

EXERCISE

The Practice of Prayer

For millennia the people of God have structured their day around a daily rhythm of prayer. Some call “fixed hour prayer”, others “the daily office”, and we often call it a daily prayer rhythm.

The hope is that, by organizing your day around the presence of God, those moments with Jesus will start to influence the way that you live the rest of your day.

Try creating a simple and sustainable rhythm of prayer for your daily life. (Remember, it’s not the quantity of time that matters as much as the consistency and quality of your time spent in prayer.)

Morning Prayer: Find a set place and time to start your day with God. Take a few deep breaths and use the Lord’s Prayer as model for your own prayers.

Write down what time of day and where you can consistently practice morning prayer:

When:

Where:

Midday Prayer: Pause the day’s work and busyness and pray for the lost. Take anywhere from 60 seconds to 15 minutes to pray for those you love to come to faith.

Write down what time and how you will remind yourself to pause your day to pray for the lost:

When:

How:

Evening Prayer: Reflect on the day by praying a prayer of gratitude in the evening. This is meant to not only give you a different perspective on the day but transform the way you approach tomorrow. It might be a simple list of “thank you’s” or a more meditative prayer of gratitude, recounting the day to your Father.

Write down a time and method that works for you in order to practice gratitude in the evening.

When:

How:

