

Prayers for the Day

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Design by Hilary Horn at



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Pausing to sit in the presence of God for a few minutes at regular intervals is good for our physical, emotional and spiritual health. These prayers are designed to assist you in establishing a daily rhythm of prayer and reflection.

This set of ten prayers include three morning, three evening and four general prayers for the day. Each prayer is paired with a photo to help you focus and enter into that still place where you can hear God's voice. On the back of each card is a short reflection or activity to deepen the impact of the prayer. Prayerfully consider ways to pause throughout the day for 2-3 minutes at a time. Choose an appropriate prayer for the time of day and renew your spirit with its words.

Morning

*Lord Jesus Christ,
in day's first light
I look to you.
In early morning sounds
I listen for your voice.
In the glow of the rising sun
I see your face.
Lord Jesus Christ,
in the dawning of this day
I seek your presence
in the depths of my heart.
I turn myself toward your holy place,
and bow before you
in reverent prayer.
I yearn for your abiding love
in the innermost places of my being.*



An old story tells of a Godly monk who asked his students: “How do you know when the darkness is dispelled and the dawn has come?” “Is it when we can tell the difference between a dog and goat?” they asked. “No” said the wise old man, “we know the dawn has come when we can see in the countenance of another the face of Christ”. Where do you expect to see the dawn today in the faces of those you encounter?



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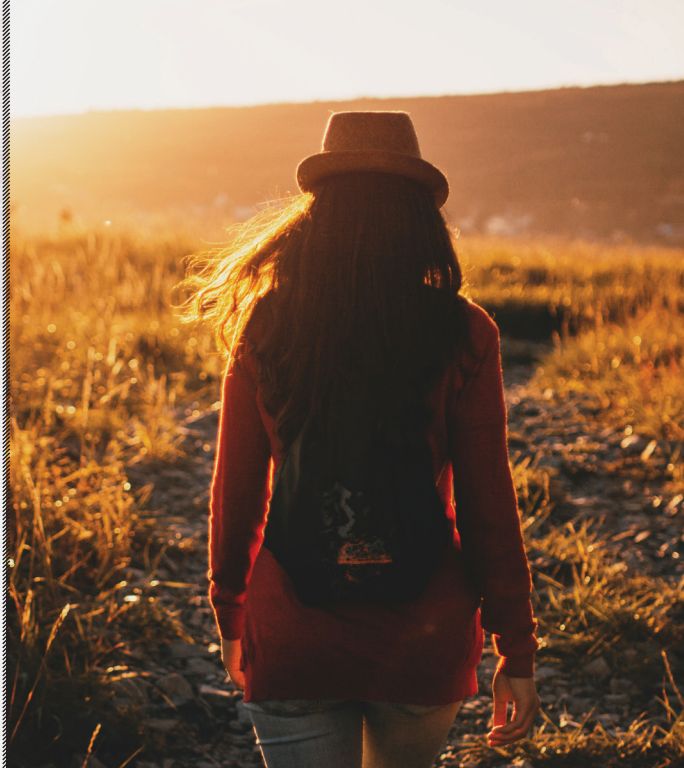
*Lord, let us walk into this day,
Your light before us,
Your shield behind us,
Your friends beside us.*

*Lord, let us walk into this week,
Your life before us,
Your strength behind us,
Your love around us.*

*Lord, let us walk into this place,
Your wisdom before us,
Your truth behind us,
Your breath within us.*

*Lord, let us walk into the world,
gratitude in our hearts,
thanksgiving on our lips,
joy in our spirits.*

*Creator, Redeemer, Sustainer,
let us walk into your presence,
whenever we may go.*



“All us walking”, says Archbishop Blase Cupich in the introduction to Pope Francis’ book, *Walking with Jesus*. Each step we take during the day is a day closer to God and to our neighbors. Where do you think today’s journey will take you? Reflect on the steps you plan to take today and how they can draw you closer to God and to those you encounter.



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*Thank you, Lord
for this day,
for the promise of its unfolding,
and the mark of your glory
on it, on me, on all creation.
May the day's course
run down the channel
of your will.
Empower me to surrender
myself, my time, my actions.
Guide my wishes to your desires
for wholeness, beauty, shalom.
Conform my plans to yours.
I am a pen in your hand.
Write within me,
through me, in me,
something beautiful
or your creating.*



Each day holds the promise of a new glimpse of God's shalom world, new opportunities to enable God's wholeness to flourish. Reflect on your schedule and expectations for the day. Where do you sense God could use you as an instrument of shalom, wholeness and abundance?



