

— The Sign of the Cross —  
It's Okay to be Lutheran!

From Rev. Dr. Martin Luther's *Small Catechism* ...

**Morning Prayer**

*In the morning when you get up, make the sign of the holy cross and say:*

In the Name of the Father and of the † Son and of the Holy Ghost. Amen.

*Then kneeling or standing, repeat the creed and the Lord's Prayer. If you choose, you may also say this little prayer:*

I thank Thee, my Heavenly Father, through Jesus Christ, Thy dear Son, that Thou hast kept me this night from all harm and danger; and I pray Thee to keep me this day also from sin and all evil, that all my doings and life may please Thee. For into Thy hands I commend myself, my body and soul, and all things. Let Thy holy angel be with me, that the Wicked Foe may have no power over me. Amen.

Then go to your work with joy, singing a hymn, as the Ten Commandments, or what your devotion may suggest.

**Evening Prayer**

*In the evening when you go to bed, make the sign of the holy cross and say:*

In the Name of the Father and of the † Son and of the Holy Spirit. Amen.

*Then kneeling or standing, repeat the creed and the Lord's Prayer. If you choose, you may also say this little prayer:*

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I comment myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

*Then go to sleep at once and in good cheer.*

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