



CORNERSTONE
CHRISTIAN COMMUNITY CHURCH

PRAYER BOOK

TABLE OF CONTENTS

Introduction	2
Sunday	
Morning.....	4
Midday.....	4
Evening.....	4
Monday	
Morning.....	6
Midday.....	7
Evening.....	8
Tuesday	
Morning.....	10
Midday.....	12
Evening.....	13
Wednesday	
Morning.....	16
Midday.....	17
Evening.....	18
Thursday	
Morning.....	20
Midday.....	21
Evening.....	22
Friday	
Morning.....	24
Midday.....	25
Evening.....	26
Saturday	
Morning.....	28
Midday.....	28
Evening.....	28
Appendices	
The Lord's Prayer (traditional)	30
Paraphrase and Comments	30
The Evening Intercession.....	32
Prayers to Prepare for Sunday Worship.....	32
A Prayer for Life (by John Eldredge)	35
Daily Prayer (by John Eldredge.....	36
Be a Jesus-Whisperer.....	39
Mealtime Prayers.....	40
Mealtime Prayers for Families with Young Children	42
Sources Cited	43

INTRODUCTION

It has been on my heart for some time now to compile a prayer book for the people of Cornerstone. The idea of using a prayer book containing pre-written prayers may be a brand-new idea to you. Let me assure you that the people of God have prayed with prayer books for millennia, and when I discovered and applied this practice to my life several years ago, it brought new depth and richness, as well as steadier rhythms to my prayer life. I hope this prayer book will do the same for you.

Some of you, like me, may have been taught that the only prayers that really “count” are the prayers we offer to God spontaneously, in our own words. Any other forms of prayer, we’ve been told, do not come “from the heart” and are therefore less than authentic. It is certainly true that pre-written prayers and liturgies can be said mindlessly. But don’t we face the same risk with our spontaneous prayers? In the contemporary North American evangelical church, there is often a predictable sameness to our so-called “spontaneous” praying. We mouth the same clichés over and over again: “Lord, we just pray that you would just bless us today, Lord, and that you would just anoint the speaker Lord, and just... um, yeah, Lord... just... just... bless this food to our bodies, and just... be with us, Lord.” Sound familiar? How would you feel if someone spoke to you like that? And yet this is how we often address God!

I don’t wish to be unduly critical or poke fun at the way anyone prays. Prayer is not an elocution contest. It is a matter of the heart, and a matter of drawing near to God and staying close to him, moment by moment. Just as parents delight to hear the coos of their baby, or the babblings of their toddler, God delights to hear our prayers even when we have not yet developed a more mature approach to praying. But just as we don’t expect our children to coo and babble indefinitely, so as Christians we must develop and mature in our praying. As you adopt the prayers in this book and make them your own, I hope they will help you to expand your prayer vocabulary, and develop and mature in your prayer life.

I also trust that this prayer book will help you to stay connected with Jesus more regularly. It contains **morning, midday, and evening prayers for each day of the week**. With one or two exceptions, each prayer time will require only 10 minutes (and quite often less than that). So while it’s not too time-consuming, following this prayer book may well help you check in with God more frequently than you normally would otherwise. The more you check in with God, the more you will remain awake, alert, and responsive to his presence throughout each day – which is very much the point.

I have tried to include a good variety of prayers in this book. Some are **scriptural prayers**, straight from the Bible. Many are **prayers written by other believers**, both ancient and modern, well-known and anonymous. Some come from famous **prayer books** that have stood the test of time, like the Anglican Book of Common Prayer. Each prayer time (or “office” as it’s traditionally called) begins with a **Call to Prayer**, usually from the Psalms. Some prayers remain consistent from day to day. For example, every morning prayer time includes the **“Prayer for a New Day.”** Each midday prayer time includes **The Lord’s Prayer**, and each evening prayer time includes the **“Prayer of Confession”**, an **Evening Psalm** (note that praying through the Psalms has always been a central feature of Jewish and Christian prayer books throughout history), **The Evening Intercession**, and a traditional **Bedtime Prayer**. Other prayers will vary from day to day, so that the person using this prayer book will be introduced to a number of rich and relevant prayers from different sources.

The back of this prayer book includes certain prayers that are repeated daily or weekly (you will be prompted to turn there to from time to time), and well as some extra prayer resources, including a paraphrase of the Lord’s Prayer by Dallas Willard (and relevant commentary) and special Mealtime Prayers, including Mealtime Prayers for Families with Young Children.

So keep this prayer book handy. Use it daily. **Use it on your own, and/or with your spouse, family, or small group.** Carry it with you. Pray the written prayers, but also feel free to use the written prayers as a springboard into what one Cornerstone brother delightfully called “freestyle prayer” (i.e. spontaneous prayer). You may well find that praying through this prayer book will make your spontaneous prayers much richer and more heartfelt.

One final tip: When you pray these prayers, **try praying them aloud if possible.** Or, if not, then silently mouth them. Many people find this helpful for keeping their minds and hearts engaged as they pray. Having said this, everyone’s different, so find the way that works best for you.



Pastor Steve Shaw
Cornerstone Christian Community Church

SUNDAY

MORNING

The Call to Prayer

I rejoiced with those who said to me, “Let us go to the house of the LORD.”
(Psalm 122:1)

Prayers to Prepare for Sunday Worship

Select one or more prayers from pages 32–35 to prepare for Sunday worship.

Prayer for a New Day

Lord God, almighty and everlasting Father, you have brought me safely to this new day: Preserve me with your mighty power, that I may not fall into sin, nor be overcome by adversity; and in all I do direct me to the fulfilling of your purpose; through Jesus Christ my Lord. Amen.

MIDDAY

The Call to Prayer

O Lord, open my lips, and my mouth will declare your praise. *(Psalm 51:15)*

A Prayer for Life

Turn to page 35 for this thoroughly scriptural prayer to claim and restore your union with Jesus, the one true source of Life.

The Lord’s Prayer

If you need to know the words to this “prayer of prayers”, taught to us by Jesus himself, you can find them (followed by a paraphrased version of the prayer and commentary on the meaning of the prayer), on pages 30–31.

EVENING

The Call to Prayer

How good and pleasant it is when God’s people dwell together in unity!
(Psalm 133:1)

Prayer of Confession

Almighty God, my heavenly Father: I have sinned against you, through my own fault, in thought, and word, and deed, in what I have done and in what I have left

undone (take time here to acknowledge specific sins). For the sake of your Son our Lord Jesus Christ, forgive me for all my offenses; and grant that I may serve you in newness of life, to the glory of your Name. Amen.

Prayer for the Church

I kneel before you Father (if possible, actually kneel here). From you every family in heaven and on earth derives its name. I pray that out of your glorious riches you may strengthen us at Cornerstone (or the name of your home church) with power through your Spirit in our inner being, so that Christ may dwell in our hearts through faith. And I pray that we, being rooted and established in love, may have power, together with all of your people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that we may be filled to the measure of all the fullness of God. Now to you who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to you be glory in the church and in Christ Jesus throughout all generations, forever and ever! Amen. *(based on Ephesians 3:14–20)*

The Evening Psalm

Shout with joy to the Lord, all the earth!
Worship the Lord with gladness.
Come before him, singing with joy.
Acknowledge that the Lord is God!
He made us, and we are his.
We are his people, the sheep of his pasture.
Enter his gates with thanksgiving; go into his courts with praise.
Give thanks to him and praise his name.
For the Lord is good.
His unfailing love continues forever, and
His faithfulness continues to each generation. *(Psalm 100, NLT)*

The Evening Intercession

This prayer can be found on page 32.

Bedtime Prayer

Into your hands, O Lord, I commend my spirit; for you have redeemed me,
O Lord, O God of truth. Keep me, O Lord, as the apple of your eye. Hide me under the shadow of your wings.

— Traditional *(based on Psalm 31:5 and 17:8)*

MONDAY

MORNING

The Call to Prayer

I wait for the Lord, my soul waits, and in his word I hope; my soul waits for the Lord more than those who watch for the morning, more than those who watch for the morning. (*Psalms 130:5–6*)

Shape Me This Day

O Lord my God. Form me more fully into your likeness. Use the circumstances and interactions of this day to form your will in me. From the frustrations of this day form peace. From the joys of this day form strength. From the struggles of this day form courage. From the beauties of this day, form love. In the name of Jesus Christ who is all peace and strength and courage and love. Amen.

