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.
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