

EVENING . . .

Review the Day

Review the events of the day: tasks, work, cooking, emails, surprises, demands... Remember all of it.

As you make your way through the day note its joys and delights.

Give thanks to God for all of those things.

Let your gratefulness turn to prayer and praise

When we end the day in gratitude it allows us to see God's presence, his fingerprints on every moment.

Thank you God for walking with us today.

Amen.

Holy Habits

The Practice of Daily Prayer

MORNING . . .

Pray the Lord's Prayer from Matthew 6:9-13

*Our Father in Heaven
Hallowed be thy name*

Spend a moment recognizing God's holiness and character as the one worthy of our affection.

Recognize the blessings of the day and connect them back to the giver of good gifts.

Savor His presence in silence.

*Your Kingdom come
Your will be done
On Earth as it is in Heaven*

Spend a few moments asking for God's will to be done in your life.

What are you currently wrestling to control?

Name it and release it to God.

You may want to repeatedly pray "Your will be done"

| *Give us today our daily bread*

Now spend a few moments praying for specific needs and wants in your life and of those in your community.

| *Forgive us our debts as we
Have also forgiven our debtors*

Ask God for forgiveness for specific areas in your life and releasing others in forgiveness.

You may want to pray aloud the short phrase “Father, forgive me for...” or Father, help me to forgive...”

| *And lead us not into
Temptation, but deliver
Us from evil.*

Finally pray against temptation in your life.

Pray against anything evil present around you.

Ask for God’s blessing and deliverance.

| *For yours is the Kingdom,
And the power, and the glory,
Forever and ever. Amen.*

A F T E R N O O N . . .

| *Pray for the lost by name*

Ask the Holy Spirit to bring a name or face to mind of someone who is far from God.

Ask God to go after the lost ones and to awaken their hearts to the beauty and goodness of his love and salvation. Pray a blessing over them.

| *Pray to be Sent*

Pray that God would send you to pursue the lost people in your life. Ask to have ears to hear and eyes to see what their heart longs for and how the gospel might be good news for them today. Ask God to remove any barriers that might be in the way of your witness to them.

Ask God to inspire your imagination with simple and new ways to pursue those who are lost with compassion.

| *Amen.*