— Richard Foster

Yes

You are the God who is simple, direct, clear with us and for us.

You have committed yourself to us.

You have said yes to us in creation, yes to us in our birth, yes to us in our baptism, yes to us in our awakening this day.

But we are of another kind, more accustomed to “perhaps, maybe, we’ll see,” left in wonderment and ambiguity.

We live our lives not back to your yes, but out of our endless “perhaps.”

So we pray this day for your mercy that we may live yes back to you,

yes with our time,

yes with our money,

yes with our sexuality,

yes with our strength and with our weakness

yes to our neighbour,

yes and no longer “perhaps.”

In the name of your enfleshed yes to us, even Jesus, who is our yes into your future. Amen.

— Walter Bruggemann

Prayer for a New Day

Lord God, almighty and everlasting Father, you have brought me safely to this new day: Preserve me with your mighty power, that I may not fall into sin, nor be overcome by adversity; and in all I do direct me to the fulfilling of your purpose; through Jesus Christ my Lord. Amen.

Breath Prayer for the Day

Be a “Jesus-whisperer” every time you encounter another person. See page 39 for an explanation.

MIDDAY

The Call to Prayer

Ascribe to the Lord the glory due his name; bring an offering, and come into his courts. (*Psalms 96:8*)

Praying on the Armor of God

The following prayer mixes in the text of *Ephesians 6:10–20* with specific prayer language that you can use to “put on” each piece of armor God provides so you can prevail in battle against the forces of Satan. The prayer helps you understand the meaning of each piece as well.

“Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist...” Lord, I put on the belt of truth. I choose a lifestyle of honesty and integrity. Show me the truths I so desperately need today. Expose the lies I’m not even aware that I’m believing.

“... with the breastplate of righteousness in place...” And yes, Lord, I wear your righteousness today against all condemnation and corruption. Fit me with your holiness and purity, and defend me from all assaults against my heart.

“... and with your feet fitted with the readiness that comes from the gospel of peace.” I do choose to live for the gospel at any moment. Show me where the larger story is unfolding, and keep me from being so lax that I think the most important thing today is the soap opera of this world.

“In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one...” Jesus, I lift against every enemy lie and assault the confidence that you are good, and that you have good in store for me. Nothing today is coming that can overcome me, because you are with me.

“Take the helmet of salvation...” Thank you, Lord, for my salvation. I receive it in a new and fresh way from you and I declare that nothing can separate me from the love of Christ (*Romans 8:38-39*) and the place I will ever have in your kingdom.

“... and the sword of the Spirit, which is the Word of God.” Holy Spirit, show me specifically the truths of the Word of God that I will need to counter the assaults and snares of the Enemy. Bring them to mind throughout the day. I remember that when Jesus faced the devil’s temptations in the wilderness, he always countered the Enemy’s lies with, “It is written...” (*Matthew 4:1–11*)

“And pray in the Spirit with all kinds of prayers and requests. With this in mind, be alert, and always keep on praying for all the saints.” Finally, Holy Spirit, I agree to walk in step with you in everything, in all prayer as I commune with you throughout the day.

— Prayer adapted from John Eldredge, *Wild at Heart*

The Lord’s Prayer

If you need to know the words to this “prayer of prayers”, taught to us by Jesus himself, you can find them (followed by a paraphrased version of the prayer and commentary on the meaning of the prayer), on pages 30–31.

EVENING

The Call to Prayer

It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for the Lord gives sleep to his beloved. (*Psalms 127:2*)

Prayer of Confession

Almighty God, my heavenly Father: I have sinned against you, through my own fault, in thought, and word, and deed, in what I have done and in what I have left undone (take time here to acknowledge specific sins). For the sake of your Son our Lord Jesus Christ, forgive me for all my offenses; and grant that I may serve you in newness of life, to the glory of your Name. Amen.

Examining My Heart Before God at the End of the Day

I SPEAK TO GOD:

Spirit of the living God, you have been with me today, and I thank you. There was sunrise and sunset, and I am grateful for both. Family and friends are gifts of your grace. The creativity to envision new possibilities and the strength to bring them into reality are signs of your action in my life. Thank you, Lord, for being with me today. Amen.

GOD SPEAKS TO ME:

My little one, I am pleased that you recognize my presence through the day. But I was with you so much more than you knew. I sustain you in ways you can’t possibly imagine. I love you, my child; I will never leave nor forsake you.

— Richard Foster

The Evening Psalm

You who live in the shelter of the Most High, who abide in the shadow of the Almighty, will say to the LORD, “My refuge and my fortress; my God in whom I trust,” For he will deliver you from the snare of the fowler and from the deadly pestilence; he will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, or the arrow that flies by day, or the pestilence that stalks in darkness, or the destruction that lays waste at noonday. (*Psalms 91:1–6*)

The Evening Intercession

This prayer can be found on page 32.

Bedtime Prayer

Into your hands, O Lord, I commend my spirit; for you have redeemed me, O Lord, O God of truth. Keep me, O Lord, as the apple of your eye. Hide me under the shadow of your wings.

— Traditional (*based on Psalms 31:5 and 17:8*)

TUESDAY

MORNING

The Call to Prayer

Holy, holy, holy, Lord God Almighty,
Early in the morning our song shall rise to Thee
Holy, holy, holy, merciful and mighty,
God in three Persons, blessed Trinity.
Holy, holy, holy! All the saints adore Thee,
Casting down their golden crowns around the glassy sea;
Cherubim and seraphim falling down before Thee,
Who was, and is, and evermore shall be.
Holy, holy, holy! Though the darkness hide Thee,
Though the eye of sinful man Thy glory may not see;
Only Thou art holy; there is none beside Thee,
Perfect in pow'r, in love, and purity.
Holy, holy, holy! Lord God Almighty!
All Thy works shall praise Thy Name, in earth, and sky, and sea;
Holy, holy, holy; merciful and mighty!
God in three Persons, blessed Trinity!

— Traditional hymn

Offering Myself to God, Moment-by-Moment

Our ever-present Father, I pledged to surrender my life to you, but I confess that most of the moments that make up my actual life are not surrendered to you. Help me this day to remember you, and offer myself up to you in simple ways, in this moment, and in every moment.

— Greg Boyd (adapted)

Prayer for the Federal Government

Father, how prone we are to forget the clear instruction of your Word, which says, “The first thing I want you to do is pray. Pray every way you know how, for everyone you know. Pray especially for rulers and their governments to rule well so we can be quietly about our business of living simply, in humble contemplation. This is the way our Savior God wants us to live” (1 Timothy 2:1–3, MSG). Therefore, Lord, I pray for your wisdom and strength to be upon our federal leaders:

I pray for our prime minister, for the cabinet ministers, deputy ministers, assistant deputy ministers, all members of parliament and their families. I pray for the senate and the leaders and members of all political parties who together provide

leadership from Parliament Hill. I pray for the decision-makers, the planners, and the thousands of civil servants who contribute to the day-to-day operation of this great country.

Keep them mindful of the importance of, and expectation that they be men and women of integrity. Help them to be upright, honest and sincere in all they do.

I ask that they be men and women of strong character with sound morality, and people of principle who share a strong vision of a godly nation with a bright future. Keep them mindful of their influence, particularly upon Canada’s young people so that future generations will be equipped to become effective, godly future leaders.

I pray for Canada’s international reputation and relationships, and ask that our great country will earn the genuine respect of others, not only as we enhance our reputation as peace keepers, but especially as a nation of Christian heritage – a nation of godly influence that strives to serve the needs of humankind spiritually, physically, and socially. Our country has made much progress in the advancement of technology, medicine, education, and increased standards of living. Deliver us from deterioration in moral standards, and a turning away from the spiritual foundations that originally made Canada such a great nation.

God, we pray that the leaders of this great nation will pause to reflect upon the principles that made it great. We thank you for the wisdom and promises of Scripture, and we ask that the leaders of our country be guided by these words of wisdom, as they lead, influence, develop the laws of this land, wrestle with the challenges of balancing budgets and face many issues before them. We pray that we as Canadians will never become morally bankrupt.

We pray that our leaders will lead with compassion and love, and be forever aware of their huge responsibility to the people of this nation and of their greater responsibility to God. We will each be held accountable for what we do on earth, and we are reminded in Luke that “from everyone to who has been given much, much will be demanded; and, from the one who has been entrusted with much, much more will be asked.”