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Pauses in the Moment

*Rest in the moment,
Breathe,
look,
listen.
savor what is now.
Rest in the moment,
enjoy God's rainbow colors,
let their beauty fill you,
their glory speak to you,
their mystery
lodge in your soul.
Sit in peace,
share love,
enjoy life,
find God.*



Christ is meant to be the center around which all of life revolves, yet to pause and let go of our busyness even for a few minutes is not easy. Recentering ourselves throughout the day on the presence of Christ within is an important way to reset our priorities. Close your computer, shut off your phone and look around at God's world. What makes you aware of the presence of God in this moment?



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*Rest in the moment.
savor its beauty,
inhale its fragrance,
listen to its music.
Rest in the moment.
Live not in the regrets of the past
or the anxieties of the future.
Be content with what is.
Rest in the moment.
Let the wonder of its gifts
open before you,
like an unfurling flower.
Rest in the moment,
let go of your distractions,
learn from your inner chaos,
create within you
a place of prayer.*



Ann Voskamp says: “Life is too urgent to be lived fast, too important to be consumed in a blur of activity, too precious to not take notice of the God moments that burst out in an unexpected hug and unanticipated beauty”. Sit quietly for a couple of minutes and reflect on the God moments that have caught your attention today. Thank God for them.



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*God, I sit in the stillness
of this moment,
and surrender to the whisper
of your love.
In this place of quiet,
time is stilled,
and place gives fertile ground
for seeds to sprout.
I sit in silence,
breathing in.
The essence of your presence
fills me,
it shimmers through creation.
All is translucent,
alive with the wonder
of your love.*



Busyness, work, noise and the urgency of our work and other commitments quickly crowd out our awareness of God. Close your office door or walk away from your desk. Sit or stand in silence for a few minutes. Take some deep breaths in and out and center yourself on the presence of God. What is one way you could draw closer to God in this moment?



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*Walk with us, Lord,
through all the twists
and turns of life.
Walk with us, Lord
when the clouds
obscure the way;
Walk with us, Lord,
when what once seemed close
now looks so far away.
Walk with us, Lord,
until we trust in you,
and walk the path
that leads
to the center of your love.*



All life is a pilgrimage, a journey in which we meet strangers with different viewpoints, across valleys of doubt and venture into questionable neighborhoods. In all these places we encounter the risen Christ who invites us into abundant life. Where today have you struck out from the familiar and found new friends, or a new perspective on the world?



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Night

*Welcome, Lord, welcome,
welcome into this night.
Relax our bodies,
calm our fears,
dispel our doubts.
Welcome, Lord, welcome,
welcome into the darkness.
Quiet our minds,
still our thoughts,
rest our souls.
Welcome, Lord, welcome,
welcome into our sleep.
Refresh our spirits,
restore our peace,
bring new life.
Amen.*



We more willingly embrace day than night. Many of us are afraid of the dark, yet it is here that seeds germinate and life grows. As you prepare for sleep, lie quietly in the dark for a few moments. Take some deep breaths in and out to relax your body. Welcome the night and all it holds of God's darkness and growth.



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*God, as the night descends,
circle what is good within us.*

*Nourish it,
grow it.*

*Christ, as the day ends,
circle what is true within us.*

*Awaken it,
free it.*

*Spirit, as the darkness comes,
circle what is holy within us.*

*Cherish it,
sanctify it.*

*Righteousness and faithful God,
this day, this night,
circle your image within us.*

Give it life.



We are surrounded by the circle of God's love which is centered on the coming of Christ into our lives and into our world. As you prepare for sleep, imagine yourself lying in the embracing circle of God's love. Reflect on how your day's activities have both strengthened and weakened the circle of God's presence around you.



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*God, at the ending of this day,
let me rest
in the place of stillness,
where you fill my body
with peace beyond understanding.
Christ as the darkness comes,
let me rest
in the place of quiet,
where you fill my soul,
with love beyond knowing.
Spirit, as sleep enfolds me,
let me rest
in the place of trust,
where you fill my heart
with the joy beyond imagining.
Let me rest
in the presence of God,
where all that I am and all that I do
is filled with God
who is beyond comprehending.*



As the day ends, we need to put to rest all our doubts and fears and thank God for the joys and beauty it has unfolded. What has made you feel close to God today? What has distanced you from God? Reflect on these things, commit them to God and offer a prayer of thanks and praise.



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