



Praying the Day

Week 7

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: Isaiah 40:26

**Look up and see!
Who created these?
He brings out the stars by number;
he calls all of them by name.
Because of his great power and strength,
not one of them is missing.**

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 73:23-26

**Yet I am always with you;
you hold my right hand.
You guide me with your counsel,
and afterward you will take me up in glory.
Who do I have in heaven but you?
And I desire nothing on earth but you.
My flesh and my heart may fail,
but God is the strength of my heart,
my portion forever.**

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:
Romans 8:38-39

For I am persuaded that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor any other created thing will be able to separate us from the love of God that is in Christ Jesus our Lord.

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: Isaiah 26:3-4

**You will keep the mind
that is dependent on you
in perfect peace,
for it is trusting in you.
Trust in the Lord forever,
because in the Lord, the Lord himself,
is an everlasting rock!**

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 103:11-13

**For as high as the heavens are above the
earth,
so great is his faithful love
toward those who fear him.**

**As far as the east is from the west, so far has
he removed our transgressions from us.**

**As a father has compassion on his children,
so the Lord has compassion
on those who fear him.**

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.

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cbclasruces.org/ministries/praying-the-day