

through
the day



with God

AS YOU GET UP... (A prayer by John Stott)

*Good morning heavenly Father,
good morning Lord Jesus,
good morning Holy Spirit.*

*Heavenly Father, I worship You as the Creator and Sustainer of the universe.
Lord Jesus, I worship You, Saviour and Lord of the world.
Holy Spirit, I worship You, Sanctifier of the people of God.
Glory to the Father, and to the Son and to the Holy Spirit.*

*Heavenly Father, I pray that I may live this day in Your presence
and please You more and more.*

*Lord Jesus, I pray that this day I may take up my cross and follow You.
Holy Spirit, I pray that this day you will fill me with yourself and cause Your fruit to
ripen in my life: love, joy, peace, patience, kindness, goodness, faithfulness,
gentleness and self-control.*

*Holy, blessed and glorious Trinity, three persons in one God,
have mercy upon me. Amen.*

S.T.R.O.N.G. TIME... (1 Samuel 30:6, Isaiah 40:31)

Stop

Get up, sit down, set down or switch off – find time and a place to spend some time with God. Plan a time and place that works best for you. Pause, still yourself before God, and ask the Holy Spirit for his help as you draw near.

Tools

Make sure you've got some tools to help: a Bible, a notebook & pen to write down anything that stands out, a resource that directs you to the Bible and helps you understand it, and some resources for prayer (e.g. prayer updates).

Read

Turn open and read God's Word. Don't try to read too much at one go but read a shorter passage more than once. You're not aiming to complete a reading challenge. Instead, you're cherishing the Words of God, reading with expectancy that He has something to say to you

Observe

Spend some time lingering on the passage, chewing it over. You may find Bible reading notes a help for this, but remember they are just that, a help. 2 Timothy 3v16 gives us some helpful questions to ask about a Bible passage...

What does this teach me about God, what He is like, His promises, His encouragements?

Does this correct any wrong view I've had of God?

Does this train me in any way as to how to live as a follower of Jesus?

Does this rebuke any attitude / behaviour / thought in my life that I need to confess?

Note

Is there anything that you feel is particularly applicable to you, today? Ask, "Why is God saying this, to me, today?" Take note of it. You won't always experience the feeling of God's presence. That doesn't mean God isn't speaking. For example, we don't 'experience' every meal that we eat, but that doesn't mean that we're not being nourished. We can't control God. We simply hoist the sail, come into his presence, expecting to hear a word from Him.

Go to God

Of course God has already been with you but spend some time now going to Him in prayer...

Talk to Him about what He's been saying to you in the Bible passage. Is there something you can pray for yourself or someone else?

Pray for God's glory, that His kingdom would come

Pray for your personal needs and concerns and those of loved ones

Often there are so many things to pray for that we don't know where to begin! One idea is to arrange your prayer points in a manageable way. For example, here's a simple way to start... (but of course be open and flexible as to how God leads you in prayer)

Each day: pray in response to the Bible passage

Monday: pray about your week as it begins

Tuesday: pray for family and friends, practical and spiritual needs

Wednesday: pray about church life

Thursday: pray for some gospel workers / missions / the persecuted church

Friday: pray for non-Christian friends

Saturday: pray for important issues in our world / land

Don't be afraid to spend time in silence with your Father in heaven. Jot down any thoughts that may come to mind.

THROUGHOUT THE DAY...

Don't forget that you can pray at any time, for anything. Also, be sensitive throughout the day to what the Spirit might impress on you. Some find it helpful to set an alarm for midday or another time, at which time they pray the words of the Lord's prayer.

Our Father in heaven,
hallowed be Your name,
Your kingdom come,
Your will be done on earth as it is in heaven.
Give us today our daily bread.
And forgive us our sins,
as we also have forgiven those who sin against us.
And lead us not into temptation,
but deliver us from evil.
For Yours is the kingdom, the power, and the glory,
for ever and ever, Amen.

VERY LAST THING...

*Father,
Thank You for Your presence with me today, for the strength that You gave me... the help that You provided... the ways I experienced Your goodness... the times I sensed You speaking...*

Father, I'm conscious of the ways I sinned today in thought, in word, in deed... I confess my sins before You... thankful that You are faithful and just, forgiving and cleansing me from all unrighteousness. I receive and rest in Your forgiveness now.

Am I carrying trouble in my mind from the worries of today? Lord, breathing in slowly I ask for Your peace... Am I carrying tension in my body from the stresses of today?

Father, breathing out slowly I release my stresses to You...

Lord take my tired body, my busy mind, and my restless soul into your arms and give me rest, simple, quiet rest. This I pray not only for myself but also for my loved ones.

*In Jesus' name,
Amen.*

