

Introduction :: Prayer that is Plural

This Daily Prayer Rhythm is an invitation to join our hearts three times a day and pray together. We will be guided through morning, midday and evening prayers according to common themes, joining our prayer voice to our brothers and sisters at SouthField.

Introduction to Morning Prayer: The Lord's Prayer

We start the day with The Lord's Prayer; the Church's most familiar prayer because it came from the mouth of Jesus Himself. Throughout Church history, this prayer has served as both a model and a guide for Christ-followers around the world. As we pray the Lord's Prayer, the prayer of Jesus guides our own.

Introduction to Midday Prayer: The Lost

We pause in the middle of our day to pray for the lost. As we do, Jesus reveals to us the Father's heart. He pursues, finds, and restores those who are lost. Jesus invites us to share His heart for our friends, family, neighbors, co-workers, and strangers who do not know Him.

Introduction to Evening Prayer: Gratitude

We finish the day by practicing gratitude. During the Jewish Passover, Israel sings a song of gratitude for God's deliverance in Exodus called Dayenu. Traditionally, Dayenu means, "It would have been enough." A more modern translation might sound like, "Thank you God for overdoing it."

Dayenu serves as an historic prompt for giving thanks to God at the close of the day. It's a way of celebrating God's blessing in the ordinary events of our days. For example, "God, it would have been enough to wake up healthy this morning, but I got to enjoy the sunshine streaming through my window when I first opened my eyes. God, it would have been enough to have a job, but You allowed me to work alongside colleagues I enjoy. God, it would have been enough to eat lunch today, but You allowed me to choose what I want to eat from a world of options. Thank you God for overdoing it!"

Morning Prayer :: The Lord's Prayer

As you pray the Lord's Prayer, allow your prayers to flow from the themes Jesus taught us:

Our Father in Heaven, hallowed be Your Name

To hallow means to set aside as holy. We open our prayers with adoration because by worship we enter into the true reality of God's identity and our own. Hallow His Name. Say His name lovingly and with deep respect. Recognize His goodness in your life. Sit in silent awareness of His real presence. Spend a moment recognizing God as holy.

Pause and pray

Your kingdom come, Your will be done, on earth as in heaven

Releasing our own control, we ask for God's Kingdom in our lives. What are you currently wrestling for control over? Name it and release it to God. Anywhere you know God's Kingdom of love and peace is lacking, ask for Jesus to come.

Pause and pray

Give us today our daily bread

Pray for what you need and what you desire. Nothing is too big or too small for Him. Just ask. Honor Him by bringing your ordinary requests, knowing He treasures those too.

Pause and pray

Forgive us our debts, as we also have forgiven our debtors

Invite the Holy Spirit to search you, uncovering areas of sin in your life. Ask for God's forgiveness, assured that His grace forever outpaces your failure. And as you receive His forgiveness, also invite Him to help you recognize resentments. Forgive others by the same grace you have received.

Pause and pray

And lead us not into temptation, but deliver us from the evil one

We join with God at the most cosmic level, praying against the tragic consequences of the Fall and for the ongoing work of redemption.

Recognize the traces of evil – both within you, and the world around you: pain, sickness, sinfulness and sheer evil. In its place, ask for God's deliverance.

Pause and pray

Yours is the kingdom and the power and the glory forever.

Stand and walk into his day mindful of God. Pray without ceasing. Keep the conversation going with Him all day.

Amen.

Midday Prayer :: The Lost

Suppose one of you has a hundred sheep and loses one of them. Doesn't he leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home. Then he calls his friends and neighbors together and says, 'Rejoice with me; I have found my lost sheep.' I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent. Luke 15:4-7

Pray for The Lost By Name

Ask the Holy Spirit to bring to mind people you know who are far from God, and as they come to mind, pray for them. Ask God, the Good Shepherd, to go after them, to restore them, to bring them to salvation.

Pause and pray

Pray For Compassion

Ask God to give you a heart for the lost: seeing as He sees and loving as He loves. Confess anything that is getting in the way of your compassion today.

Pause and pray

Pray To Be Sent

Ask God to send you out with His empowering presence to incarnate your own prayer: pursuing and loving the lost.

Pause and pray

Write names below of those for whom you will pray each day:

Evening Prayer :: Gratitude

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18

Review The Day

Review the events of your day: the people, tasks, messages, meals, demands and surprises. Relive every moment prayerfully before God, as if you are sitting with Him and responding to the question, "So, what did you do today?"

Pause and remember

Pray Gratitude

Dayenu is a Hebrew cry of gratitude meaning, "It would have been enough." Recall and thank God for the big and small ways that, today, you were the recipient of more than enough; abundance; dayenu.

Pause and give thanks

When we end the day with gratitude, we remember the fingerprints of God across the events and hours of the day, and His presence in our lives.

End gratefully, committing your day and yourself to the LORD:

Psalm 4:8

In peace I will both lie down and sleep;
for you alone, O Lord, make me dwell in safety.