

DAILY PRAYERS:

Upon waking in the morning

Thanks for rest

“God, thank you for your gift of sleep and restoration.”

Start of daily tasks

Prayers for for direction and energy

“Holy Spirit, help me to walk in step with you today.”

At your noon meal

Gratitude for daily provision

“Thank you for giving me what I need for this day.”

At sunset

Wonder at nature and God’s presence

“Wow! Your creation is amazing and I am grateful to be part of it!”

End of daily tasks

Rest and trust in God’s continued work

“I know I am not responsible for everything. Help me trust in you.”

Getting into bed

Prayers for rest and restoration

“Grant me the rest I need tonight.”

If you are awake in the night

Prayers for those we love and care for

“I know your care for those I love exceeds mine... be with them.”

**“SEVEN TIMES A DAY I
WILL PRAISE YOU.”**

Psalm 119:163

