

Prayer Guide - Morning

Approaching God

- Ask God for his presence and help as you read and pray
- Psalm 16:8, 27:4, 40:16-17, 63:1-3, 84:5-7, 103:1-2, 139:7-10; Isaiah 57:15; Matthew 11:28-30; John 4:23; Ephesians 1:17-19, 3:16-20

Bible Reading and Meditation

(Not to all be done every time)

To Study:

- Read the passage 3-4 times
- Make a list of everything it says about God and about yourself
- List examples to be followed, commands to be obeyed, and promises to claim
- Choose the verse and truth that is most striking and helpful
- Paraphrase the thought or verse in your own words

To Meditate:

- What does this show me about God for which I should praise or thank him?
- What does this text show me about my sin that I should confess and repent of? What false attitudes, behavior, emotions, or idols come alive in me whenever I forget this truth?
- What does this show me about a need that I have? What do I need to do or become in light of this? How shall I petition God for it?
- How is Jesus Christ or the grace that I have in him crucial to helping me overcome the sin I have confessed or to answering the need I have?
- How would this change my life if I took it seriously – if this truth were fully alive and effective in my inward being? Also, why might God be showing this to me now? What is going on in my life that he would be bringing this to my attention today?

Prayer

- Pray for each of the meditations – adoration, confession, petition, and thanksgiving for Jesus and his salvation
- Pray for your needs and pressing concerns (*Use the Lord's Prayer as a guide*)
- Take a final moment just to enjoy him and his presence (*contemplate His goodness and greatness*)

Prayer Guide - Evening

Bible Reading and Meditation

- Read a Psalm and any additional Scripture
- Choose one truth or verse to think over

Prayer

- Turn the Psalm into prayer and pray it back to God
- Give thanks to God for specific instances of faithfulness throughout your day
- Think over your day and confess where you sinned or failed to respond as you should have (*Use the Ten Commandments or the Fruit of the Spirit as a guide*)
- Think over your day and pray for people you met or heard about who have needs or are in difficulty
- Pray for some of the more urgent and important needs on your heart
- Enjoy the peace and forgiveness that are yours in Jesus Christ
- Rest happy in God