



# DAILY PRAYER RHYTHM

The goal of this three-part Daily Prayer Rhythm is for us to build the habit of communing with God in the normal parts of our lives, so that we can grow in intimacy with Him and participate in His Kingdom in and around us. In the morning, midday, and evening, pray through these prompts to center yourself with God.

## *Morning* THE LORD'S PRAYER (Luke 11:1-4)

The Lord's Prayer is the Church's most famous prayer because it came right from the mouth of Jesus, himself. When we pray The Lord's Prayer, we are entering into the prayer school of Jesus, allowing his prayers to guide our prayers.

### “OUR FATHER IN HEAVEN, HALLOWED BE YOUR NAME...”

Begin with prayers of adoration. In the way Jesus addresses God, he reminds us of God's majesty, approachability, and restoration. God is “in heaven,” holy and other. He is incomprehensibly powerful and the true source and satisfaction of every human desire. God is also “Father,” inviting us to come before Him not merely as beggars but as children and heirs to His Kingdom. To hallow means to set aside as holy. Spend a moment recognizing God as holy - as the unique one worthy of your affection. You could recite a Psalm, sing in worship, or sit in silence.

### “YOUR KINGDOM COME, YOUR WILL BE DONE, ON EARTH AS IT IS IN HEAVEN...”

Spend a few minutes asking for God's will to be done in your life. This part of the prayer about releasing control. What are you currently wrestling for control over—something you've never released from God or find yourself grabbing back from him? Name it and release it to God. You may want to repeatedly pray, “Your will be done”. Releasing our own control, we ask for God's Kingdom in our midst. Simply, clearly, and specifically ask that God's Kingdom would come where it lacks. Think of friends outside of relationship with Jesus, needs in our city and world, situations (professional, social, and personal), and even emotions within yourself. Anywhere and everywhere you know God's Kingdom of love and peace is lacking, ask for Jesus to come.

### “GIVE US TODAY OUR DAILY BREAD...”

Now spend a few minutes praying for specific needs and wants in your life or that of your community—a job, healing, or wisdom to make a decision.

### “FORGIVE US OUR DEBTS, AS WE HAVE ALSO FORGIVEN OUR DEBTORS...”

Ask God for forgiveness for specific areas in your life, and releasing others to forgiveness. You may just want to pray aloud the short phrase, “Father, forgive me” or “Father, help me forgive.”

### “AND LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL...”

Finally, spend a few minutes praying against temptation. Pray against any kind of evil - spiritual evil, human evil or oppression, natural disasters, systemic injustice, etc. Pray for God's presence to be made known in darkness.

### “FOR YOURS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER AND EVER. AMEN.”

# Midday PRAYING FOR THE LOST

*"If a man has a hundred sheep and one of them gets lost, what will he do? Won't he leave the ninety-nine others in the wilderness and go to search for the one that is lost until he finds it? And when he has found it, he will joyfully carry it home on his shoulders. When he arrives, he will call together his friends and neighbors, saying, 'Rejoice with me because I have found my lost sheep.'" (Luke 15:4-6)*

Praying for the lost, is setting aside a few minutes in the middle of your day to pause and lift up to God those in your life who don't know Jesus, asking him to encounter them in a new way that might bring their salvation. We want to participate with God in these stories, so we also ask him to send us out to become the answers to our prayers.

## PRAY FOR THE LOST BY NAME

Ask the Spirit to bring to mind people who are far from God, people who do not know his love for them. As faces and names come to mind, pray for them. Ask God, as their Good Shepherd, to go after these lost ones, to restore them to his fold, and to bring them salvation.

## PRAY FOR COMPASSION

Ask God to give you the Good Shepherd's heart—seeing as he sees and loving as he loves. Confess anything that's getting in the way of compassion for the lost. Ask God to soften the hard places in your heart and make it like his.

## PRAY TO BE SENT

Invite God to send you. As you have asked God to pursue your loved ones, now ask him to send you out with his empowering presence to the lost around you. Invite him to open your eyes and ears, that you might pursue the lost and pray for their salvation in the way our Good Shepherd does. Ask that he would inspire your imagination with ways to love, bring people to mind you don't expect, and surprise you with invitations to be his hands and feet.

AMEN

# Evening GRATITUDE

*"Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus." (1 Thessalonians 5:16-18)*

During the Jewish Passover, Israel sings a song of gratitude for God's deliverance in the Exodus called Dayenu. Traditionally, Dayenu means, "it would have been enough." A more modern translation might sound like, "Thank you God for overdoing it." Dayenu serves as a historic prompt for giving thanks to God at the close of the day.

## REVIEW THE DAY

Review the events of the day: the people, tasks, messages, meals, demands, and surprises. Remember all of it. As you make your way back through the day, give thanks to God for anything and everything you have to be grateful for.

## PRAY GRATITUDE

When we end the day in gratitude, we remember the fingerprints of God all across the hours of the day. "God, lunch today would've been enough, but you provided me with the resources to choose the type of food I wanted to eat." It keeps going like that, but you get the point. "Thank you God for overdoing it."

AMEN