

DAILY PRAYER

DEVOTIONAL



Prayer is not just something we learn how to do once. A life of prayer is an ongoing and, hopefully, growing relationship. Some of us have gone through many different seasons in our prayer lives, while others may not even know where to begin. In any case, discovering and continuing a rhythm of daily prayer is important to our spiritual growth and can generate great joy, creativity, and peace in our lives.

There are many different traditions that have informed the Christian practice of prayer through the ages. As a three streams congregation, Christ Church Nashville embraces the evangelical, charismatic, and liturgical expressions of the faith. These 'three streams' encourage a prayer life that is grounded in the Holy Scriptures, empowered by the Holy Spirit, and practiced personally and in community. This is expressed in a variety of ways in the life of the church.

The purpose of this daily prayer devotional is to develop a sustainable daily rhythm for personal prayer and for reading the Scriptures as a reminder that the two should go hand in hand. Time is set aside during the morning, at midday, and in the evening for prayer, Scripture reading, and reflection. It is meant to be partnered with a personal bible study, devotional time, or some form of the daily office (the ancient rhythm of daily reading and prayer). This can be adapted to your particular tradition or taste, but a healthy diet of reading from the entire Bible is encouraged. The intent is to bathe the reading and reflection in prayer.

Please keep in mind that you are not failing if you are unable to find space three times everyday for this. It can be adapted to your circumstances and current season of life. The goal is not to check items off of your list but to create the space to really listen to and commune with our Heavenly Father as a transformative practice. This daily prayer devotional is always waiting to be picked up again, even if you have been away for awhile.

MORNING

PRAY this opening prayer:

Open my lips, O Lord,
and my mouth shall proclaim your praise.
Create in me a clean heart, O God,
and renew a right spirit within me.
Cast me not away from your presence
and take not your Holy Spirit from me.
Give me the joy of your saving help again
and sustain me with your bountiful Spirit.
Glory to the Father, and to the Son, and to the Holy Spirit:
as it was in the beginning, is now, and will be forever. Amen.

PRAY for the Lord to meet you in Scripture:

Speak, O Lord, and illumine your Word by the power of your Spirit.

READ a passage from the Psalms, Old Testament, New Testament, and the Gospels. **PAUSE** between each reading and **REFLECT** on anything that stirs you. **CONSIDER** how these passages could strengthen you in the day ahead.

PRAY for the Lord to meet you in the coming day:

In our lives and in our prayers: may your kingdom come.

PRAISE God for who He is and **THANK** Him for His presence in your life. **INTERCEDE** on behalf of others.

PRAY this closing prayer:

Lord God, almighty and everlasting Father, you have brought us in safety to this new day: Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity; and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. Amen.

MIDDAY

READ (and consider memorizing during the day):

Draw us into your love Christ Jesus, and deliver us from fear.
Lord, make me an instrument of your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.
O Divine Master, grant that I may not
so much seek to be consoled as to console,
to be understood as to understand,
to be loved as to love.
For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.

PRAY for God to help you to *BE STILL*:

O God, you will keep those in perfect peace whose minds are fixed on you, for in quietness and trust will be our strength.

PRAY for the fruit of the Spirit to be present in your life:

Come, Holy Spirit. I pray that your fruit would grow in me: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

REMEMBER something that stayed with you from the morning readings. *PRAY* about this during the remainder of the day.

PRAY this closing prayer:

Blessed Savior, at this hour you hung upon the cross, stretching out your loving arms: Grant that all the peoples of the earth may look to you and be saved; for your mercies' sake. Amen.

EVENING

PRAY this opening prayer:

O gracious Light,
pure brightness of the everliving Father in heaven,
O Jesus Christ, holy and blessed!

Now as we come to the setting of the sun,
and our eyes behold the vesper light,
we sing your praises O God: Father, Son, and Holy Spirit.

You are worthy at all times to be praised by happy voices,
O Son of God, O Giver of life,
and to be glorified through all the worlds.

READ a passage from the Psalms.

SING the Doxology in response:

Praise God from whom all blessings flow
Praise Him all creatures here below
Praise Him above, ye heavenly hosts
Praise Father, Son, and Holy Ghost. Amen.

PAUSE to review the day and *REFLECT* on any passage that stayed with you throughout the day. *CONFESS* any sin and *THANK* God for His grace and the blessings of the day.

PRAY for God to watch over you:

Search us, O God, and know our hearts; test us and know our thoughts.
Guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace.

PRAY this closing prayer:

Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, awaken hope, and preserve us in peace, that we may truly know you. Grant this for the sake of your love. The almighty and merciful Lord, Father, Son, and Holy Spirit, bless us and keep us. Amen.