



We are each a product of our habits. A daily rhythm of prayer is a gift to the life of a disciple - it does not need to take all day, but over time, this habit will grow a faith which sustains you.

Below are prayers for adults, youth, primary school kids and under 5s. Use them however works best for you, as an individual, with friends or in a family.

Don't let these prayers constrain you - make them more "you-shaped" and enjoy time with God!

beginnings

Awake.

From the rising of the sun to the place where it sets,
the name of the Lord is to be praised.

As the morning light dawns on your renewed mercy,
awaken our souls to wonder,
our ears to your voice
our eyes to your presence,
and our whole selves to your lavish grace.

Pause

Aware.

Reading (chose a book from the Bible and read your way through it
piece by piece over a series of days or weeks. Allow it to lead
you and shape you).

Breathe.
Slowly.
Listen to your mind and your body.
Ask the Spirit of God to direct your thoughts and notice where you are led.

Ask.

Pray for yourself, those you love, your neighbours and the world around you.

Accompany.

Lead me along your way today Jesus.
Bless me with patience for those who frustrate me,
humility towards those who surround me,
empathy with those who hurt,
energy to run the whole race,
peace over anxiety,
wisdom for decisions and
courage to walk the narrow road which leads to life.

And may the words of my mouth, and the thoughts of my heart
be pleasing in your sight O Lord.

Amen.

Recall.

From the rising of the sun to the place where it sets,
the name of the Lord is to be praised.

*Pause to reflect on your day.
How does your body feel?
How does your mind feel?
How are your relationships?*

Where can you spot the presence and activity of Jesus throughout your day?

Rejoice.

Shout for joy to the Lord, all the earth.

Psalm 100

Worship the Lord with gladness;
come before him with joyful songs.

Know that the Lord is God.
It is he who made us, and we are his;
we are his people, the sheep of his pasture.

Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.

For the Lord is good and his love endures forever;
his faithfulness continues through all generations.

Release.

As I prepare for bed,
I release to you all that was done today.
Some I wish could be undone,
some still has not reached completion,
some which gives me satisfaction.

I release to you all who I love.
I cannot watch over them with closed eyes
but trust them to your protection.

I release to you all the worries of my mind
the stresses in my body
the fears in my heart.

I release to you my effort.
I am at the end of myself and
can do no more.

Bless me with peace as I sleep.
Recharge me as I rest body, mind and soul.
Refresh me in faith, hope and love.

Retire.

And now.
May the grace of the Lord Jesus Christ,
the love of God,
and the fellowship of the Holy Spirit
be with us all.
For ever more.

Amen.

endings

YOU

HPRA

YERS



Beginnings

Awake.

From sunrise to sunset, God you are with us and are doing good in us and around us.

As the morning light shines your goodness God, awaken our souls to wonder, awaken our ears to hear your voice, awaken our eyes to notice your presence with us, and help us to appreciate and know your lavish love and grace.

Aware.

Reading (choose a book from your Youth Bible and read your way through it piece by piece, little by little over a few of days or weeks. Allow it to lead you, shape you and teach you more about God).

Pause.

Breathe in and out.

Slowly.

Listen to your mind and your body.

Ask the Spirit of God to direct your thoughts and notice what your brain is led to.

How do you feel today? (Anxious, excited, happy, energetic, worried, sad, tired...?)

What really matters to you today?

Ask.

Ask God to provide what you need today.

Pray for yourself, those you love, your community, your school/college and the world around you and anything else that comes to mind.

Accompany.

God please help me follow you today. Please give me patience for those who frustrate me, humility towards those who surround me, empathy with those who hurt or are struggling. Please give me energy to make the best of today, peace over anxiety, wisdom for decisions and courage to walk your way God, which leads to life in all its fullness.

Thanks God for a fresh start today, please help me to seize opportunities today to trust you more. Help me to remember that you'll be with me all day long and please give me the confidence to be the best version of me and to spread hope and joy everywhere I go today.

Amen

Recall.

From sunrise to sunset, God you are with us and are doing good in us and around us.

Pause to reflect on your day.

How does your body feel?

How does your mind feel?

How are your relationships with friends and family?

Where can you spot the presence and activity of Jesus in your day?

Rejoice.

Psalm 100 (Good News Translation)

Sing to the Lord, all the world!

Worship the Lord with joy; come before him with happy songs!

Acknowledge that the Lord is God.

He made us, and we belong to him; we are his people, we are his flock.

Enter the Temple gates with thanksgiving; go into its courts with praise.

Give thanks to him and praise him.

The Lord is good; his love is eternal. and his faithfulness lasts forever.

Release.

As I prepare for bed, I release to you all that was done today.

Some I wish could be undone, some is unfinished, some which makes me glad.

God help me to let go of the things I could have done better.

God help me to be grateful of all the things that went well today.

God help me to be thankful for all the great things you've given me.

God I give to you all the people who I love. While I sleep I trust you to keep them safe.

