to be people of fear, but people of courage.  
Help us not to be people who only protect our own safety,

but to be people who protect our neighbours’ safety.  
Help us not to be people of greed, but people of generosity.  
We are your people God, giving and loving, wherever we are, whatever it costs,

for as long as it takes, wherever you call us. **Amen**.

May God bless us and show us compassion and mercy. **Amen**

**Suggested Readings for each day of the week (NIV)**

**Monday Philippians 4: 4-13**

4Rejoice in the Lord always. I will say it again: rejoice! 5Let your gentleness be evident to all. The Lord is near. 6Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. 9Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you.

10I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. 11I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13I can do all this through him who gives me strength.

**Tuesday Matthew 6: 25-34**

25‘Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27Can any one of you by worrying add a single hour to your life?

28‘And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. 29Yet I tell you that not even Solomon in all his splendour was dressed like one of these. 30If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you – you of little faith? 31So do not worry, saying, “What shall we eat?” or “What shall we drink?” or “What shall we wear?” 32For the pagans run after all these things, and your heavenly Father knows that you need them. 33But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

**Wednesday John 14: 1-7, 27**

14 ‘Do not let your hearts be troubled. You believe in God; believe also in me. 2My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? 3And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. 4You know the way to the place where I am going.’

5Thomas said to him, ‘Lord, we don’t know where you are going, so how can we know the way?’ 6Jesus answered, ‘I am the way and the truth and the life. No one comes to the Father except through me. 7If you really know me, you will know[[b](http://www.biblegateway.com/passage/?search=John+14&version=NIVUK#fen-NIVUK-26676b)] my Father as well. From now on, you do know him and have seen him.’

“Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.”

**Thursday 1 Corinthians 13: 1-8, 12,13**

If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. **2**If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing. **3**If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have love, I gain nothing.

**4**Love is patient, love is kind. It does not envy, it does not boast, it is not proud. **5**It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. **6**Love does not delight in evil but rejoices with the truth. **7**It always protects, always trusts, always hopes, always perseveres.

**8**Love never fails.

**12**For now we see only a reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known. **13**And now these three remain: faith, hope and love. But the greatest of these is love.

**Friday Colossians 3: 12-17**

**12**Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. **13**Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. **14**And over all these virtues put on love, which binds them all together in perfect unity.

**15**Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. **16**Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. **17**And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

**Saturday Mark 4: 35-41**

35That day when evening came, he said to his disciples, ‘Let us go over to the other side.’ 36Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. 37A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. 38Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, ‘Teacher, don’t you care if we drown?’

39He got up, rebuked the wind and said to the waves, ‘Quiet! Be still!’ Then the wind died down and it was completely calm.

40He said to his disciples, ‘Why are you so afraid? Do you still have no faith?’

41They were terrified and asked each other, ‘Who is this? Even the wind and the waves obey him!’

Prayers during the Covid-19 crisis

Christ Church Higher Bebington

Evening Prayer

*If praying with someone in your household, do make sure you are observing social distancing.*

These prayers are taken from widely available websites, including the Church of England.

That this evening may be holy, good and peaceful,

let us pray with one heart and mind.

*Silence*

As our evening prayer rises before you, O God,

so may your mercy come down upon us to cleanse our hearts

and set us free to sing your praise now and forever.  **Amen.**

***Silence***

**Most merciful God, we confess to you,**

**Before the whole company of heaven and one another**

**That we have sinned in thought, word and deed.**

**Forgive us our sins, heal us by your Spirit**

**And raise us to new life in Christ. Amen**

*Silence*

**Psalm 23 *for Sunday – suggestions for other days are at the end***

The Lord is my shepherd, I lack nothing.

He makes me lie down in green pastures, he leads me beside quiet waters,

he refreshes my soul.

He guides me along the right paths for his name’s sake.

Even though I walk through the darkest valley,

I will fear no evil, for you are with me;

your rod and your staff, they comfort me.

You prepare a table before me in the presence of my enemies.

You anoint my head with oil; my cup overflows.

Surely your goodness and love will follow me all the days of my life,

and I will dwell in the house of the Lord for ever.

*Silence*

Father, we hold to you this day the needs and concerns of the people of this parish at these difficult and uncertain times, we pray that you keep us, good Lord under the shadow of your mercy, in this time of uncertainty and distress.  
Sustain and support the anxious and fearful, and lift up all who are brought low;  
that we may rejoice in your comfort knowing that nothing can separate us from your love, in Christ Jesus our Lord. **Amen.**

***We take time to bring before God those struggling at this time within***

* *our own families and friends*
* *our church and local community*
* *our nation*
* *our world*

*We particularly pray for all*

* *those who have lost loved ones or whose loved ones are in a critical state*
* *who are caring for others and those unable to do so because of restrictions*
* *who are anxious especially during the night*

***A Prayer for peace in these uncertain times***

**Lord, You are the Prince of Peace and the King of Love who casts out fear. Help us not to be anxious about Covid-19 but to seek Your wisdom and stay vigilant about taking precautions, planning ahead and showing compassion to those who may be vulnerable. Amen.**

***For those who are afraid or isolated…***

God of compassion, be close to those who are ill, afraid or in isolation.  
In their loneliness, be their consolation; in their anxiety, be their hope;

in their darkness, be their light;

through him who suffered alone on the cross, but reigns with you in glory,

Jesus Christ our Lord. **Amen.**

**Keep us, good Lord, under the shadow of your mercy.**

**Sustain and support the anxious, be with those who care for the sick,**

**and lift up all who are brought low; that we may find comfort**

**knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen**

***Prayers for the ending of the day…***

Before the ending of the day, creator of the world,

we pray that you, with steadfast love,

would keep your watch around us while we sleep.

