



PRAYER



Getting Started

“Pray as you can, and don’t try to pray as you can’t.” Dom John Chapman

If praying for an extended period of time seems overwhelming, try praying for a minute. If praying in silence feels boring, try praying out loud in your car as you run errands. The key is to start simple in an effort to grow towards at least 30 minutes a day in a dedicated space. Using the Psalms is a great place to start.

You are my shepherd, I lack nothing.
You make me lie down in green pastures,
You lead me beside still waters,
You refresh my soul.
(Psalm 23:1-3)

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

Daily Prayers

“We must lay before Him what is in us, not what ought be in us.” C.S. Lewis

Our Father in heaven, holy is 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 forgive those who sin against us. And lead us not into temptation, but deliver us from the evil one.

Matthew 6:9-13

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

St. Francis of Assisi’s “Make Me an Instrument of Your Peace”

Father, help me to live this day to the full, being true to you in every way. Jesus, help me to give myself away to others, being kind to everyone I meet. Spirit, help me to love the lost, proclaiming Christ in all I do and say. Amen.

Lectio 365 Daily Closing Prayer, 24-7 Prayer