Dear God, we ask your blessing on our nation’s leaders. Give them the strength, vision, love and compassion they require to be effective and godly leaders. Grant each of them a personal revelation of Jesus Christ. God bless and protect our nation’s leaders. In Jesus’ name, amen.

Prayer for a New Day

Lord God, almighty and everlasting Father, you have brought me safely to this new day: Preserve me with your mighty power, that I may not fall into sin, nor be overcome by adversity; and in all I do direct me to the fulfilling of your purpose; through Jesus Christ my Lord. Amen.



MIDDAY

The Call to Prayer

Let the words of my mouth and the meditation of my heart be acceptable to you, O LORD, my rock and my redeemer. (*Psalm 19:14*)

Prayer for the Provincial Government

Father, how prone we are to forget the clear instruction of your Word, which says, “The first thing I want you to do is pray. Pray every way you know how, for everyone you know. Pray especially for rulers and their governments to rule well so we can be quietly about our business of living simply, in humble contemplation. This is the way our Savior God wants us to live” (*1 Timothy 2:1-3, MSG*). Therefore, Lord, I pray for your wisdom and strength to be upon our provincial leaders:

Dear God, we are thankful for the beauty of our province – for open spaces, for freedom to move around and travel, for many natural resources, for fresh water, for green grass, trees, flowers, animals, birds, and nature in all of its magnificence and splendour. We take so much for granted. Forgive us. We know that every good and perfect gift comes from you. Our province is home to millions of people and we recognize that order, progress; and prosperity relies upon effective, skilful and dedicated leadership.

We pray for wisdom and strength for our provincial leaders, especially for our premier and his/her family – may they be aware of our prayerful support. We pray for the cabinet ministers and all the members of the provincial parliament as they deliberate on issues.

We pray also for their families. May our leaders take time with their loved ones to create a positive, loving atmosphere in their homes and to build good family relationships. We pray that our provincial leaders will be mindful of the essential qualities necessary to provide good leadership and that they will be servant leaders who serve people with integrity, sound morals, strong principles and compassion. May their influence be positive, morally sound, inspirational and filled with compassion, love and respect.

May more and more of our leaders seek your face and secure a personal knowledge of your love and presence in their hearts. Thank you for their personal

commitment and dedication. They balance budgets, enact provincial laws and regulations, develop a vision for the days and years ahead, and help create an exciting future for our province. Yet our leaders are human and have limitations and shortcomings. We ask that you bless our provincial leaders, the premier, and the leaders of the other political parties who make up the political structure. Bless the deputy ministers, assistant deputy ministers, managers and staff who combine with the thousands of civil servants to assist in the leadership of this great province. Grant each of them a personal revelation of Jesus Christ. God bless and protect our provincial leaders. In Jesus’ name, Amen.

The Lord’s Prayer

If you need to know the words to this “prayer of prayers”, taught to us by Jesus himself, you can find them (followed by a paraphrased version of the prayer and commentary on the meaning of the prayer), on pages 25–26.



EVENING

The Call to Prayer

In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety. (*Psalm 4:8*)

Prayer of Confession

Almighty God, my heavenly Father: I have sinned against you, through my own fault, in thought, and word, and deed, in what I have done and in what I have left undone (take time here to acknowledge specific sins). For the sake of your Son our Lord Jesus Christ, forgive me for all my offenses; and grant that I may serve you in newness of life, to the glory of your Name. Amen.

Prayer for our Municipal Leaders and City

Father, how prone we are to forget the clear instruction of your Word, which says, “The first thing I want you to do is pray. Pray every way you know how, for everyone you know. Pray especially for rulers and their governments to rule well so we can be quietly about our business of living simply, in humble contemplation. This is the way our Savior God wants us to live” (*1 Timothy 2:1-3, MSG*). Therefore, Lord, I pray for your wisdom and strength to be upon our municipal leaders and city:

Dear God, we pray for our city (town) and all its surrounding communities. Change demands patience, understanding, vision and planning. It requires leaders to be in touch with their local communities, with knowledge of priorities and with a love and passion for the people and the work involved. We ask that you relieve the challenges and obstacles that cause delays, and impart to our leaders the ability to make progress, and inspire and motivate people.

Jesus you are our greatest example of love and compassion. You walked among the people, taught, healed, loved and took a personal interest in their lives. We pray that our leaders will experience that kind of servant leadership in their own lives.

We thank you for each of them. We ask your blessing upon the mayor and his family.

Also, we pray for our deputy mayor, committee chairs and every member of council, that they will bring strong and principled leadership to this community. Bless their families as they balance their responsibilities between home and public office. Not only do the residents of this community look to them for leadership, but their actions are open to observation provincially, and sometimes internationally. We pray that our leaders will be mindful of their integrity, and that they accept their responsibilities with sincerity. May they always realize exactly what it means to be in a position of influence, and may their character and honesty help enhance the vision and future for our community.

We ask your blessing upon the commissioners, general managers, and chiefs of fire and police and civil servants who assist in the administration and operation of this community. Grant each of them a personal revelation of Jesus Christ. God bless and protect our local leaders.

Finally, we pray for effective and genuine cooperation between the three levels of government (federal, provincial, municipal), so that people are served with honesty and sincerity and as a result find a new affection in their hearts for the wellbeing of others. We are aware of the diversity of the population, and ask that our leaders serve without bias, prepared to reach out beyond traditional boundaries of service, to meet people in their time of need, and to lead them into a bright and optimistic future. Please grant them wisdom and strength. May they experience fulfillment and peace in the service of others. Grant each of them a personal revelation of Jesus Christ. God Bless and protect our leaders, in Jesus name, Amen.

The Evening Psalm

O Lord, our Lord, your majestic name fills the earth! Your glory is higher than the heavens.

You have taught children and infants to tell of your strength, silencing your enemies and all who oppose you.

When I look at the night sky and see the work of your fingers – the moon and the stars you set in place – what are mere mortals that you should think about them, human beings that you should care for them?

Yet you made them only a little lower than God and crowned them with glory and honor.

You gave them charge of everything you made, putting all things under their authority – the flocks and the herds and all the wild animals, the birds in the sky, the fish in the sea, and everything that swims the ocean currents.

O Lord, our Lord, your majestic name fills the earth! (*Psalm 8*)

The Evening Intercession

This prayer can be found on page 32.

Bedtime Prayer

Into your hands, O Lord, I commend my spirit; for you have redeemed me,
O Lord, O God of truth. Keep me, O Lord, as the apple of your eye. Hide me under the shadow of your wings.

— Traditional (*based on Psalm 31:5 and 17:8*)

WEDNESDAY

MORNING

The Call to Prayer

Christ with me, Christ before me, Christ behind me,
Christ in me, Christ beneath me, Christ above me,
Christ on my right, Christ on my left,
Christ where I lie, Christ where I sit, Christ where I arise,
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

— Breastplate prayer of St. Patrick

Come to our Shut Down Places

We can name in your presence, Lord, a myriad of shut-down places around us...

those shut down by poverty and despair
those shut down in fear and rage,
those shut down by abuse and violence,
too hurt to speak,
too frightened to appear,
too scarred to dance.

And closer, there are our own shut downs:

In anxiety, resentment, and pretence,

too weary to care,
too greedy to share,
too much of us for there to be room for our neighbour.

But you are the God who opens all shut downs:

by your power, you give futures,
by your goodness, you give hope,
by your mercy, you make new.

So we bid you this day come to our shut down places and give birth anew.

We pray for the Easter opening of the Friday shutdowns. Amen.

— Walter Bruggemann

Prayer for a New Day

Lord God, almighty and everlasting Father, you have brought me safely to this new day: Preserve me with your mighty power, that I may not fall into sin, nor be overcome by adversity; and in all I do direct me to the fulfilling of your purpose; through Jesus Christ my Lord. Amen.

MIDDAY

The Call to Prayer

O come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation! (*Psalms 95:1*)

A Prayer at Midday

The day has been breathless, Lord. I stop now for a few moments, and I wonder: is the signature of the holy over the rush of the day? Or have I bolted ahead, trying to solve problems that do not belong to me? Holy Spirit of God, please show me:

how to work relaxed,
how to make each task an offering of faith,
how to view interruptions as doors to service,
how to see each person as my teacher in things eternal.

In the name of Him who always works unhurried. Amen.

The Lord's Prayer

If you need to know the words to this “prayer of prayers”, taught to us by Jesus himself, you can find them (followed by a paraphrased version of the prayer and commentary on the meaning of the prayer), on pages 30–31.

EVENING

The Call to Prayer

Come, bless the LORD, all you servants of the LORD, who stand by night in the house of the LORD! Lift up your hands to the holy place, and bless the LORD!
(Psalm 134:1)

Prayer of Confession

Almighty God, my heavenly Father: I have sinned against you, through my own fault, in thought, and word, and deed, in what I have done and in what I have left undone (take time here to acknowledge specific sins). For the sake of your Son our Lord Jesus Christ, forgive me for all my offenses; and grant that I may serve you in newness of life, to the glory of your Name. Amen.

The Evening Psalm

I will exalt you, my God and King, and praise your name forever and ever.
I will praise you every day; yes, I will praise you forever.
Great is the Lord! He is most worthy of praise! No one can measure his greatness. Let each generation tell its children of your mighty acts; let them proclaim your power. I will meditate on your majestic, glorious splendor and your wonderful miracles. Your awe-inspiring deeds will be on every tongue; I will proclaim your greatness. Everyone will share the story of your wonderful goodness; they will sing with joy about your righteousness.

The Lord is merciful and compassionate, slow to get angry and filled with unfailing love. The Lord is good to everyone. He showers compassion on all his creation. All of your works will thank you, Lord, and your faithful followers will praise you. They will speak of the glory of your kingdom; they will give examples of your power. They will tell about your mighty deeds and about the majesty and glory of your reign.

For your kingdom is an everlasting kingdom. You rule throughout all generations. The Lord always keeps his promises; he is gracious in all he does. The Lord helps the fallen and lifts those bent beneath their loads. The eyes of all look to you in hope; you give them their food as they need it. When you open your hand, you satisfy the hunger and thirst of every living thing. The Lord is righteous in everything he does; he is filled with kindness. The Lord is close to all who call on him, yes, to all who call on him in truth.

He grants the desires of those who fear him; he hears their cries for help and rescues them. The Lord protects all those who love him, but he destroys the wicked. I will praise the Lord, and may everyone on earth bless his holy name forever and ever. *(Psalm 145, NLT)*

The Evening Intercession

This prayer can be found on page 32.

Bedtime Prayer

Into your hands, O Lord, I commend my spirit; for you have redeemed me,
O Lord, O God of truth. Keep me, O Lord, as the apple of your eye. Hide me under the shadow of your wings.

— Traditional *(based on Psalm 31:5 and 17:8)*

THURSDAY

MORNING

The Call to Prayer

Awake, my soul! Awake harp and lyre! I will awake the dawn. (*Psalms 108:1b–2*)

Seeing Jesus in the Ordinary

Jesus, I desire to start this day with you. And yet, my mind keeps flitting to so many things: the projects I want to accomplish, the people I want to talk to, the people I wish I didn't have to talk to. I wonder. Are these things distractions to spiritual concentration, or invitations to see God in the ordinary? I'm not sure. Jesus, I know that you are that Center that knows no distraction. So I offer up my mental fragmentation to you, O Lord my God. May my scatteredness become your gatheredness. As I'm contemplating a thousand things, Jesus, may I somehow be contemplating you.

— Richard Foster

Prayer for a New Day

Lord God, almighty and everlasting Father, you have brought me safely to this new day: Preserve me with your mighty power, that I may not fall into sin, nor be overcome by adversity; and in all I do direct me to the fulfilling of your purpose; through Jesus Christ my Lord. Amen.

MIDDAY

The Call to Prayer

Come, let us bow down, and bend the knee, and kneel before the LORD our Maker. (*Psalms 95:6*)

Offering Myself to God Anew

In view of your mercy, Lord, I offer my body to you as a living sacrifice, holy and pleasing to you, God. This is my spiritual act of worship. I desire not to be conformed any longer to the pattern of this world, but to be transformed by the renewing of my mind. Then I will be able to test and approve what your will is – your good, pleasing and perfect will. Amen.

— Based on *Romans 12:1-2*

Let Your Love Flow Through Me

Our ever-present Savior and Friend, you long to pour your perfect love into us and have your perfect love flow through us to all others. Help me to remain aware of your love and surrendered to your love in this moment and every moment.

— Greg Boyd

The Blessing Prayer

This is a simple prayer you can offer for anyone any everyone you encounter today – especially for those you have negative feelings for. Consider writing this prayer down and keeping it in your pocket so you can pray it readily for the remainder of the day:

Lord Jesus, I agree with you that this person has unsurpassable worth, because he/she has been created in your image, and you died for him/her. I now pray your blessing on his/her life in your name. Amen.

— Greg Boyd

The Lord's Prayer

If you need to know the words to this “prayer of prayers”, taught to us by Jesus himself, you can find them (followed by a paraphrased version of the prayer and commentary on the meaning of the prayer), on pages 30–31.

EVENING

The Call to Prayer

But I call upon God, and the LORD will save me. Evening and morning, and at noon I utter my complaint and moan, and he will hear my voice. (*Psalms 55:16–17*)

Prayer of Confession

Almighty God, my heavenly Father: I have sinned against you, through my own fault, in thought, and word, and deed, in what I have done and in what I have left undone (take time here to acknowledge specific sins). For the sake of your Son our Lord Jesus Christ, forgive me for all my offenses; and grant that I may serve you in newness of life, to the glory of your Name. Amen.

Beneath Thy Tender Care

O Lord my God, thank you for bringing this day to a close;
Thank you for giving me rest in body and soul.
Your hand has been over me and has guarded and preserved me.
Forgive my lack of faith and any wrong that I have done today, and help me to
forgive all who have wronged me.
Let me sleep in peace under your protection, and keep me from the temptations
of darkness.
Into your hands I commend my loved ones and all who dwell in this house.
I commend to you my body and soul.
O God, your holy name be praised. Amen.

— Dietrich Bonhoeffer

The Evening Psalm

As the deer pants for streams of water, so my soul pants for you, my God.
My soul thirsts for God, for the living God. When can I go and meet with God?
My tears have been my food day and night, while people say to me all day long,
“Where is your God?”

These things I remember as I pour out my soul:

how I used to go to the house of God under the protection of the Mighty One
with shouts of joy and praise among the festive throng.

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in
God, for I will yet praise him, my Savior and my God. My soul is downcast within
me; therefore I will remember you from the land of the Jordan, the heights of
Hermon – from Mount Mizar.

Deep calls to deep in the roar of your waterfalls; all your waves and breakers have
swept over me. By day the LORD directs his love, at night his song is with me – a
prayer to the God of my life. I say to God my Rock, “Why have you forgotten me?”

Why must I go about mourning, oppressed by the enemy?” My bones suffer mortal
agony as my foes taunt me, saying to me all day long, “Where is your God?”

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in
God, for I will yet praise him, my Savior and my God. (*Psalms 42*)

The Evening Intercession

This prayer can be found on page 32.

Bedtime Prayer

Into your hands, O Lord, I commend my spirit; for you have redeemed me,
O Lord, O God of truth. Keep me, O Lord, as the apple of your eye. Hide me under
the shadow of your wings.

— Traditional (*based on Psalms 31:5 and 17:8*)

FRIDAY

MORNING

The Call to Prayer

God is our refuge and strength, and ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging... “Be still and know that I am God; I will be exalted among the nations, I will be exalted in the earth.” (*Psalms 46:1–3, 10*)

Silent Prayer

Use this time to simply “be still and know that he is God.” Sit in silent, attentive stillness for several minutes, or even a more extended period of time if the Spirit so leads you to. Just “be” with God without feeling like you have to use words. This is also a form of prayer.

Prayer for a New Day

Lord God, almighty and everlasting Father, you have brought me safely to this new day: Preserve me with your mighty power, that I may not fall into sin, nor be overcome by adversity; and in all I do direct me to the fulfilling of your purpose; through Jesus Christ my Lord. Amen.

MIDDAY

The Call to Prayer

Seek the LORD and his strength; seek his presence continually. (*Psalms 105:4*)

A Prayer for Spiritual Leaders

I pray, dear God, for our spiritual leaders.

Increase in them the gift of faith that they might preach the Word of God with boldness.

Increase in them the gift of wisdom that they might guide us into the Way.

Increase in them the gift of shepherding that they always lead us with compassion and strength.

I intercede, O Lord, for our spiritual leaders.

Grow in them the fruit of gentleness that they might understand our frailty.

Grow in them the fruit of peace that they might be free of manipulation.

