

Praying through the Day

Try to establish a regular rhythm using 3 prayers at their appropriate times each day.

Don't try (or feel any need) to use all the cards! Use those that work for you. Some cards are for more specific situations to use when the occasion fits.

The prayers are in a 'Celtic Christian' style, and all use the same format to keep things simple.

Waking

Father God I put myself in your hands

Son of God raise me up for the day ahead

Spirit of God prepare me for all
that the day holds

He wakens me morning by morning

Is 50 v4

Starting the Day

Father God thank you for this new day

Son of God lead me through the day

Spirit of God empower me for this day

Where morning dawns & evening fades you call forth songs of joy
Ps 65 v8

Off to School

Father God protect my children at school

Son of God show yourself to each through
their day

Spirit of God help them to learn & grow

Let the wise listen and add to their learning

Pr 1 v5

Off to Work

Father God direct me in my work today

Son of God shine through me
in my work today

Spirit of God energise me for
the workload of today

Whatever you do, work at it with all your heart ... Col 3v23

Mid-Day

Father God thank you for your provision
through the day so far

Son of God continue to lead me

Spirit of God enable me in the next tasks

He will lead them to springs of living water

Rev 7 v17

Tea Time

Father God thank you for the blessings
of today

Son of God thank you for the food we have

Spirit of God help us to enjoy the food and
our conversation with each other

But if we have food & clothing we will be content 1Tim 6 v8

Finishing the Day

Father God thank you for all that you have
given today

Son of God forgive me for my wrongs today

Spirit of God thank you for guiding me
through the day

There was evening, there was morning

Gen 1 v5

Bed Time

Father God I trust myself into your care

Son of God keep me safe through the night

Spirit of God guard my sleeping and my
dreaming

I will lie down & sleep in peace

Ps 4 v8

Can't Sleep in the Night

Father God bring peace to my body, mind &
soul

Son of God heal and refresh me

Spirit of God may I rest in you

My eyes stay open through the night that I may meditate on your
promises

Ps 119 v148

Disappointment / Annoyed

Father God I look to you in this moment

Son of God bring peace to me now

Spirit of God help me to discern your ways

I have learned to be content whatever the circumstances Phil 4 v7

Joy / Blessed

Father God thank you for this blessing

Son of God thank you for all that you give

Spirit of God let my joy overflow

Rejoice in the Lord always!

Phil 4 v4

Wronged

Father God thank you that you first loved us

Son of God thank you for dying for us all,
and forgiving me

Spirit of God help me to forgive

Freely you have received, freely give

Matt 10 v8

Unwell

Father God I seek you for healing

Son of God thank you that in you there is
healing and restoring

Spirit of God bring healing in my body

The prayer offered in faith will make the
sick person well James 5 v15

Worried / Anxious

Father God I take refuge in you

Son of God I look to you in my cares

Spirit of God be present with me through
this time

Take courage – it is I – do not be afraid

Mark 6 v50

Blessing Someone

Father God may you bless

Son of God may you give them peace

Spirit of God may you be present and at
work in their life

The Lord bless you and keep you ...

Num 6 v24