

*Your journey through Everyday faith will be rooted in prayer. Where and how you use these prayers is up to you. The next few pages give you some ways to start (morning), pause (mid-day) and end (evening) each day by asking, noticing and reflecting upon where you find God in your everyday life. Whenever you use these prayers, seek to find a pattern of praying them at similar times each day.*

## Prayers for starting every day with God

Start the day looking for God in your everyday life. Use this prayer in the morning, first thing after waking with a cup of tea, taking time over breakfast, walking to school, waiting for a bus to work or wherever your day is about to take you.

### 1. GIVE THANKS FOR A NEW DAY

As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you;  
now and for ever.

### 2. REFLECT ON GOD'S PRESENCE WITH YOU

God is with you, wherever you may be and whatever you may choose to do. When might you most need to keep this in mind?

Creator God,  
you made us all in your image:  
may we discern you in all that we see,  
and serve you in all that we do;  
through Jesus Christ our Lord.  
Amen.

### 3. PRAY THAT CHRIST MAY BE REVEALED

Offer to God the places of your day, the people you will meet, and the ways you will spend your time, that God may be glorified, and Christ revealed, in all you are and all that you do.

Christ be with me, Christ within me,  
Christ behind me, Christ before me,  
Christ beside me, Christ to win me,  
Christ to comfort and restore me.  
Christ beneath me, Christ above me,  
Christ in quiet, Christ in danger,  
Christ in hearts of all that love me,  
Christ in mouth of friend and stranger.  
Amen.

*from St Patrick's Breastplate*

# Prayers in the midst of everyday life

Use one or both of these brief "pauses" during the day. Give thanks for the blessings you have received and take a moment to be aware of God in what you are doing.

## 1. THE BLESSINGS OF LIFE

God is good  
all the time.  
All the time  
God is good.

O Lord, you have searched me out and known me; you know my sitting down and my rising up; you discern my thoughts from afar. You mark out my journeys and my resting place and are acquainted with all my ways.  
Amen.

*Psalm 139:1-2*

Lord of creation,  
whose glory is around and within us:  
open our eyes to your wonders,  
that we may serve you with reverence  
and know your peace at our lives' end,  
through Jesus Christ our Lord.  
Amen.

## 2. THANKFULNESS IN BUSYNESS

Lord, you are ever watchful  
and bless us with your gifts;  
as you provide for all our needs,  
so help us to build only what pleases you,  
through Jesus Christ our Lord.  
Amen.

Unless the Lord builds the house, those who build it labour in vain. Unless the Lord keeps the city, the guard keeps watch in vain.

*Psalm 127:1-2*

Lord Jesus Christ, we thank you  
for all the benefits that you have won for us,  
for all the pains and insults  
that you have borne for us.  
Most merciful redeemer,  
friend and brother,  
may me know you more clearly,  
love you more dearly,  
and follow you more nearly,  
day by day. Amen

# Evening prayer: God in our every day

Many Christians use a special "examen" (a Latin word for "a means of examining") at the end of the day. An examen has six simple steps:

## 1. FIND A PLACE TO BE STILL

Wherever you are, sit comfortably and be still. Relax, but try to be attentive to yourself and to God.

## 2. GIVE THANKS FOR THE GOOD THINGS OF TODAY

Recall one moment that you are grateful for from today. Remember how you felt. Notice these feelings and reflect that all good things come from God. Offer your thanks.

## 3. LET GO OF THINGS BOTHERING YOU

What's on your mind at the moment? What is making you feel awkward or anxious? Raise these things to God and ask for the freedom that comes with the presence of the Holy Spirit.

## 4. REVIEW YOUR DAY

Try to recall the other events of the day. Reflect on what has happened and how you feel about it. Trust the Holy Spirit to show you the things that are important to think through and the insights that are important to know.

## 5. TALK WITH GOD

Tell God anything that comes to mind – jot it down, speak it out or think it through. God already knows our needs, this is to help us identify what we need to be aware of, let go or recognize.

## 6. FINISH YOUR PRAYER

An examen prayer can take a few minutes or a good hour. However long you have been able to give, offer this time to God with a closing prayer.