Grow in them the fruit of love that they might always serve out of a divine well spring.

I plead, gracious Father, for our spiritual leaders.

Protect them from the attacks of the evil one.

Protect them from the distractions that render their work ineffective.

Protect them from the criticism of well-meaning (and not-so-well-meaning) people.

All these things I ask in the name of Jesus Christ. Amen.

— Adapted from Richard Foster

The Lord’s Prayer

If you need to know the words to this “prayer of prayers”, taught to us by Jesus himself, you can find them (followed by a paraphrased version of the prayer and commentary on the meaning of the prayer), on pages 30–31.

EVENING

The Call to Prayer

Search me, O God, and know my heart; test me and know my thoughts.
See if there is any wicked way in me, and lead me in the way everlasting.
(Psalm 139:23–24)

Prayer of Confession

Most holy and merciful Father:

I confess to you that I have sinned by my own fault in thought, word, and deed;
by what I have done, and by what I have left undone.

I have not loved you with my whole heart, and mind, and strength. I have not loved
my neighbours as myself. I have not forgiven others, as I have been forgiven.

Have mercy on me, Lord.

I have been deaf to your call to serve, as Christ served us. I have not been true to
the mind of Christ. I have grieved your Holy Spirit.

Have mercy on me, Lord.

I confess to you, Lord, all my past unfaithfulness: the pride, hypocrisy, and
impatience of my life, I confess to you, Lord.

My self-indulgent appetites and ways, and my exploitation of other people,
I confess to you, Lord.

My anger, and my envy of those more fortunate than I, I confess to you, Lord.

My intemperate love of worldly goods and comforts, and my dishonesty with
myself and others in daily life and work, I confess to you, Lord.

My negligence in prayer and worship, and my failure to commend the faith that is
in me, I confess to you, Lord.

Accept my repentance for the wrongs I have done: for my blindness to human
need and suffering, and my indifference to injustice and cruelty. Accept my
repentance, Lord.

For all false judgments, for uncharitable thoughts toward my neighbours, and
for my prejudice and contempt towards those who differ from me, accept my
repentance, Lord.

For my waste and pollution of your creation, and my lack of concern for those who
come after us, accept my repentance, Lord.

(Take time here to acknowledge any other specific sins)

Restore me, good Lord; favourably hear me, for your mercy is great.

Accomplish in me and in all of your church the work of salvation, that I may show
forth your glory to the world.

By the cross and passion of your Son our Lord, bring me with all your saints to the
joy of his resurrection.

The Evening Psalm

For as high as the heavens are above the earth, so great is his steadfast love
toward those who fear him; as far as the east is from the west, so far he removes
our transgressions from us. As a father has compassion on his children, so the
LORD has compassion on those who fear him. For he knows how we were made;
he remembers that we are dust. *(Psalm 103:11–14)*

The Evening Intercession

This prayer can be found on page 32.

Bedtime Prayer

Into your hands, O Lord, I commend my spirit; for you have redeemed me,
O Lord, O God of truth. Keep me, O Lord, as the apple of your eye. Hide me under
the shadow of your wings.

— Traditional *(based on Psalm 31:5 and 17:8)*

SATURDAY

MORNING

“Daily Prayer”

You’ll need a good 10–15 minutes to pray through this one, but it will likely be the best 10–15 minutes you’ll spend today! Even though this is called the “Daily Prayer” we only include it in this prayer book on Saturday. However, it is well worth it to use this prayer more often throughout the week – even daily. Find it (along with further explanatory comments) on pages 36–39.

Prayer for a New Day

Lord God, almighty and everlasting Father, you have brought me safely to this new day: Preserve me with your mighty power, that I may not fall into sin, no be overcome by adversity; and in all I do direct me to the fulfilling of your purpose; through Jesus Christ my Lord. Amen.

MIDDAY

The Call to Prayer

I keep the LORD always before me; because he is at my right hand, I shall not be moved. (*Psalms 16:8*)

Breath Prayers for the Afternoon

Every moment you are conscious of your need for the Lord’s mercy, whisper the Jesus Prayer: “Lord Jesus, have mercy on me.” Repeat it perhaps even hundreds of times; let the prayer sink into your spirit.

ALSO be a “Jesus-whisperer” every time you encounter another person for the remainder of the day. See page 39 for an explanation.

The Lord’s Prayer

If you need to know the words to this “prayer of prayers”, taught to us by Jesus himself, you can find them (followed by a paraphrased version of the prayer and commentary on the meaning of the prayer), on pages 30–31.

EVENING

The Call to Prayer

I cry aloud to the LORD; I lift up my voice to the LORD for mercy. (*Psalms 142:1*)

Prayer of Confession

Almighty God, my heavenly Father: I have sinned against you, through my own fault, in thought, and word, and deed, in what I have done and in what I have left undone (take time here to acknowledge specific sins). For the sake of your Son our Lord Jesus Christ, forgive me for all my offenses; and grant that I may serve you in newness of life, to the glory of your Name. Amen.

The Evening Psalm

A call to worship and obedience in anticipation of tomorrow’s Sunday worship gathering; tonight you may also wish to pray one or more of the “Prayers to Prepare for Sunday Worship” found on pages 27–30.

Come, let us sing to the Lord! Let us shout joyfully to the Rock of our salvation. Let us come to him with thanksgiving. Let us sing psalms of praise to him. For the Lord is a great God, a great King above all gods. He holds in his hands the depths of the earth and the mightiest mountains. The sea belongs to him, for he made it. His hands formed the dry land, too. Come, let us worship and bow down. Let us kneel before the Lord our maker, for he is our God.

We are the people he watches over, the flock under his care.

If only you would listen to his voice today!

The Lord says, “Don’t harden your hearts as Israel did at Meribah, as they did at Massah in the wilderness.

For there your ancestors tested and tried my patience, even though they saw everything I did.

For forty years I was angry with them, and I said, ‘They are a people whose hearts turn away from me.

They refuse to do what I tell them.’

So in my anger I took an oath: ‘They will never enter my place of rest.’” (*Psalms 95*)

The Evening Intercession

This prayer can be found on page 32.

Bedtime Prayer

Into your hands, O Lord, I commend my spirit; for you have redeemed me, O Lord, O God of truth. Keep me, O Lord, as the apple of your eye. Hide me under the shadow of your wings.

— Traditional (*based on Psalms 31:5 and 17:8*)

APPENDICES

The Lord's Prayer (traditional)

Our Father, who art in heaven
Hallowed be Thy name
Thy kingdom come
Thy will be done on earth as it is in heaven
Give us this day our daily bread
And forgive us our trespasses as we forgive those who trespass against us
And lead us not into temptation, but deliver us from evil (or "from the evil one")
For Thine is the kingdom, and the power, and the glory forever and ever. Amen.

Paraphrase and Comment on the Lord's Prayers:

from <http://saraandherblog.blogspot.com/search/label/Lord's%20Prayer>.

Dallas Willard, in *The Divine Conspiracy*, has a beautiful discussion about prayer, and he goes through The Lord's Prayer (*Matthew 6:5–13*) phrase by phrase elaborating on what it all means. There are many reasons to read this book, and this is certainly a good one, in my opinion. He also offers this translation:

Dear Father always near us,
may your name be treasured and loved,
may your rule be completed in us –
may your will be done here on earth
in just the way it is done in heaven.
Give us today the things we need today,
and forgive us our sins and impositions on you
as we are forgiving all who in any way offend us.
Please don't put us through trials,
but deliver us from everything bad.
Because you are the one in charge,
and you have all the power,
and the glory too is all yours – forever –
which is just the way we want it!

What's so special about this prayer? To quote Dallas Willard, it is a prayer that teaches us to pray. It is a foundation of the praying life... an enduring framework for all praying... the necessary bass in the great symphony of prayer... a powerful lens through which one constantly sees the world as God himself sees it...(page 269).

