Morning Prayer

Pause - Set Your Mind On God and let go of any distractions.

Rejoice - Spend time worshipping and thanking God for **Rejoice** - Spend time worshipping and thanking God for what he has done in your life.

Ask - Spend time asking God for your needs and the needs of others.

Yield - Spend time saying "Yes" to God and what He wants for your life.

Midday Prayer

Pause - Set Your Mind On God and let go of any distractions.

what he has done in your life.

Ask - Spend time asking God for the salvation of a coworker, family member, or friend. Pray that God will use you to make a difference in their life.

Yield - Spend time saying "Yes" to God and what he wants for your life.

Evening Prayer

Pause - Set your mind on God and let go of any distractions.

Replay - Review your day and look for 3 things: 1) Where was God at work today? 2) Where did I respond to God and those around me in the right way? 3) Where did I fall short and sin against God or those around me?

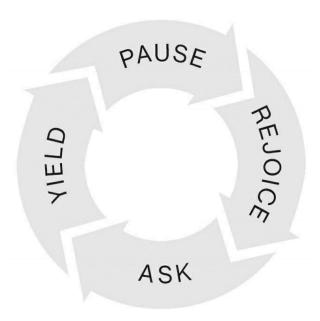
Rejoice - Spend time thanking God for all the ways he was present, both small and large, in your life today.

Repent - Spend time repenting of the moments where you fell short and sinned against God or those around you.

Reboot - Turn your attention to tomorrow and spend time asking for God's strength to face then next day.

Adapted from: Greig, Pete. How to Pray: A Simple Guide for Normal People. NavPress, 2019.





Prayer Guide