

A WAY TO PRAY THROUGHOUT THE DAY

MORNING PRAYERS (6 – 9 AM)

Psalm 3:5

I lay down and slept, yet I woke up in safety, for the Lord was watching over me. I am not afraid of ten thousand enemies who surround me on every side.

Psalm 23

The LORD is my shepherd, *I shall not want*. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul. He leads me in right paths for his name's sake. Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff— they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD my whole life long.

Offer your requests to God before you move into your day!

MID-DAY PRAYERS (11 AM – 2:00 PM)

(A moment in the middle of the day ~ lunch time or perhaps right after school ~ to stop and focus on God)

Matthew 6:9-13

Pray then in this way: 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 debts, as we also have forgiven our debtors. And do not bring us to the time of trial, but rescue us from the evil one. Amen.

EVENING PRAYERS (6 – 9 PM)

Deuteronomy 6:4-9

Hear, O Israel: The LORD is our God, the LORD alone. *You shall love the LORD your God with all your heart, and with all your soul, and with all your might.* Keep these words that I am commanding you today in your heart. Recite them

to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. Bind them as a sign on your hand, fix them as an emblem on your forehead, and write them on the doorposts of your house and on your gates.

NIGHT/BED-TIME PRAYERS

Psalm 4:8

In peace I will lie down and sleep, for you alone, O Lord, will keep me safe.

Reflection/Review/Repentance/Renew

Psalm 139:23-34

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, *and lead me along the path of everlasting life.*

Receive God's abundant Grace and Forgiveness

Ephesians 3:18 - 20

And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. *May you experience the love of Christ, though it is too great to understand fully.* Then you will be made complete with all the fullness of life and power that comes from God. Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think. Glory to him in the church and in Christ Jesus through all generations forever and ever! Amen.

Prayers for your night's rest and renewal and God's presence to greet you when you wake.

