



# Praying the Day

*Week 4*

A Handbook for Daily Prayer

For Morning

1. Rest in stillness and silence for 1-2 minutes.
2. Meditate on the character of God described in today's reading: Nehemiah 9:17

**They refused to listen  
and did not remember your wonders  
you performed among them.  
They became stiff-necked and appointed a  
leader to return to their slavery in Egypt.  
But you are a forgiving God,  
gracious and compassionate,  
slow to anger and abounding in faithful love,  
and you did not abandon them.**

3. Take a moment to converse with God. Respond to this scripture and how God's character, revealed through it, touches you.
4. Return to rest in stillness and silence for 1-2 minutes.

For Evening

1. Sit in stillness and silence for 1-2 minutes.
2. Review your day. Ask God to show you where he has been at work in and around your life today. Then, turn your attention to something you experienced that was significant. How did you feel in those moments? How was God revealing himself? How was God working?
3. In conversation with God, pray about the events of the day you've been remembering. Where there was blessing, be grateful. Where there were mistakes, ask God for help.
4. Optional: return to meditate again on the scripture from today's earlier reading.
5. Return to silence and stillness for 1-2 minutes.

For Morning

1. For one or two minutes, be still and know that God is here with you.
2. The character of God in scripture: Psalm 139:3-5

**You observe my travels and my rest;  
you are aware of all my ways.  
Before a word is on my tongue,  
you know all about it, Lord.  
You have encircled me;  
you have placed your hand on me.**

3. As you were reading, what stood out to you about the character of God? What resonated with you? What didn't? Talk to God about these things.
4. Return to silence and stillness for 1-2 minutes.

For Evening

1. Rest in stillness and silence for 1-2 minutes.
2. Ask God to show you where and how he has been at work in and around you today. In rest, let the Holy Spirit draw your attention to what was significant. Reflect without judgment on those moments and events that come to mind, also being mindful of what you are feeling as you ponder.
3. In conversation with God, respond to your review of the day. Share honestly with God, expressing gratitude, sorrow, needs, and desires as God has revealed them to you.
4. Optional: return to meditate again on the scripture from today's earlier reading.
5. Return to silence for 1-2 minutes.

For Morning

1. Pray in stillness and silence for 1-2 minutes.
2. The character of God in scripture: Ephesians 1:7-8

**In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he richly poured out on us with all wisdom and understanding.**

3. In prayer, respond to what surfaced in your thoughts or emotions as you were reading.
4. Return to stillness and silence for 1-2 minutes.

For Evening

1. Rest in silence and stillness for 1-2 minutes.
2. Think back over the events of your day. Was there any moment when God seemed far away? Or did God seem near to you? Without judgment or self-criticism, what happened to make you feel this way?
3. Responding honestly about your day's experiences to God, express gratitude, concerns, and/or sorrow to God.
4. Optional: return to meditate again on the scripture from today's earlier reading.
5. Return to stillness and silence for 1-2 minutes.

For Morning

1. Rest for a minute or two being aware that right here, right now God is present.
2. Meditate on the character of God described in today's reading: Lamentations 3:22-24

**Because of the Lord's faithful love  
we do not perish,  
for his mercies never end.  
They are new every morning;  
great is your faithfulness!  
I say, "The Lord is my portion,  
therefore I will put my hope in him."**

3. As you read the passage, what or who came to mind? Perhaps a thought crossed your mind about something that happened recently or a person you encountered. Take some time to pray about that situation or that specific person in light of the passage you just read.
4. Return to stillness and silence for 1-2 minutes.

For Evening

1. Pray in stillness and silence for 1-2 minutes.
2. Prayerfully go back over your day. Reflect without judgment on any personal experiences or emotional responses that stand out in your memory, whether positive or negative, healthy or unhealthy.
3. Take a moment to converse with God about what you've been thinking. If something praiseworthy came to mind, then give God praise. If there was something disappointing or discouraging, then turn to God for help.
4. Optional: ponder again the scripture from today's first reading.
5. God has promised never to leave or forsake you. Take a minute or two to savor that promise.

For Morning

1. Rest in stillness and silence for 1-2 minutes.
2. Ponder what the following verses say about the character of God: Psalm 18:30-31

**God—his way is perfect;  
the word of the Lord is pure.  
He is a shield to all who take refuge in him.  
For who is God besides the Lord?  
And who is a rock? Only our God.**

3. As you were reading, what stood out to you about the character of God? What resonated with you? What didn't? Talk to God about whatever might have surfaced in your thoughts or feelings.
4. Return to stillness and silence for 1-2 minutes.

For Evening

1. Pray in stillness and silence for 1-2 minutes.
2. Take a moment to unwind your day. What did you experience that increased your hope, strengthened your faith, or inspired your love? Or did you have an experience that discouraged your hope, weakened your faith, or watered down your love?
3. In conversation with God, respond to your review of the day. Share honestly with God your gratitude, sorrow, needs, and desires.
4. Optional: return to meditate again on the scripture from today's earlier reading.
5. Return to stillness and silence for 1-2 minutes.

*For Calvary Baptist Church, Las Cruces  
and for all who pray.*

Edited by Pastor Bill Eastwood, Ph.D.

Scripture quotations are from  
the Christian Standard Bible.

Winter 2018

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