**In peace we will lie down and sleep for you alone, Lord, make us dwell in safety.**

**Abide with us Lord Jesus, for the night is at hand and the day is now past.**

**As the night watch looks for the morning, so do we look for you, O Christ.**

May God bless us, that in us may be found love and humility, obedience and thanksgiving, discipline, gentleness and peace. **Amen**

**Suggested Psalms for each day of the week (NIV)**

**Monday Psalm 91: 1-12**

1Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.[[a](https://www.biblegateway.com/passage/?search=Psalm+91&version=NIVUK" \l "fen-NIVUK-15397a" \o "See footnote a)]  
2I will say of the Lord, ‘He is my refuge and my fortress, my God, in whom I trust.’

3Surely he will save you from the fowler’s snare and from the deadly pestilence.  
4He will cover you with his feathers, and under his wings you will find refuge;  
    his faithfulness will be your shield and rampart.  
5You will not fear the terror of night, nor the arrow that flies by day,  
6nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.  
7A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.  
8You will only observe with your eyes and see the punishment of the wicked.

9If you say, ‘The Lord is my refuge,’ and you make the Most High your dwelling,  
10no harm will overtake you, no disaster will come near your tent.  
11For he will command his angels concerning you to guard you in all your ways;  
12they will lift you up in their hands, so that you will not strike your foot against a stone.

**Tuesday Psalm 139: 1-6**

1You have searched me, Lord, and you know me.  
2You know when I sit and when I rise; you perceive my thoughts from afar.  
3You discern my going out and my lying down; you are familiar with all my ways.  
4Before a word is on my tongue you, Lord, know it completely.  
5You hem me in behind and before, and you lay your hand upon me.  
6Such knowledge is too wonderful for me, too lofty for me to attain.

**Wednesday**  **Psalm 139: 7-12**

7Where can I go from your Spirit? Where can I flee from your presence?  
8If I go up to the heavens, you are there; if I make my bed in the depths, you are there.  
9If I rise on the wings of the dawn, if I settle on the far side of the sea,  
10even there your hand will guide me, your right hand will hold me fast.  
11If I say, ‘Surely the darkness will hide me and the light become night around me,’  
12even the darkness will not be dark to you; the night will shine like the day,  
    for darkness is as light to you.

**Thursday Psalm 139: 13-18, 23,24**

13For you created my inmost being; you knit me together in my mother’s womb.  
14I praise you because I am fearfully and wonderfully made;  
    your works are wonderful, I know that full well.  
15My frame was not hidden from you when I was made in the secret place,  
    when I was woven together in the depths of the earth.  
16Your eyes saw my unformed body; all the days ordained for me were written in your book  
    before one of them came to be.   
17How precious to me are your thoughts, God! How vast is the sum of them!   
18Were I to count them, they would outnumber the grains of sand –  
    when I awake, I am still with you.

23Search me, God, and know my heart; test me and know my anxious thoughts.  
24See if there is any offensive way in me, lead me in the way everlasting.

**Thursday Psalm 4**

1Answer me when I call to you, my righteous God.  
Give me relief from my distress; have mercy on me and hear my prayer.

2How long will you people turn my glory into shame? How long will you love delusions and seek false gods?  
3Know that the Lord has set apart his faithful servant for himself; the Lord hears when I call to him.

4Tremble and do not sin; when you are on your beds, search your hearts and be silent.  
5Offer the sacrifices of the righteous and trust in the Lord.

6Many, Lord, are asking, ‘Who will bring us prosperity?’ Let the light of your face shine on us.  
7Fill my heart with joy when their grain and new wine abound.

8In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.

**Friday Psalm 51: 1-12**

1Have mercy on me, O God, according to your unfailing love;  
according to your great compassion blot out my transgressions.  
2Wash away all my iniquity and cleanse me from my sin.

3For I know my transgressions, and my sin is always before me.  
4Against you, you only, have I sinned and done what is evil in your sight;  
so you are right in your verdict and justified when you judge.  
5Surely I was sinful at birth, sinful from the time my mother conceived me.  
6Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place.

7Cleanse me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.  
8Let me hear joy and gladness; let the bones you have crushed rejoice.  
9Hide your face from my sins and blot out all my iniquity.

10Create in me a pure heart, O God, and renew a steadfast spirit within me.  
11Do not cast me from your presence or take your Holy Spirit from me.  
12Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

**Saturday Psalm 16**

1Keep me safe, my God, for in you I take refuge.

2I say to the Lord, ‘You are my Lord; apart from you I have no good thing.’  
3I say of the holy people who are in the land, ‘They are the noble ones in whom is all my delight.’  
4Those who run after other gods will suffer more and more.  
    I will not pour out libations of blood to such gods or take up their names on my lips.

5Lord, you alone are my portion and my cup; make my lot secure.  
6The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance.  
7I will praise the Lord, who counsels me; even at night my heart instructs me.  
8I keep my eyes always on the Lord.  With him at my right hand, I shall not be shaken.

9Therefore my heart is glad and my tongue rejoices; my body also will rest secure,  
10because you will not abandon me to the realm of the dead, nor will you let your faithful one see decay.  
11You make known to me the path of life; you will fill me with joy in your presence,  
    with eternal pleasures at your right hand.