Nothing is sweeter than to sit quietly before God and talk to him like this:

Our Father who art in heaven, dear Father, always near us, filling the heavens from the highest heaven all the way down to the very air in which we live and move and have our being... **May we have an attentive heart, always looking and listening to you.**

Hallowed be thy name, reveal who you are to me and to the world, in all your glory and power, may your name be treasured and loved. **May we have a heart of worship and reverence.**

Thy kingdom come, thy will be done, on earth as it is in heaven; help us, Lord, to know and to do your good will today, may your kingdom rule in our hearts; set the world right and do what's best, as above, so below; may your rule be completed in us. **May we have an undivided and teachable heart.**

Give us this day our daily bread; give us today the things we need today... thank you for your wonderful provision, Lord, you give us so much. Give us wisdom to use and to give out of our abundance to those who do not have enough. **May we have a grateful and generous heart.**

And forgive us our trespasses, our sins and impositions on you... we miss the mark so easily... as we forgive all who trespass against us, all who in any way offend us throughout this day... and help us realize and remember just how very much we ourselves have been forgiven by you... for only as we forgive others will you forgive us. **May we have a forgiving heart. You know how hard it is for us to forgive; give us the grace of forgiveness.**

Lead us not into temptation, keep us safe from ourselves; please don't put us through trials, but deliver us from evil, keep us safe from the Devil, deliver us from everything bad. **May we have a trusting heart, knowing you are our deliverer.**

For Thine is the kingdom – you're in charge!
And the power – you are able to do anything you want; all the power is yours!
And the glory – you are ablaze in beauty; the glory too is all yours, forever!
Which is just the way we want it! Yes, yes, yes! Thank you, Heavenly Father.

When you are sitting in traffic, or waiting in line at the bank, or at the laundromat, waiting for the clothes to dry... or perhaps fuming at the inane reasons for why you feel your time is being wasted... or awake in the middle of the night unable to sleep... try saying the Lord's Prayer... and not just saying it, by rote, but thinking about each phrase, one at a time, what it means, and who you are speaking to, and how much he loves you... be with your Lord in those minutes of the day. Draw near to God and he will draw near to you. If you do this, you will be in good company. C. S. Lewis, Dallas Willard, and I'm sure many others have and now do take Jesus at his word in this way.

The Evening Intercession

Lift up by name those you know of who need God's grace and help in each area listed. Take time to linger on each name as the Spirit leads, and feel free to also pray for any additional needs of others that may be on your heart.

Dear Lord, watch over those who work, or watch, or weep this night, and give your angels charge over those who sleep:

Tend the sick, Lord Christ.

Give rest to the weary.

Bless the dying.

Sooth the suffering.

Pity the afflicted.

Shield the joyous.

And all for your love's sake.

Amen.

Prayers to Prepare for Sunday Worship

The following collection of prayers is offered to help you prepare your heart for a Sunday worship service. Select and pray some of these prayers each week on either Saturday night or Sunday morning before church. Most of these prayers are written in the first person ("I/me"), but you can use them as a basis from which to pray for other worshippers as well.

Prepare Me to Worship You Authentically

Father, soon it will be time to gather with your people to worship you. I ask that you would help me to prepare to worship you authentically. Lord, I open my heart to you. Wherever I have distanced myself from you through willful sin, forgive and cleanse me through the shed blood of Jesus, your Son (*1 John 1:9–10*). Wherever I have distanced myself from you through spiritual lethargy and prayerlessness, nudge me – even shake me, if that's what it takes – to wake me up to the splendor and majesty of who you are. Forbid that I would do anything less than worship you in spirit and in truth this Sunday (*John 4:24*). Help me to remember that in coming before you, I'm coming before the great King – the Creator of the universe; the one who appeared to the people of Israel at Sinai – and the mountain shook; the one who revealed himself in visions to Isaiah and John, and they fell on their faces, trembling at your indescribable glory; the one of whom the glorious creatures around your throne never cease to cry out, "Holy, Holy, Holy!" And as if all this weren't enough to inspire me to give you my unreserved praise, you are the one who sent his one and only Son to become one of us, die for us, overcome sin and the grave for us, and give us new hearts that we might be restored in your image. Yes Lord... I think my heart's more ready to worship now. Thank you! Amen.

Relationships and Worship

Merciful God, where I have unresolved relationship issues that may hinder my worship of you, enable me to forgive others as you have forgiven me (*Colossians 3:13*), and to be quick to make things right with those I have hurt or offended (*Matthew 5:23–24*). Where circumstances or the will of others prevent the possibility of mutual reconciliation, help me nevertheless to commit my heart to your care, as I seek your help and choose to let go of any anger, bitterness, or ill-will that I have been harboring in my heart. Deliver me from all judgmental attitudes and uncharitable thoughts toward other people. Empower me to pray for my enemies, and to be content in the freedom of releasing them to your grace and perfect justice (*Romans 12:18–21*). As I prepare to worship you this Sunday, I choose now to make the sacrifice of praying your blessings upon those who trouble me, knowing that you created them in your image, and gave your Son to die for them, just as you did for me. I especially pray your blessing on _____ (name relevant names here). Amen.

Deciding to Worship Well

Dear Lord, if this is one of those Sundays when I'm eager to go to worship, then let me say with the psalmist, "I was glad when they said unto me, 'Let us go to the house of the Lord'" (*Psalms 122:1*). If this is one of those Sundays when for whatever reason I'm less eager, deliver me from just going through the motions of worship. Right now, I stir up my soul to worship you well, saying with the psalmist, "Praise the Lord, O my soul; all my inmost being, praise his holy name. Praise the Lord, O my soul, and forget not all his benefits – who heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's" (*Psalms 103:1–5*). I also recall some of the many evidences of your goodness and grace in my life, thanking you for

_____ and _____ and _____.

As I give you thanks – as I count my blessings – my heart begins lift above my circumstances, and is becoming more and more ready to "make your praise glorious" (*Psalms 66:2*) this Sunday. May it be so, O my King! Amen.

Investing Myself in Every Moment of Worship

Lord, as I prepare to gather with your people before your holy presence to worship you, help me to resist drift. Help me not to wait passively for something to grab my attention, but to choose to invest myself fully in every moment of worship. When I sing, let me sing with both heart and mind. When my heart and mind are not in synch with the words I am singing, help them to catch up. When my spirit doesn't feel like praising you, help me to offer you the sacrifice of praise, trusting that you will inhabit and transform me as

your praise is on my lips. When I hear your Word proclaimed, may my ears and heart be open, and may my feet be swift to respond to your bidding. I surrender to you my personal preferences, any consumeristic or critical attitudes, and any undue self-consciousness. Worship is all about you, Jesus, so be my focus – be our focus, this Sunday and every day of the week – so that our worship of you may be genuine. Amen.

When I'm Tempted to Skip Church

Today, I've entertained the thought of not going to church, Lord. My reasons, if I'm honest, are...

But you remind me that in missing church, I miss out on you. In missing worship, I drift further away from you, rather than drawing nearer. In missing worship, I miss being in the place where your people are, where your praises are sung, and where your Word is proclaimed. Right now, church might be where I least want to be, but it's where I most need to be. I need to be in worship more than I need a "little break." I need to be in worship more than I need "time to do my own thing." I need to be in worship more than I need the extra sleep. I need to be in worship more than I need to stay away and nurse my wounded soul. Perhaps in worship this Sunday, I'll have a turnaround, not unlike the embittered psalmist who was about to forsake his faith. His troubles were "oppressive" to him – until he entered the sanctuary of God (see *Psalms 73, especially verse 16*). He went into the place of worship deeply troubled, but he went, if for no other reason than for the sheer habit or discipline of it. But he left the place of worship with a transformed perspective, saying, "As for me, it is good to be near God. I have made the sovereign Lord my refuge, I will tell of all your deeds." (*Psalms 73:28*) So I'm choosing to go to church today. And Lord... if you please... I could really use a turnaround day like that psalmist had. Thanks for getting me on my way. Amen.

A Prayer for Those Ministering on Sunday

Dear God, I want to lift up my brothers and sisters who are serving you in worship ministry this Sunday. For those in music ministry, help them to sing and play with joy in their hearts, as unto you, and not as unto people. Empower them by your Spirit to prompt us to look up to you, and to "make your praise glorious" (*Psalms 66:2*). May our worship be such that those in our midst who do not yet know Jesus may be moved to declare, "God is really among you!" (*1 Corinthians 14:25*). I pray for all those involved in technical ministry. Help them to serve you with heart and soul, motivated and energized by love for you and passion for your church. Enable them to be "invisible" in their technical ministry, enlisting their technical skills so that all eyes and ears will be on you, and you alone, dear Lord. I pray for the pastor who is preaching today. Work in and through him/her, speaking

straight into our hearts with nothing less than the convicting, motivating, and life-transforming power of your Holy Spirit. Help me, and help all of us, Lord, to be not only hearers of your Word, but doers as well (*James 1:22–25*). I pray also for the greeter, usher and refreshment teams, Lord, asking that your hand will be with them to serve the congregation and our guests, welcoming others as Christ has first welcomed us (*Romans 15:7*), giving us the atmosphere in which meaningful relational connections can be made for Christ. I pray also that the whole congregation – me included! – will see ourselves as hosts, and demonstrate the warm hospitality of Jesus to every newcomer and stranger who comes to our worship service this morning. Last, but certainly not least, I pray for the Children's Ministry workers. Bless them, Lord, and give them fun and joy as they so graciously sacrifice their own time in adult worship service, worshipping you instead through the loving service and spiritual nurture of our kids. Let them bear much fruit for your glory. Help me to think of ways and words by which I can show my appreciation and encouragement to these, your servants, who do so much to enable our congregation to engage you in worship. In Jesus' name, Amen.

