

Praying through the Day Experiences

How can we connect with God's presence throughout the day? We can weave moments of prayer and reflection into the fabric of everyday life. This prayer activity invites you find a few moments at the beginning of your day, in the middle of the day, and at the conclusion of your day to be attentive to God's presence in your life, and open your heart to God. Through a visual image you will focus on an issue or situation in your life in which you seek God's wisdom. You can do all of this in a few minutes throughout your day. Before long it will become a habit you won't want to do without.

Morning Prayer

- ✦ Take a quiet moment to reflect on the new day.
 - What are feeling as you start your day?
 - What are thinking as you start your day?
 - What is the important "work" of your day—people, tasks, commitments?
- ✦ Capture your feeling or thinking or "work" of the day in an image.
- ✦ Spend a moment in reflection:
 - Where is God in this picture?
 - How can you bring God into this part of your life today?
- ✦ Find a Bible verse that reflects your visual image for the day. Use the list of themes and Bible verses to find a Bible verse for your day.
- ✦ Conclude in prayer or with a scriptural inspiration or with your own spontaneous prayer for your day:

Gracious God open my eyes that I may see. Open my ears that I may hear. Open my heart and mind that I may understand. Be with me as move through my day. Amen.

Loving God bless me with your life-giving love this day, so that my lips may praise you, my life may bless you, and my prayer may give you glory. Amen.

Your word is a lantern to my feet and a light upon my path. (Psalm 119:105)

When I called, you answered me, you increased my strength within me. (Psalm 138:4)

So teach us to number our days that we may apply our hearts to wisdom (Psalm 90:12)

Be merciful to me, O God, for I have taken refuge in you, in the shadow of your wings will I take refuge (Psalm 57:1)

I will listen to what the Lord God is saying, for he is speaker peace to his faithful people and to those who turn their hearts to him. (Psalm 85:8)

During the Day Prayer

- ✦ Take a moment during your day to view your visual image of the day.
- ✦ After a moment of quiet reflection, ask yourself: How is this image reflective of my day—what I'm feeling or thinking.
- ✦ Take a moment to read again the Bible version of the day.
- ✦ At midday ask yourself: Where is God in my life today?

Evening Prayer

- ✦ At the end of your day take a few moments to review your day.
- ✦ After a moment of quiet reflection, ask yourself:
 - What was the high point of the day? What was the low point of the day?
 - What am I most grateful for today? least grateful for?
- ✦ Consider your image and Bible verse
 - How did my image reflect the experience of the day?
 - How did my Bible verse reflect the experience of the day?
- ✦ Finally reflect on how God was a part of your life today.
- ✦ Close in prayer:

Dear God,
I do not know where you are leading me.
I do not even know what my next day,
my next week or my next year will look like.
As I try to keep my hands open,
I trust that you will put your hand in mine
and bring me home.
Thank you God for your love. Amen.
(Henri J.M. Nouwen, *With Open Hands*)