



# Daily Rhythm of Prayer

"Are you tired? Worn out? Burned out on religion?  
Come to me. Get away with me and you'll recover your life.  
I'll show you how to take a real rest.  
Walk with me and work with me - watch how I do it.  
Learn the unforced rhythms of grace.  
I won't lay anything heavy or ill-fitting on you.  
Keep company with me and you'll learn to live freely and lightly."

the Message, Matt 11: 28-30

This booklet 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). Psalm 119:164a says, "Seven times a day I praise you."

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.***

**Our hearts desire:**

- ◆ that through engaging in prayer in this way we will have a deeper relationship with God and each other.
- ◆ that we will be in step with the Holy Spirit and growing ever more sensitive to his voice, leading and willingness to respond.
- ◆ that we will be people of prayer, mission and justice. We will be stirred, challenged and ready to respond to God's heart for our communities, nation and world.

**“Seek first His Kingdom and His righteousness  
and all these things will be added unto you”**

(Matthew 6:33)

We have also produced a shortened version of the daily prayers for use at work / travelling or in a situation where it may not be possible to go through this more 'reflective' daily rhythm.

*Prayer time*

*Pray using your own words / thoughts.*

**Visit this place O Lord we pray,  
And drive far from it the snares of the enemy;  
May your holy angels dwell with us and guard us in peace,  
And may Your blessing be always upon us;  
Though Jesus Christ our Lord.  
Amen.**

*The Lord's prayer may be said (see page 4 if you need the words).*

**In peace we will lie down and sleep;  
For you alone, Lord, make us dwell in safety.  
Abide with us, Lord Jesus,  
For the night is at hand and the day is now past.  
As the night watch looks for the morning,  
So do we look for you , O Christ.**

***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)

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## Night time Prayer

Lord Almighty give us a quiet night and a perfect end to our day.  
Amen.

Our help is in the name of the Lord who made heaven and earth.

*A time of quiet reflection on the past day may follow (journalling encouraged here).*

Our loving Father,  
We confess to You, one another and before the host of heaven,  
that we have sinned in thought, word and deed,  
And in what we have failed to do.  
Please forgive our sins,  
Heal us by the power of the Holy Spirit,  
And raise us to new life in Christ.  
Amen.

Glory to the Father, Son and Holy Spirit;  
As it was in the beginning is now and shall be for ever. Amen.

Into Your hands I commend my spirit.  
Keep me as the apple of Your eye  
And hide me under the shadow of Your wings.

Save us Oh Lord whilst we are awake  
And guard us as we sleep,  
That awake we may watch with Christ  
And asleep may rest in peace.

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## Morning Prayer

Lord, open our lips to bless you  
And our mouths shall declare your praise.  
You are our amazing God!  
We worship you this day and for ever!

*Sing (or read):*

This is the day, this is the day,  
That the Lord has made, that the Lord has made.  
We will rejoice, we will rejoice  
And be glad in it, and be glad in it.  
This is the day that the Lord has made,  
We will rejoice and be glad in it.  
This is the day, this is the day,  
That the Lord has made.

This I call to mind, and therefore I have hope:

*Sing (or read):*

The steadfast love of the Lord never ceases;  
His mercies never come to an end;  
They are new every morning,  
New every morning;  
Great is Your faithfulness Oh Lord,  
Great is Your faithfulness.

The Lord is my portion, says my soul  
Therefore I will put my hope in him.

*Pause*

**Almighty God,  
We willingly lay down our lives before You this morning,  
We offer ourselves as a living sacrifice.  
Please pour Your mighty resurrection power through us,  
So that Jesus may be glorified in all we think, say, and do.  
May Your Kingdom come in power  
Transforming us and the world. Amen.**

### *Psalm*

*Read through a Psalm - allow God to speak to you through this.*

### *Prayer time*

*Pray using your own words / thoughts.*

*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.**

**Almighty God, we acknowledge that You are woven into our day,  
Our evening and our night.**

**Bless us in all we do this evening.**

**Bless all those we meet.**

**Bless our relaxation time.**

**Bless us with your great gift of sleep.**

**We bless the Lord who gives us counsel in the night;**

**We open ourselves up to You this night**

**To give us dreams,**

**To give us visions,**

**To refresh us,**

**To strengthen us.**

*(see Psalm 16:7)*

### *Pause*

**Lord, wherever spiritual, physical, or emotional darkness touches me,  
I trust You to lighten it. I believe and trust in You.**

**We now commit this evening and this night to You, trusting You to  
be in them, whether speaking or silent, creative or resting.**

**You are our God and King, our stronghold and our deliverer.  
Amen.**

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# Evening Prayer

Father we come to You as the evening begins  
To thank You for the day that is drawing to a close:

For all we have seen of You this day, because this was the day that you made and we rejoice and are truly glad because of it -  
Thank you Jesus;

For all the human contact, face to face, by phone or email -  
Thank you Father;

For encouragement, for new insights, for seeing more of You in creation -  
Thank you Holy Spirit.

## *Reading*

*Ask God to help you choose a piece of scripture.*

## *Prayer time*

*Pray using your own words / thoughts.*

*The Lord's prayer may be said (see page 4 if you need the words).*

*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.**

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In Jesus' mighty name.  
Amen.**

**Lord please be in and working through everything I say and do. May your presence in me be clear to every person I meet and greet.**

**Please surround me on every side. Protect my heart, be my guide. Give me Your mind, Your words, Your hands.**

**This day I choose to believe, this day I choose to follow You, this day I willingly submit to you,  
Amen.**

*As part of the communal sharing of this prayer resource (see intro), let us share the grace with one another:*

***May the grace of our Lord Jesus Christ,  
and the love of God,  
and the fellowship of the Holy Spirit  
be with us all, evermore.***

**Amen**

(2 Corinthians 13:14)

*Let us go forth in joy and peace today because we go with His presence.*

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# Midday Prayer

*We pray slowly and reflectively...*

**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.**

**In the name of the Father,**

**And of the Son,**

**And of the Holy Spirit,**

**Amen.**

*Find rest O my soul in God alone;*

*My hope comes from Him.*

*He alone is my rock and my salvation;*

*He is my fortress I shall not be shaken.*

*My salvation and my honour depend on God;*

*He is my mighty rock, my refuge.*

*(Psalm 62:5-7)*

*“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)*

*Pause*

*Silently lift up the nations to God, that He might be exalted in them.*

*The Lord's prayer may be said (see page 4 if you need the words)*

**Bless us now Lord, in the middle of the day;**

**Be with us and all who are special to us.**

**Be in the eyes of all who see us;**

**In the mouth of all who speak with us.**

**Keep us in the simple attitudes,**

**Joyful, simple and gentle.**

*Pause*

**May the favour of the Lord our God be upon us;**

**May all we do be fruitful for You.**

**Amen.**