

Resources for Prayer:

<https://www.methodistprayer.org/explore>

<http://www.umc.org/who-we-are/united-methodist-children-on-prayer>

<https://www.leanne-hadley.com/holy-listening>

<https://www.youtube.com/watch?v=PfPFQVt1yU>

<http://www.umc.org/what-we-believe/united-methodist-prayer-for-families>

<https://www.illustratedchildrensministry.com/2017/ways-to-pray-with-kids/>

<https://www.pbgrace.com/7-ways-to-say-morning-prayers-with-your-kids/>

<http://dariasockey.blogspot.com/2013/09/sharing-liturgy-of-hours-with-children.html>

<http://commonprayer.net/>

Lenten Daily Family Prayer Guide



Morning Prayer

Midday Prayer

Evening Prayer

Our Jewish faith foundation gives us an example of lifting up prayers at particular times throughout the day. Today various Christian denominations honor this tradition today in what is known as "Divine Office", "Liturgy of the Hours", "Canonical Hours", or "Daily Office".

It is easy to jump start our day and even run through our day so fast that we forget to remember that we are connected to God. Sacred and Holy things are happening around us all the time, but we often don't see or experience them because our focus is on other things.

Daily prayers help us pause and refocus our hearts and minds for the day so that we can experience and be a part of all that God is doing around us. I invite you and your family to explore this historical and rich spiritual practice this Lent. I know it will be a blessing!

One of the awesome things about prayer morning, noon, and evening prayer is that thousands of Christians all over the globe are doing it too so there's a communal aspect and connection as we participate. Feel free to pray your own prayer or pray the prayer that is provided.

Morning Prayer

Good morning!!! You have awoken to start a new day, but God is already at work all around you, in and through you. Your morning prayer is an opportunity to praise God and invite God to go with you today. Copy this prayer onto a sticky note or index card and stick it to your bathroom mirror, the cereal box, or the car dashboard; somewhere you will see it every morning. Take time to take a deep slow breath in and out and then pray this or any prayer:

This is the day that the Lord has made.
Let us rejoice and be glad today!
~ Psalm 118:24

Midday Prayer

Good afternoon!!! No doubt you have encountered a lot already today, some good and some bad. You have been busy, and much work has been done and is yet to do. Set a reminder on your phone or smart watch to pause and pray. Tape a note to your water bottle or lunchbox with this or any prayer. But take a few moments, breath in and out and then pray:

God of Love, this midday moment of rest
is your welcome gift.
Bless the work we have begun,
Help us fix any mistakes,
And let us finish it in a way that honors you.
We ask and pray through Jesus. Amen

Evening Prayer

Good evening!!! You made it through another day. Hopefully you saw glimpses of God along the way. Take time at dinner, while you are giving a bath, or during your good night routine to reflect on a couple questions:

Where did you see God today?
How were you a blessing to someone today?
How was someone a blessing to you today?
Is there anything you are worried about for tomorrow?
Is there anything you are hopeful for tomorrow?

Then pray this or any prayer:

Thank you for this day,
for being with us and guiding us.
You, O God, never sleep or snore
so I give you all my worries and all my cares.
Bless me with holy rest. Restore and renew me
to love and serve you tomorrow. Amen