

DAILY PRAYERS For Spiritual Formation Pray without Ceasing: I Thess. 5:17

1. Prayer of Worship: Presenting Oneself as a Sacrifice (Rom. 12:1-2) 3 minutes: the spiritual discipline of daily presenting oneself to God as a living sacrifice, open to Him and His will in all things.

Prayer: *"Lord, I am here, I present myself and my will to you as my act of worship. Here I am."*

This wakes me up to remember that God has an independent will and opens me in readiness to it.

2. Prayer of Reception: listening to the Spirit in the Word of God (Heb. 4:12) 3 minutes

Prayer: *"Lord, I am listening. What words from Scripture or what wisdom has your Spirit been bringing to my attention lately, that I might respond to them?"*

This keeps me listening for how the Spirit may be addressing me through the Word and wisdom.

3. Prayer of Recollection: finding my identity in Christ (Phil. 3:7-9) 3 minutes: the spiritual discipline of reminding the self of its true identity in Christ (full pardon, full acceptance) and "Christ in me" (that I am not alone).

Prayer: *"God, whatever I do today, I want to do this in you. I don't want to do this alone, in my own power or as a way to hide and cover. I don't want to find my identity in anything but Christ. I am in Christ, I am the beloved, and that is my true identity." (Confess any idolatry of the self, seeking my salvation in some role, identity, competency apart from the love of Christ.)*

This protects me from finding my identity in my roles or qualities, rooting me each day in the Christ's atonement and forgiveness, and protecting me from making decisions from guilt and shame in some effort to atone for myself.

4. Prayer of Honesty: living in the truth (Ps. 15:1-2, Ps. 139:23-24) 3 minutes: the spiritual discipline whereby we open to God and ourselves in what is truly going on in our heart in order for truth-telling to take place in our relationships and life in general.

Prayer: *"Lord, what is going on in my heart right now with You, with others, with my life, my situations? Search me, O God, and know my heart. Open my heart to you today in truth, lest I deceive myself."*

This protects me from superficial obedience, from arrogance, closed heartedness, dullness of heart, etc. It opens the truth of myself to the truth of God, and his loving work in my life.

5. Prayer of Discernment: cooperating with God (Eccles. 7:13-14, Phil. 2:12-13) 3 minutes: the spiritual discipline whereby we learn to watch what the Spirit is doing in us and not merely our work, to "consider the work of God," what His will is in all things versus ours or the devil's so that we can better cooperate with the Spirit. Here we seek wisdom on how to respond to His work that is ongoing within us.

Prayer: *"Lord, what are you doing and what is it that you want me to become and do if I am to do your will?"*

Here we learn to wait on God, discerning his work in and through us, that we might cooperate with it.