Preparing my Heart for the Sermon:

"Speak, Lord, for Your Servant is Listening"

Speak, Lord, for your servant is listening. Incline my ear to your words, and let your speech come to me as dew upon the grass... If I hear your voice, let me not be condemned for hearing the word and not following it, for knowing it and not loving it, for believing it and not living it. Speak then, Lord, for your servant listens, for you have the words of eternal life. Speak to me to comfort my soul and to change my whole life; in turn, may it give you praise and honour, forever and ever. Amen.

– By Thomas a Kempis (*based on 1 Samuel 3:1–14*)

A Prayer for Life (by John Eldredge)

O God, you are my life. You have breathed into me the breath of life, and I have become a living being (*Genesis 2:7*). My very existence and my being flow from you. In You I live and move and have my being (*Acts 17:28*). You are the Vine, and I am a true branch of Yours (*John 15:5*). Father, you have made me alive with Christ (*Ephesians 2:4–5*). Jesus has become my Second Adam, a life-giving spirit (*1 Corinthians 15:45*). He came that I might have life, and have it abundantly (*John 10:10*). I have Jesus Christ, and I have his life (*1 John 5:12*). Christ is now my life (*Colossians 3:4*).

Dear Father, restore this frail branch in full union with the trunk. Restore my full union with Christ and with You. I return myself to You – my body, soul, and spirit. I return myself fully to the Source of Life. May I be one with You even as Jesus was one with You (*John 10:30, 17:21*). Let Your life flow through me and flow and flow

throughout this day. O Life, live, live into me. Encompass me and all that I am; well up within me. O Spring of Life, let Your river flow through my heart, soul, mind, and strength (*John 7:38*). You are the God who gives life to the dead (*Romans 4:17*). And if the Spirit of him who raised Jesus from the dead is living in me (and You are living in me), he who raised Jesus from the dead will also give life to my mortal body through his Spirit, who lives in me (*Romans 8:11*). O God, fill me with the resurrection power of Jesus Christ in my body, soul, and spirit.

For it is Christ in me that is my hope of glory (*Colossians 1:27*). It is the triumphant life of Jesus Christ that has become my life. I live by Him. I reign in life through Him, by the life of Christ in me. For if, when I was Your enemy, I was reconciled to you through the death of Your Son, how much more, having been reconciled, shall I be saved through His life (*Romans 5:10*). I announce that the law of the Spirit of life in Christ Jesus has set me free from the law of sin and death (*Romans 8:2*).

I now claim the resurrection triumph of Jesus Christ against all forms of death and destruction come against me. By Jesus Christ and his great work I cut off every attempt of my enemies to steal, kill, or destroy my life. As Jesus said, no one takes my life from me (*John 10:18*). Death has no mastery over Jesus now (*Romans 6:9*), and death has no mastery over me, for I am united with Christ, one Spirit with him (*1 Corinthians 6:17*). I am in Christ (*1 Corinthians 1:30*). And Christ is in me (*Colossians 1:27*). I claim the law of the Spirit of life in Christ Jesus now, against every black law of sin and death and every foul power of destruction aimed against me. By the authority of Jesus Christ I bind and banish all forms of bondage and death from me, now – all spirits, all witchcraft, all foul powers. I cancel all claims against me by the work of Jesus Christ (*Colossians 2:13–15*).

I take my place in the resurrection of Jesus Christ and in his life. I claim the resurrection of Christ against my enemies and their devices, and I bind them from me and send them to their judgement, in the Mighty Name of Jesus Christ and to his everlasting glory. I choose to live by the strength of Jesus Christ, and by his mighty life. In Jesus' Name.

Daily Prayer (by John Eldredge)

This is a powerful daily prayer written by John Eldredge, a well-known Christian author and speaker. The prayer is Trinitarian in structure (Father, Son, and Holy Spirit), focuses on the different aspects of Christ's work for us (crucifixion, resurrection, and ascension), and takes seriously the reality of spiritual warfare. The prayer is thoroughly rooted in scripture (it contains 48 Bible references!), and is well worth praying every day. For a version of this prayer that includes

the Bible reference, see http://www.ransomedheart.com/assets/PDF/prayers/daily_prayer_script.pdf.

My dear Lord Jesus I come to you now to be restored in you, to be renewed in you, to receive your love and your life, and all the grace and mercy I so desperately need this day. I honor you as my Sovereign, and I surrender every aspect of my life totally and completely to you. I give you my spirit, soul and body, my heart, mind, and will. I cover myself with your blood – my spirit, soul, and body, my heart, mind and will. I ask your Holy Spirit to restore me in you, renew me in you, and to lead me in this time of prayer. In all that I now pray, I stand in total agreement with your Spirit, and with my intercessors and allies, by your Spirit alone.

(The next paragraph is for those with a spouse and/or children. If not applicable, jump down to the paragraph after next.)

In all that I now pray, I include (my spouse and/or children, by name). I bring them under your authority and covering, as I come under your authority and covering. I cover (spouse and/or children, by name) with your blood – their spirit, soul and body, their heart, mind and will. I ask your Spirit to restore them in you, renew them in you, and apply to them all that I now pray on their behalf.

Dear God, holy and victorious Trinity, you alone are worthy of all my worship, my heart's devotion, all my praise, all my trust and all the glory of my life. I love you, I worship you, I trust you. I give myself over to you in my heart's search for life. You alone are Life, and you have become my life. I renounce all other gods, all idols, and I give you the place in my heart and in my life that you truly deserve. I confess here and now that this is all about you, God, and not about me. You are the Hero of this story, and I belong to you. Forgive me for my every sin. Search me and know me and reveal to me where you are working in my life, and grant to me the grace of your healing and deliverance, and a deep and true repentance.

Heavenly Father, thank you for loving me and choosing me before you made the world. You are my true Father – my Creator, my Redeemer, my Sustainer, and the true end of all things, including my life. I love you, I trust you, I worship you. I give myself over to you to be one with you in all things, as Jesus is one with you. Thank you for proving your love by sending Jesus. I receive him and all his life and all his work, which you ordained for me. Thank you for including me in Christ, for forgiving me my sins, for granting me his righteousness, for making me complete in him. Thank you for making me alive with Christ, raising me with him, seating me with him at your right hand, establishing me in his authority, and anointing me with your Holy Spirit, your love and your favor. I receive it all with thanks and give it total claim to my life – my spirit, soul, and body, my heart, mind and will. I bring the life and the work of Jesus over (spouse and/or children, by name) and over my home, my household, my vehicles, finances, all my kingdom and domain.

Jesus, thank you for coming to ransom me with your own life. I love you, I worship you, I trust you. I give myself over to you, to be one with you in all things. And I receive all the work and all of the triumph of your cross, death, blood and sacrifice for me, through which I am atoned for, I am ransomed and transferred to your kingdom, my sin nature is removed, my heart is circumcised unto God, and every claim made against me is disarmed this day. I now take my place in your cross and death, through which I have died with you to sin, to my flesh, to the world, and to the evil one. I take up the cross and crucify my sin nature with all its pride, arrogance, unbelief, and idolatry (and anything else you are currently struggling with). I put off the old self. I ask you to apply to me the fullness of your cross, death, blood and sacrifice. I receive it with thanks and give it total claim to my spirit, soul and body, my heart, mind and will.

