



## ... *Daily Rhythm of Prayer*

This leaflet contains a rhythm of daily prayers. We invite you to join in the dance and begin intentionally structuring your day around your relationship with God and His word.

The idea of this rhythm of daily prayer is that we use it communally – so when we pray (whether on our own or with others) we are praying as one voice, with one heart. The practice of daily, set prayer goes back to the Old Testament. The Psalms speak of prayer in the morning (5:3), early hours (130:6), evening (141:2), and day and night (92:2).

We would encourage you to keep a journal of what you feel God is saying to you and what you may experience as a result of this intentional praying.

***There is nothing magical about the words, this is not a ritual or a “must do”. It is simply a way to encourage us to move forward individually and communally in our relationship with God.***

*This is the condensed version, a more comprehensive edition is available from Old Town Community Church*

### Morning

The Lord's prayer:

**Our Father in heaven  
Hallowed be Your name.  
Your Kingdom come,  
Your will be done on earth  
as it is in heaven.  
Give us this day our daily bread,  
and forgive us our sins  
as we forgive those who sin  
against us.  
And lead us not into temptation  
but deliver us from evil.  
for the Kingdom, the power and  
the glory are Yours  
Now and forever  
Amen.**

### Midday

As we take a breather at lunchtime,

**May God's rest be upon us.  
As the sunlight shines upon us,  
May the light of the Son shine  
through us.  
As the rain falls refreshing the  
parched ground, may your Holy  
Spirit wash over us and bring us  
life.**

*“Be still, and know that I am God.*

*I will be exalted among the nations,*

*I will be exalted in the earth!”*

*The Lord of heaven's armies is with us;*

*The God of Jacob is our fortress.*

(Psalm 46:10-11)

### Evening

Prayer for our nation and our town:

**Lord, please heal our Land.  
We cry out,  
Revive Your church.  
Send the Holy Spirit  
in love and power.  
May Your Kingdom come  
in our nation, our cities,  
our towns and villages,  
our communities;  
In Old Town, in our locality,  
in our families, in our own lives.  
In Jesus' mighty name.  
Amen.**

### Night time Prayer

The Lord bless us and watch over us; the Lord make his face shine upon us and be gracious to us; the Lord look kindly upon us and give us His peace.

Amen. (Numbers 6:24-26)

In peace we will lie down and sleep;

**For you alone, Lord, make us  
dwell in safety.**

As the night watch looks for the morning,

**So do we look for you , O Christ.**

### *Scriptures for a Daily Rhythm of Prayer*

"So humble yourselves under the mighty power of God, and in His good time He will honour you. Give all your worries and cares to God, for He cares about what happens to you." -1 Peter 5:6-7

"O Lord, You have searched me and you know me. You know when I sit and when I rise; you perceive my thoughts from afar." -Psalm 139:1-2

"Be still before the Lord and wait patiently for Him." -Psalm 37:7

"Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer. That I may obey you in thought, word and deed." -Psalm 19:14

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." -Philippians 4:6

"Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth" -Psalm 46:10

"Pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints." -Ephesians 6:18

Read the Bible and discover what the scriptures have to say about prayer!

## Fresh ideas for a Daily Rhythm of Prayer .....

**Breath Prayers:** Short prayers offered up to the Lord constantly throughout the day. Anything or anyone around you might spark the topic for these prayers. Let the Holy Spirit continually show you what and how to pray as you go about your day.

**Prayer Box:** Keep a decorative box where you typically pray at home. Fill it with various prayer lists, quotes, photos, small objects-anything that may help prompt your heart in prayer.

As the Lord leads, open it up and ask God to use the items to guide you as you pray. Add to it as you come across new ideas, people or subjects.

**Prayer Journal:** Keep a record specifically for prayers and the answers God allows you to see.

**Daily Journal:** Use this journal to freely write thoughts, feelings, ideas, prayers and other things from your head and heart.

Don't worry about grammar, content or allowing anyone else to view its contents. Use it to pour your heart out honestly before the Lord.

**Prayer Corner:** Consider having a chair or a specific place where you can go to pray.

Make it a special area you know is designated to go to when you want to spend time with your closest Friend.

**Devotional Books:** At times, you may wish to use a book specifically written to guide you along in your times with the Lord.

Ask the Lord to speak to you as you read the insights given by the author.

(also see Scripture idea)

**Song Lyrics:** Songs can often be a wonderful resource to help put words to what your heart feels. Pray through the words of a song that has been meaningful to you. Maybe you 'll even want to sing some of it to the Lord.

**Annual Prayer List:** Once or twice a year, make a specific effort to take several hours away with the Lord. Ask Him to bring to mind themes for your life for the coming six months or year. Make a list and refer back to this list in your prayer times over the coming months.

**Drawing:** Give the Lord complete freedom to use whatever creativity He desires as you spend time with Him. Pull out some crayons, markers, colourful pens or paint.

Don't worry about the finished product just draw out your thoughts, feelings, scripture and/or prayers. Incorporate creative, "doodles" in your prayer journal to add meaning as you write.

**All Your Senses:** Let the Lord speak to you through each of your senses (touch, smell, taste, sight & sound). Have your favourite scented candle burning, play some soothing instrumental or praise chorus music, wrap up in a comfy blanket, sip some yummy tea or coffee, or open a book with some of your favourite art pieces pictured. Think of other creative ways to ask the Lord to touch your senses.

**Day Trip:** Plan a day away for just you and the Lord. Pack a lunch, a good devotional, your journal and Bible, and head for a special destination near the sea or in a park. Soak in all the Lord has for you in this new venue. Let God use your surroundings to lead you in your prayers to Him.

### Wallet & Personal Organiser / Phone:

We all know how important wallet and personal organisers are. Just think of how you feel if you misplace them. They also reveal to us what we hold dear to in life.

During your time with the Lord, open them up and pray about what you see. Ask the Lord to help you prioritise your time and money. Pray about upcoming appointments and events. Dedicate your resources to Him.

**Scripture:** This may be especially helpful when you find it difficult to focus or don't know what to pray for. Open up to a passage of scripture. (The Psalms are often a good place to start.) Verse-by-verse, read the passage and use it as a guide to lead you in praying for things in your own life or the lives of those around you. The great thing about praying through scripture is that you know God's Word is always His will.

**Corporate / Communal Prayer:** Scripture is clear about the great power there is in praying together as a group.

names / events requiring your prayer:

**FRESH  
SATISFYING  
PENETRATING  
ADVENTUROUS!**

*Do these words describe  
your prayer life ?*

