

## Introduction

This simple pattern of prayer is designed to be used by anyone, at any time and in any place.

As well as speaking or reading in this prayer pattern you are encouraged to spend as much time listening – to God, to your circumstances and to yourself.

Where a Bible reading is suggested, you may try using set readings such as the Lectionary or Prayer Handbook, or you may read steadily through a particular part of the Bible – a Gospel or the Psalms for instance.

Accompanying this leaflet is a sheet with daily lectionary readings.

Christian Aid have a useful page with suggested readings and reflections for every day of the year:  
<http://www.christianaid.org.uk/resources/churches/daily-readings/>

Alternatively, you may choose to dwell on a single verse. Customise it to suit your own style!

It is a very simple pattern that we hope will form a life-changing pattern for your life as you incorporate it naturally into your day.

There is a prayer focus for each day of the week except Sundays when you are encouraged to make use of other resources that are available.

May you be blessed as you punctuate your day with simple, natural prayer.



## Daily Prayer Focus

### Mondays

Pray for those isolated because of the coronavirus, especially those living alone or far from family.

### Tuesdays

Pray for all the members of your family by name – if there are people you haven't spoken to for a while – then think about phoning!

### Wednesdays

Pray for the street you live on – people you know, people you don't know. Pray for the opportunity to deepen your relationships with your neighbours.

### Thursdays

Pray for Wallington (or the place where you live) Perhaps use a map, marking on it what you have prayed for.

### Fridays

Pray for the world (listen to the news) – what brings you joy? What makes you despair?

### Saturdays

Pray for yourself and others in this church fellowship – ask God what you can do to help

## A Simple Pattern Of Daily Prayer



Wallington URC

## Morning

First thing,  
my Lord and God,  
as day begins  
refresh in me  
Your presence and Your peace.

*[A Bible passage is read  
or a verse recalled]*

First thing,  
my Lord and God,  
as day begins  
forgive in me  
unworthiness and sin.

*[The day ahead is reviewed,  
concerns are noted  
and held before God]*

First thing,  
my Lord and God,  
as day begins  
restore in me  
Your purpose  
and Your will.  
Amen



## Midday

Lord Jesus,  
worker, healer and saviour,  
in the midst  
of this day's activity,  
I pause and listen for  
Your voice.

*[A time of quietness is kept]*

I offer up  
the business of today  
for You are a part of it.  
I ask you to bless my part in it.

*[Pause to think back over  
the morning's activities  
and consider what the rest  
of the day will bring.]*

Through my work, my words,  
my thinking and my resting  
may Your kingdom come.  
Amen



## Evening

*[A Bible passage is read  
or a verse recalled]*

Last thing,  
Holy Spirit,  
mysterious yet intimate,  
before the day concludes  
I give to You  
the people, places and events  
of which my waking hours  
have been composed.

*[In quiet think back over the day.  
What was good – what was not?  
Are you anxious about tomorrow?]*

Living God,  
Father, Son and Spirit,  
bless now my sleeping  
that tomorrow I shall wake  
refreshed and ready  
to know and love and serve You  
once again. Amen

