

Loving God With Mind and Heart - Alcuin 5

Alcuin (died 804 AD) is considered the greatest scholar in medieval Europe. Here is one of his prayers I appreciate for its practical focus on godly and upright living in everyday situations:

Almighty Father, I thank You for protecting me during the night, and I beg your mercy, most kind Lord, that I may spend the coming day in your service with humility and right choices, so that my service may always be pleasing to you.

Deliver me from evil that prowls around me, so that I may not stumble but follow your commandments, avoiding all scandal and error. I ask this through Jesus Christ my Lord.



Coffee/tea thought: What parts of Alcuin's 1200-year-old prayer might you wish to make your own today?

John

Ref: Adapted from Douglas Dales, A MIND INTENT ON GOD — The prayers and spiritual writings of Alcuin: An anthology (2003)

尽心尽意爱神：阿尔昆(5)

阿尔昆（主后 804 年离世）被认为是中世纪欧洲最伟大的学者。我很欣赏他的一个祷告，让我们每一天在任何情形都能专注于圣洁，积极向上：

全能的父，谢谢你在夜间里看顾保守我，我恳求你的怜悯，良善的主啊，让我今天可以谦卑服侍你，凡事都讨你的欢喜。

拯救我脱离邪恶，不要让我跌倒，让我能遵行你的旨意，不偏不倚。我奉我主耶稣基督的名求。



随想：阿尔昆这 1200 年前的祷告，有哪些你愿做今天你自己的祷告？

史建恩