

————— *Prayer at the Beginning of the Day* —————
INVITING GOD’S INTERVENTION IN OUR LIVES

Loving Teacher, come and make your home in our hearts this day. Dwell within us all day long and save us from error or foolish ways. Teach us today to do no harm, to do good, and assist us so that we may stay in loving relationship with you and our neighbor. Help us today to be an answer to another’s prayer so that we may be one of your signs of hope in the world you love.

SCRIPTURE — “You show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures forevermore” (Psalm 16: 11).

REFLECTION — Consider the meaning of the Scripture passage for your life this day. Pay attention to any response that is prompted by the text you have chosen to read.

PRAYER — A time for prayers of thanksgiving and petition as you begin your day.

OFFERING — “Here am I, the servant of the Lord; let it be with me according to your word” (Luke 1: 38). Offering ourselves to God to be used this day as God chooses.

GOD’S PROMISE — “And remember, I am with you always, to the end of the age” (Matthew 28: 20b).

————— *Prayer at Midday* —————
WELCOMING GOD’S PRESENCE

God of love, holiness, and strength, we thank you for the gift of your presence through the morning hours. Continue to make yourself and your way known to us throughout the remaining hours of the day. Grant us grace to follow you in faithfulness, joy, and peace. We are yours.

SILENCE — “Speak, LORD, for your servant is listening” (1 Samuel 3: 9). Listening for God’s direction as we wait for guidance and direction for the remaining hours of the day.

RESPONSE — “It is the LORD; let him do what seems good to him” (1 Samuel 3: 18b).

PRAYER — Responding with gratitude for God’s grace and direction promised and already experienced this day.

BLESSING — “My soul clings to you; your right hand upholds me” (Psalm 63: 8).

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— *Prayer at the End of the Day* —
INVITING GOD’S ACTIVITY

Tender shepherd of my soul; make yourself and your way known to me in this evening time of prayer and reflection. Bring awareness of my failures and confidence in your desire and ability to forgive my sins, heal my wounds, and mend my broken places. By the power of your presence bring me to the end of the day whole, complete, and at peace with you, my neighbor and myself. Grant a night of peaceful rest and send me forth tomorrow as a witness to your love and grace.

A CONTINUING REQUEST — “Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me. Restore to me the joy of your salvation” (Psalm 51: 10-12a).

SCRIPTURE — “Protect me, O God, for in you I take refuge. I say to the LORD, ‘You are my Lord; I have no good apart from you’” (Psalm 16: 1-2).

GATHERING THE DAY — Remembering a time of reflection on the day’s experiences. Note the positive and the negative experiences and ask, “how have I contributed to each? What is God saying to me through the events of the day?”

CONFESSING — A time of owning up to our own weakness, failure and sin.

FORGIVING — A time of asking for and accepting God’s forgiveness, and a time of offering forgiveness to ourselves and to all who may have injured us or those we love.

THANKSGIVING — Give thanks for each of the gifts of life that God has granted this day.

OFFERING — “I do here covenant with you, O Christ, to take my lot with you as it may fall. Through your grace I promise that neither life nor death shall part me from you.”

BLESSING — Forgiven, free from sin and the burdens of life, receive the peace of Christ for a restful and refreshing night, embraced in the everlasting arms of God.

“I will both lie down and sleep in peace; for you alone, O Lord, make me lie down in safety” (Psalm 4:8).

From *Three Simple Rules* by Rueben Job

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