

## EXERCISE

# The Hope of Prayer

Consider making gratitude a part of your regular prayer life. Gratitude is a daily posture of thankfulness for what God has done and is doing in your life.

It can be as short and simple of a prayer like, “Thank you.” Or as involved as the historical Prayer of Examen.

To get started, try this simple model for praying gratitude. If you have a daily prayer rhythm you might try doing this in the evening on your commute, with your family, or before your head hits the pillow.

1. Take a few deep breaths to start. Decompress from the day by remembering God is with you and has been present throughout your day. Remind yourself of the finished work of Jesus on the cross for your salvation.
2. Thank God for one little thing from your day. A meal, a conversation, a little laugh at lunch, or some good news you got. Recognize that all of life is a gift of God’s grace.
3. Replay your day like a movie in your head. Tell God the events of your day. Remember how you felt – when you were angry or when you were happy. Tell God when you felt close to him or far away. Thank him for his faithful presence no matter the circumstances.
4. Now look to tomorrow. Ask God to give you a sense of peace and gratitude as you move into a new day. Recite Lamentations 3:23

<sup>22</sup> *The steadfast love of the Lord never ceases; his mercies never come to an end;*

<sup>23</sup> *they are new every morning; great is your faithfulness*