

My Personal Daily Prayer Liturgy

Morning Prayer . . .

Mid-Morning Prayer . . .

Mid-Day Prayer . . .

Mid-Afternoon Prayer . . .

Evening Prayer . . .

Bedtime Prayer . . .

Example Prayer Liturgies

Waking Prayer: Lord thank you for waking me. Give me the strength to live by faith today.

Mid-Morning Prayer: Lord, grant me endurance for the rest of this day and give me the courage to show up with people and in meetings as you've called me to."

Lunch Prayer: Lord, thank you for blessing me with this food, may you use it to sustain me for the rest of my day.

2nd Shift Prayer: Lord, as I enter back into my home, give me strength to be present with my family.

Dinner Prayer: Lord, thank you for this food so that we can enjoy life with you.

Bedtime Prayer: Lord, forgive me where I've fallen short of your glory today. I hand my shortcomings, my anxiety, and my fatigue over to you. Please give my mind, body, and soul rest.

Example Breath Prayers

- Jesus, help me be patient in this traffic. (For frustrating delays)
- Lord, give me wisdom in this work decision. (For professional guidance)
- Spirit, help me listen well in this conversation. (For improved communication)
- Father, lead me not into temptation. (For strength against sin)
- Jesus, bring peace to this anxious moment. (For managing anxiety)
- God, show me your love through this difficult person. (For challenging relationships)
- Lord, help me use my time wisely today. (For productivity and focus)
- Spirit, give me energy for this task. (For physical and mental stamina)
- Father, help me see your provision in this financial need. (For trust in God's provision)
- Jesus, heal this pain in my body. (For physical healing)
- Jesus, help me be present with my family right now. (For focused attention)
- Spirit, calm my mind before this meeting. (For mental clarity)
- Father, protect my children today. (For parental concerns)
- Jesus, help me find joy in this mundane task. (For finding purpose in daily chores)
- God, show me how to serve someone today. (For opportunities to serve)
- Jesus, help me to rest well tonight. (For restful sleep)
- Father, help me to be honest in this interaction. (For integrity)
- God, help me to see the beauty in this day. (For seeing God's creation)