God I give to you all the worries in my mind the stresses in my body and the fears in my heart.

Bless me with peace as I sleep.

Help my mind to be calm.

May your spirit fill my dreams with hope.

Help me to have a restful sleep.

Recharge my whole being as I rest.

Refresh my faith, hope and love.

Retire.

And now.

May the grace of the Lord Jesus Christ,
the love of God, and the fellowship of
the Holy Spirit be with us all.

For ever more.

Amen.

A large, artistic image of a crescent moon and clouds. The moon is a bright, golden-yellow crescent in the upper right quadrant. Below it, there are large, billowing white clouds that fill the bottom half of the page. The background is a dark, deep blue or black sky.

Endings

KIDS

PRA

YER

S



A large, stylized illustration of a sun with a smiling face, wearing sunglasses, and having a blue tongue sticking out. The sun is yellow and orange with a scalloped edge.

Good Morning!

Rise and shine.

From sunrise to sunset, God you are with us and are doing good in us and around us.

The sun rising each morning is just as certain as your goodness - always there! Thank you for another day packed full of promise and goodness.

Read.

Read a verse or chapter from your Kids Bible, read your way through one of the 'books' in the Bible little by little over a few days or weeks. Allow it to teach you things about who God is.

Pause.

Breathe in and out.

Slowly.

Listen to your mind and body.

How do you feel today? (Anxious, excited, happy, energetic, worried, sad, tired...?)

What are your plans today? What matters to you today?

Pray.

Jesus, please help me to follow you today.

Please give me patience for those who frustrate me, help me be humble, to care for others who are struggling and to encourage my friends.

Please give me energy to make the best of today, peace over anxiety, wisdom for decisions and courage to create goodness around me.

Thanks God for this great new day, please help me to shine light & hope into my classroom, friends and family.

Amen



*Pause to reflect on your day.
How does your body feel?
How does your mind feel?*

*How are your relationships with friends and family?
Where can you spot the presence and activity of Jesus in your day?*

Rejoice.

Psalm 100 (Good News Translation)

Sing to the Lord, all the world!
Worship the Lord with joy; come before him with happy songs!
Acknowledge that the Lord is God.
He made us, and we belong to him; we are his people, we are his flock.
Enter the Temple gates with thanksgiving; go into its courts with praise.
Give thanks to him and praise him.
The Lord is good; his love is eternal. and his faithfulness lasts forever.

Release.

As I prepare for bed, I release to you all that was done today.
Some I wish could be undone, some is unfinished, some which makes me glad.

God help me to let go of the things I could have done better.
God help me to be grateful of all the things that went well today.
God help me to be thankful for all the great things you've given me.
God I give to you all the people who I love. While I sleep I trust you to keep them safe.
God I give to you all the worries in my mind, and the fears in my heart.

Bless me with peace as I sleep.
Help me to have amazing dreams.
Help me to have a restful sleep.
Recharge my whole being as I rest.
Refresh my faith, hope and love, ready to begin another adventure tomorrow.

And may the grace of Jesus,
the love of God, and the friendship of the Holy Spirit be with us all.
For ever more.

Amen.



Endings

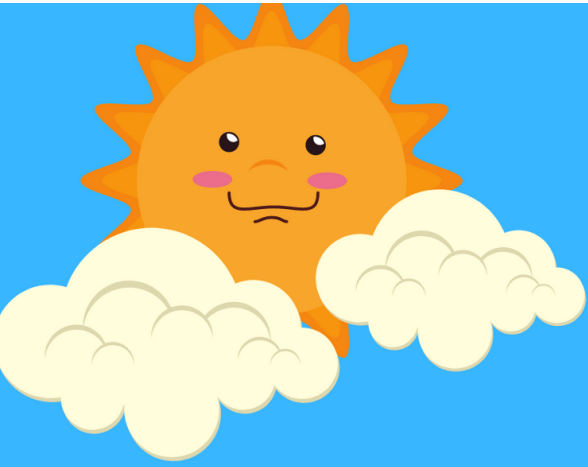
PRAY

ERSF

ORMI

NIS





MINI'S IN THE MORNING

Hello!
What are you excited about today?

Good morning Jesus!
Thank you for watching over me and keeping me safe while I was snoring.
Thank you for another day filled with adventure.
Help me to have fun today.
Help me to be kind today.
Help me to be creative today.
Help me to spot something brilliant about the wonderful world around me today.
And please keep me, and the people I love safe today.

Amen.



Have you brushed your teeth?!
What was the best thing about today?
Who are you thinking about as you go to bed that you could pray for?
Is there anything you are worried or sad about?

Dear Jesus,
Thank you for being with me all day today and for looking after me.
Thank you for the best bit of today, which was
Before I go to sleep, Jesus, there are some other people I want to pray for, like
And some things I want to ask you to look after for me.....
Thank you that you are so kind and strong.
Thank you that you made me brilliant and that you love me.

Amen

MINI'S AT BEDTIME

