

D A I L Y P R A Y E R S

“Lord, teach us to pray.”

To be prayed slowly at the beginning of each day.

Loving God, today I dedicate my eyes to you.

I want to see others the way you see them, and view my circumstances through the lens of hope and faith.

I dedicate my ears to you.

I want to listen to your voice, and honour others by listening well to them.

I dedicate my mouth to you.

I want to think before I speak, and I want my words to be honest, sincere, and life-giving.

I dedicate my hands to you.

I want them to be open to accept whatever you want to give me and release anything you want me to surrender.

I dedicate my feet to you.

I want to go wherever you send me, and to stand firmly upon the truth and not stumble.

I dedicate my mind to you.

I want to think on things that are good and true, remembering your faithfulness, and taking captive any thoughts that aren't from you.

I dedicate my heart to you.

I want to be pure and undivided; to master my emotions, not serve them; to love you more than the things you have blessed me with, and to love others as I love myself.

Amen.

You may find it helpful to set an alarm for a convenient point in the middle of your day. Either find a quiet space where you can pray, or if sitting at your desk, simply open your hands as a way of consciously choosing to dedicate these few moments to God.

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.

N I G H T

Prayer of Examen

To be prayed in the evening, as a way of giving the events of your day over to God, and preparing for the next day. The Examen consists of five steps. You may want to pray silently, or you might find it helpful to verbalise your prayers, or write them down.

- 1 Become aware of God's loving presence and ask for the Holy Spirit's guidance as you review your day.
- 2 Think through your day with gratitude. Thank God for the gift of life, and for this particular day.
- 3 Reflect on the emotions of the day, positive and negative. When did you respond in ways that were good, life-giving or healing? When did you respond in ways that may have been insensitive, unloving or damaging to others, creation or yourself?
- 4 Choose one or two of those things to bring to God in prayer. Talk to Him about the positive; recognise and thank Him for his grace at work in your life. Talk to Him about the negative; reflect as to why you spoke, acted or felt that particular way. Ask for forgiveness and healing. From your understanding of God as revealed in Jesus and Scripture, what might He say to you in response?
- 5 Look forward to tomorrow with hope. Ask God to be present in your thoughts, actions and relationships, and ask for the grace to live a new day more fully alive to the presence of Christ.

