



A Life of Daily Prayer



The purpose of prayer is to go to our 'quiet place' and punctuate our day with God; to realign ourselves with His goodness and ask for His help for ourselves and others in prayer.

These prayers provide flexibility to use them in a manner that suits you, uniting us individually and corporately across erratic and busy lives.

If you are using these in a group select one person to facilitate. Songs and scripture can be specifically chosen and added for the day. A suggested monthly cycle of scripture with a focus for prayer are available by email.

The Living Well Prayer

God of Healing, we commit into your hands the work and ministry of The Living Well; May its door be wide enough to receive all who seek your healing grace; May it be a place of rest, laughter and forgiveness; Bless all whom you call to your ministry of healing; May The Living Well be a gateway to that wholeness which is your desire for all people. We ask this through Christ our Lord. Amen.

SUGGESTED IN THE HOUR OF 9

Lord God, this is our **Morning Prayer**

That You would awaken our spirit

To trust Your Presence.

May Your gift of daylight soften our shadows

Silence is held

Holy Spirit inspire us for the day ahead

May the life of Jesus increase our faith

The essence of the Father be known in our lives

Song: Father we adore you,

lay our lives before you, how we love you.

Jesus... Spirit...

As we pray today we ask for mercy in our

nature, compassion in our hearts,

Grace flowing from our being,

Courage to act justly,

Humility in our dealings

Wisdom for our encounters. *(Micah 6:8)*

We ask you will use us to bring healing to our

hurting restless world...

A time of spoken and/or silent prayer

We speak the protection and blessing of Christ upon The Living Well, its building and grounds, its mission and ministry, team and guests.

We proclaim 'Jesus is Lord' over our coming and going; we pray the salvation of the cross, the power to forgive and redeeming hope in the resurrection into every heart until all hearts beat in union with Yours. Amen. *(Romans 10:9)*

We go peacefully and pleasantly into our day for You have caused the borders to fall unto us in pleasant places. Amen *(Psalm 16:6)*

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SUGGESTED IN THE HOUR OF 12

Lord God, this is our **Midday Prayer**

That You would receive our praise and our love

Silence is held

Forgive us Lord if there has been forgetfulness,

Forgive us Lord if there has been laziness,

Forgive us Lord if there has been unkindness,

Forgive us Lord if there has been selfishness,

These and similar things creep into Your

daylight. We ask for Your Spirit to dispel them

in us and to receive Your Greater Light.

Song: How good and how pleasant it is when we all live in unity, refreshing as dew at the dawn, like rare anointing oil upon the head.

It's so good, so good, when we live together in peace and harmony. It's so good, so good, when we live together in His love. (*Psalm 133*)

Is there some forgotten task Lord Jesus, one forgotten kindness, a situation to bring to You? Surprise us Lord with your insight.

Silence is held

If a prophetic word, scripture or prompt of the Spirit is offered we share, discern and pray together....

The Lord's Prayer - *your preferred language/version*

Our Father in heaven, hallowed be Your name.

Your Kingdom come,

Your will be done, on earth as in heaven.

Give us today our daily bread. Forgive us our sins

as we forgive those who sin against us.

Lead us not into temptation,

but deliver us from evil.

For the kingdom, the power and the glory are Yours

now and for ever. Amen.

Going, we answer today's call. May it be established with You, rooted and alert to glimpse Your movement, may we lean upon You and imbibe Your love. Amen.

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SUGGESTED IN THE HOUR OF 4

Lord God, this is our **Evening Prayer**

that towards the close of our working day

there may yet be opportunity for friends,

family meals, rest and thanksgiving!

Silence is held

Thank You for You have been with us

You have led and guided, eased and enticed,

prompted and reminded us

that surely You are with us always.

Each time we read Your Word it falls afresh on us

A short scripture reading is chosen and opportunity to respond is offered

Song: Spirit of the Living God fall afresh on us,

Spirit of the Living God fall afresh on us

Melt us, mould us, fill us, use us

Spirit of the Living God fall afresh on us

Time is given to the following calls to prayer

Jesus we bring to You the tiredness of our day, the challenges, the uncompleted tasks, the fears, worries and complaints...

Jesus we bring to You the successes of our day, the job's well done, the delights, gifts and satisfactions...

Lord God, we pray for the world, our locality, the poor and sick, the newly bereaved...

May no – one be without the hope of a new day, the hope of heaven, the knowledge and friendship of Our Father. Amen

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BEFORE BEDTIME

Lord God, this is our **Night Prayer** that Your Spirit would be with us protecting our night hours, our hopes and dreams, our homes, families, friends, our comings and goings, bringing wholeness and healing even as we rest.

When the daylight emerges from darkness as surely as You emerged as Life in all its Fullness from sacrificial death, we will trust You for tomorrow with our whole heart, our One God: Father, Son and Holy Spirit. Amen

'Be still and know that I am God' (Psalm 46)