

## **Daily Prayer Guide: 28 Days (February 2021)**

Invitation: *Commit the next 28 days to daily seeking God in prayer. This is a simple approach that will not interfere with other spiritual practices or groups.*

Idea: *pausing for prayer 3x a day for a daily office - ancient way to pray that marks the time throughout your day (morning, noon, evening); rather than merely aiming to pray once at length, pause throughout the day to stay connected to God, making room for His love, voice, purpose.*

**MORNING: Psalm**

**NOON: Lord's Prayer**

**EVENING: The Examen**

- Become aware of God's presence.
- Review the day with gratitude.
- Pay attention to your emotions.
- Choose one feature of the day and pray from it.
- Look toward tomorrow.

\* for nights you are tired, welcome the Holy Spirit, recite Psalm 139:23-24 or Psalm 23, then have a conversation with Jesus.

(see next page for expanded version with full reading)

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### **MORNING: Psalm**

*One thing I ask, this is what I seek  
That I would dwell in the house of the Lord all the days of my life  
To see the beauty of the Lord and seek him in his temple.*

OR

*Lord, open our lips.  
And our mouth will proclaim your praise.*

*Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever.  
Amen. Alleluia.*

➔ Read a Psalm (of your choice)

### **NOON: Lord's Prayer**

*Our Father in heaven,  
hallowed be your Name, (your Name be made Holy)  
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 (save us from the time of trial)  
and deliver us from evil.  
Yours is the kingdom, the power, and glory  
now and for ever.  
Amen.*

### **EVENING: Pray the Examen**

**Become aware of God's presence.** Look back on your the day with the help of the Holy Spirit. Ask God to bring clarity and understanding.

**Review the day with gratitude.** Walk through your day in the presence of God and note its joys and delights. Focus on the day's gifts. Pay attention to small things (food you ate, sights you saw, and other small pleasures). Look at the work you did, the people you interacted with. What did you receive from these people? What did you give them?

**Pay attention to your emotions.** Reflect on the feelings you experienced today. Boredom? Elation? Resentment? Compassion? Anger? Confidence? What is God saying through these feelings?

Take note of sins or failure. Look deeply for other implications. Frustration can mean that God wants you consider a new direction in your work? Are you concerned about a friend? Can you reach out in some way?

**Choose one feature of the day and pray from it.** Ask the Holy Spirit to direct you to something during the day that God thinks is particularly important. A feeling, an encounter, etc. Pray about it. Allow the prayer to arise spontaneously from your heart—whether intercession, praise, repentance, or gratitude.

**Look toward tomorrow.** Ask God to give you light for tomorrow's challenges. Pay attention to the feelings that surface as you survey what's coming up. Are you doubtful? Cheerful? Apprehensive? Excited? Allow these feelings to turn into prayer. Seek God's guidance. Ask him for help and understanding. Pray for hope.

End with a simple conversation with Jesus like talking to a friend. Do you need to ask for forgiveness, protection, help, wisdom?

## **OPTIONAL READINGS TO ADD VARIETY**

### **Declaration of faith**

To whom shall we go?

You have the words of eternal life

We have believed and come to know that you are the Holy One of God

Praise to you Lord Jesus Christ, King of endless glory.

### **Confession**

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

Almighty God have mercy on us, forgive us all our sins through our Lord Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. Amen.

**Psalm 1, 23, 14, 25, 26, 27, 40, 42, 51, 62, 139**

### **Intercessory Prayer Focus**

- Personal: family, friends, finances, health, etc.
- Church: people, ministries, leadership, stewardship
- City: neighborhood, poor, justice
- World: nations, global poverty, COVID

### **Canticle**

Teach us, dear Lord, to number our days;

that we may apply our hearts to wisdom.

Satisfy us early with Your mercy,

that we may rejoice and be glad all of our days.

Let the beauty of the Lord our God be upon us; and establish the work of our hands, dear Lord.