

Morning

First thing,
my Lord and God,
as day begins
refresh in me
Your presence and
Your peace.

*[A Bible passage is read
or a verse recalled]*

First thing,
my Lord and God,
as day begins
forgive in me
unworthiness and sin.

*[The day ahead is reviewed,
concerns are noted
and held before God]*

First thing,
my Lord and God,
as day begins
restore in me
Your purpose
and Your will. Amen

Midday

Lord Jesus,
worker, healer and saviour,
in the midst
of this day's work
I pause and listen for
Your voice.

[A time of quietness is kept]

I offer up
the business of today
for You to scrutinize
and bless.

*[Pause to consider
the morning's activities
and all that the rest
of the day shall bring]*

Through my work, my words,
my thinking and my resting
may Your kingdom come.

Amen

Evening

*[A Bible passage is read
or a verse recalled]*

Last thing,
Holy Spirit,
mysterious yet intimate,
before the day concludes
I give to You
the people, places and events
of which my waking hours
have been composed.

*[In quiet
the day is reviewed]*

Living God,
Father, Son and Spirit,
bless now my sleeping
that tomorrow I shall wake
refreshed and ready
to know and love
and serve You
once again. Amen

This simple pattern of prayer is designed to be used by anyone, at any time and in any place.

As well as speaking or reading in this prayer pattern you are encouraged to spend as much time listening – to God, to your circumstances and to yourself.

Where a Bible reading is suggested you may try using set readings such as the Lectionary or Prayer Handbook, or you may read steadily through a particular part of the Bible – a Gospel or the Psalms for instance.

Alternatively, you may choose to dwell on a single verse.

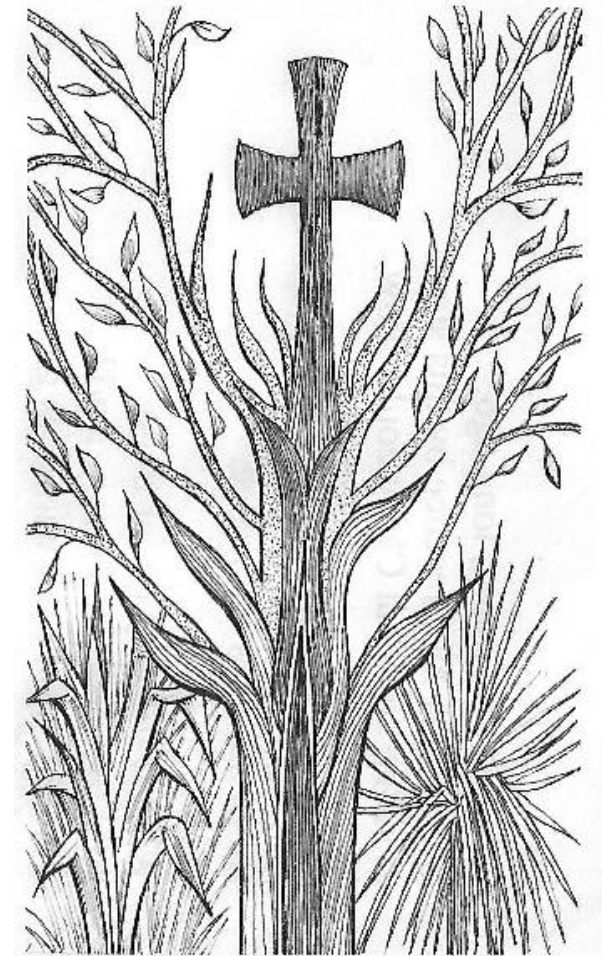
Use the blank space below to note readings, thoughts or other useful resources.

Text - Ian Fosten; Artwork - Lyn Carr;
as a contribution to:

Vision4Life

Please send enquiries about this resource to
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A Simple Pattern



Of Daily Prayer