Jesus, I also sincerely receive you as my life, my holiness and strength, and I receive all the work and triumph of your resurrection, through which you have conquered sin and death and judgment. Death has no mastery over you, nor does any foul thing. And I have been raised with you to a new life, to live your life – dead to sin and alive to God. I now take my place in your resurrection and in your life, through which I am saved by your life. I reign in life through your life. I receive your life – your humility, love and forgiveness, your integrity in all things, your wisdom, discernment and cunning, your strength, your joy, your union with the Father. Apply to me the fullness of your resurrection. I receive it with thanks and give it total claim to my spirit, soul and body, my heart, mind and will.

Jesus, I also sincerely receive you as my authority, rule, and dominion, my everlasting victory against Satan and his kingdom, and my ability to bring your Kingdom at all times and in every way. I receive all the work and triumph of your ascension, through which you have judged Satan and cast him down, you have disarmed his kingdom. All authority in heaven and on earth has been given to you, Jesus. All authority in heaven and on earth has been given to you, and you are worthy to receive all glory and honor, power and dominion, now and forevermore. And I have been given fullness in you, in your authority. I now take my place in your ascension, and in your throne, through which I have been raised with you to the right hand of the Father and established in your authority. I now bring the kingdom of God, and the authority, rule and dominion of Jesus Christ over my life today, over my home, my household, my vehicles and finances, over all my kingdom and domain.

I now bring the authority, rule and dominion of the Lord Jesus Christ, and the fullness of the work of Christ, against Satan, against his kingdom, against every foul and unclean spirit come against me. (At this point you might want to name the spirits that you know have been attacking you). I bring the full work of Jesus Christ against every foul power and black art, against every human being

and their warfare. I bind it all from me in the authority of the Lord Jesus Christ and in his Name.

Holy Spirit, thank you for coming. I love you, I worship you, I trust you. I sincerely receive you and all the work and victory in Pentecost, through which you have come, you have clothed me with power from on high, sealed me in Christ. You have become my union with the Father and the Son, become the Spirit of truth in me, the life of God in me, my Counselor, Comforter, Strength, and Guide. I honor you as my Sovereign, and I yield every dimension of my spirit, soul and body, my heart, mind and will to you and you alone, to be filled with you, to walk in step with you in all things. Fill me afresh. Restore my union with the Father and the Son. Lead me in all truth, anoint me for all of my life and walk and calling, and lead me deeper into Jesus today. I receive you with thanks, and I give you total claim to my life.

Heavenly Father, thank you for granting to me every spiritual blessing in the heavenlies in Christ Jesus. I claim the riches in Christ Jesus over my life today, my home, my kingdom and domain. I bring the blood of Christ over my spirit, soul, and body, my heart, mind and will. I put on the full armor of God – the belt of truth, breastplate of righteousness, shoes of the gospel, helmet of salvation. I take up the shield of faith and sword of the Spirit, and I choose to wield these weapons at all times in the power of God. I choose to pray at all times in the Spirit.

Thank you for your angels. I summon them in the authority of Jesus Christ and command them to destroy the kingdom of darkness throughout my kingdom and domain, destroy all that is raised against me, and to establish your Kingdom throughout my kingdom and domain. I ask you to send forth your Spirit to raise up prayer and intercession for me this day. I now call forth the kingdom of the Lord Jesus Christ throughout my home, my family, my kingdom and my domain, in the authority of the Lord Jesus Christ, with all glory and honor and thanks to him. Amen.

Be a Jesus-Whisperer

This simple practice comes from the late-great missionary and literacy champion Frank Laubach, who wrote these words:

“We whisper ‘God’ or ‘Jesus’ or ‘Christ’ constantly as we glance at every person near us. We try to see double as Christ does. We see the person as he is, and the person Christ longs to make him. Perhaps there is no finer ministry than just to be in meetings or crowds, whispering ‘Jesus,’ and then helping people wherever you see the opportunity.”

Mealtime Prayers

Morning Meal (A)

Lord Jesus, thank you for this day,
And for the night of rest,
And for this food, and for the way
That we are always blessed.

– John Piper

Midday Meal (A)

Lord Jesus, thank you for these gifts
And what each one displays;
For your own steady love which lifts
Our hearts in midday praise.

– John Piper

Evening Meal (A)

Lord Jesus, come now to our meal,
And bless to us this food;
Where faith is weak, dear Lord, reveal
That all you give is good.

– John Piper

Morning Meal (B)

Our Father, every day you give
The food by which our bodies live.
For this we thank you from our heart
And pray that as we this day start,
You might allow our eyes to see
Your endless generosity.
And grant that when we thus are filled,
We may do only what you've willed.

– John Piper

Midday Meal (B)

We're grateful, Father, for this hour
To rest and draw upon your power
Which you have shown in sun and rain
And measured out to every grain.
Let all this food which you have made
And graciously before us laid
Restore our strength for this next hour
That we may have your fullest power.

– John Piper

Evening Meal (B)

How faithful, Father, is your care;
Again as always food is there.
Again you have set us before
A meal we pray will mean much more
Than single persons filled with food;
Let there be, Lord, a loving mood.
And as you make our bodies new,
Come now and feed our oneness too.

– John Piper

For Food in a World Where Many Walk in Hunger

For food in a world where many walk in hunger
For friends in a world where many walk alone
For faith in a world where many walk in fear
We give you thanks, O Lord. Amen.

– Anglican Church of Canada

Lord Jesus, Take Your Place at this Table

Loving Father, we thank you for this food,
And for all your blessings to us.
Lord Jesus, come and be our guest,
And take your place at this table.
Holy Spirit, as this food feeds our bodies,
So we pray you would nourish our souls. Amen.

Every Good and Perfect Gift

Lord, from whom comes every good and perfect gift (*James 1:17*)
Enable us to enjoy these blessings of Your bounty with gratitude.
Give us grace that whether we eat or drink, or whatever we do,
We may do all to Your glory, for Jesus' sake (*Colossians 3:23*). Amen!

Breakfast Prayer

Dear Lord Jesus, as You prepared that breakfast
For Your disciples upon the shore of Galilee,
So truly have You prepared this breakfast for us, your children.
We thank You for Your thought of us,
So kind and so unceasing.
We would go through all this day in thoughts of You.
Help us to do an honest day's work that will make You proud.
In Your name. Amen!

Mealtime Thanks

Gracious God, we give you thanks for your overflowing generosity to us. Thank you for the blessings of the food we eat and especially for this feast today. Thank you for our home and family and friends, especially for the presence of those gathered here. Thank you for our health, our work and our play. Please send help to those who are hungry, alone, sick and suffering war and violence. Open our hearts to your love. We ask your blessing through Christ your son. Amen.

Mealtime Prayers for Families with Young Children

God is great! God is good! Let us thank God for our food. Amen.

We thank Thee Lord, for happy hearts, for rain and sunny weather. We thank Thee, Lord, for this our food, and that we are together. Amen.

Bless us, O Lord, and these Your gifts, which we are about to receive from Your bounty. Through Christ our Lord. Amen.

Our Heavenly Father, kind and good, we thank Thee for our daily food. We thank Thee for Thy love and care. Be with us Lord, and hear our prayer. Amen.

Thank you for the world so sweet, thank you for the food we eat. Thank you for the birds that sing, Thank you God, for everything. Amen.

God our Father, God our Father,
We thank you, we thank you,
For our many blessings, for our many blessings,
A-men, A-men.

[sung to the tune fo Frere Jaques]

Thank you Lord... for giving us food
Thank you Lord... for giving us food
For the food we eat
For the friends we meet

Thank you Lord... for giving us food!

[sung to the tune of the Superman theme song]

When I get up, I'm thankful for a brand-new day.
When I get dressed, I'm thankful I can run and play.
When I sit down to eat, I'm thankful for my food.
And most of all, I'm thankful for a God who is so good. Amen.

SOURCES CITED

Gregory Boyd, Present Perfect: Finding God in the Now (Grand Rapids: Zondervan, 2010).

Walter Bruggemann, Awed to Heaven, Rooted to Earth: Prayers of Walter Bruggemann (Minneapolis: Fortress Press, 2003).

John Eldredge (Ransomed Heart Ministries):
http://www.ransomedheart.com/more_prayers.aspx
— *Wild at Heart (Nashville: Thomas Nelson, 2001).*



Richard Foster, Prayers from the Heart (San Francisco: Harper, 1994).

Phyllis Tickle, The Divine Hours: A Manual for Prayer (New York: Doubleday, 2006).



CORNERSTONE
CHRISTIAN COMMUNITY CHURCH

9680 Ninth Line, Markham, ON L6B 1A8 \ \ 905.294.3554 \ \ cornerstonechurch.ca