

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.

Christian Aid have a very 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.

We would also invite you to mark Tuesday as our particular focus of prayer day where we pray on different themes each week.

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



Tuesday prayer Focus

On Tuesdays, to encourage us to remember that we are praying together as a church community, we would ask you to follow this simple pattern of prayer.

1st Tuesday of the Month

t >>B.EMC /Span <</MCID 66 >>70C 0.001 0.02 -0 0 10.02 435.1539.64 407.58

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.