

John Stott's daily morning prayer:

Good morning, Heavenly Father;
Good morning, Lord Jesus;
Good morning, Holy Spirit.

Heavenly Father, I worship you as the Creator and Sustainer of the universe.

Lord Jesus, I worship you, Saviour and Lord of the world.
Holy Spirit, I worship you, Sanctifier of the people of God.

Glory to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and will be forever. Amen.

Heavenly Father, I pray that I may live this day in your presence and please you more and more.

Lord Jesus, I pray that this day I may take up my cross and follow you.

Holy Spirit, I pray that this day you will fill me with yourself and cause your fruit to ripen in my life: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Holy, blessed, and glorious Trinity, three persons in one God, have mercy upon me. Amen.

How to have a 10 minute quiet time (using P.R.A.Y.)

Pause – sit quietly for a minute, stilling your soul. (1 min)

Rejoice – read a Psalm (8; 65; 95: 1-7; 98; 100; 103: 1-5; 111; 118: 1-9; 147) or listen to a worship song/pray some hymn words. Hallow his name – recall the names of God you know, recall the characteristics of God, focus on who is this God you are praying to. (2 min)

Ask – Tell God what's on your heart – how you are feeling/connect with him. **Tell God about your day** – the bits you are looking forward to/will find easy; bits not looking forward to/find hard; bits you want his help with. **Tell God about others** - naming each person before God. (3 min)

Yield – Read a few verses from the New Testament (The Lord's Prayer (Matt 6: 9-13), the Beatitudes (Matt 5: 1-12), Sermon on the Mount (Matt 5: 13- 7: 29), a parable, until a phrase pops out at you and then talk to God about it.

Are there any sins you need to confess?
Ask the **Holy Spirit to fill you afresh.** (3 min)

Amen - Pray the Lord's Prayer. (1 min)

How to have a 30 minute quiet time (using The Lord's Prayer)

Our Father in heaven (2 min)

Pause. Be still. Vacate from being God. Sit quietly imagining being with Your Father in heaven. Give thanks for his love for you, he likes you, he wants to spend time with you. He knows your heart.

Hallowed be your name (3 min)

Read a Psalm (8; 65; 95: 1-7; 98; 100; 103: 1-5; 111; 118: 1-9; 147) or listen to a worship song/ pray some hymn words. Hallow his name – recall the names of God you know, recall the characteristics of God, focus on who is this God you are praying to. Use the 1st half of John Stott's daily prayer.

Do Centring prayer to help us pray Our Father in heaven hallowed by your name.

Your kingdom come, your will be done. (3 min)

What would it look like for God's kingdom to come in the three circles of your life today:

1. Pray for your self – use 2nd half of John Stott's daily prayer
2. Pray for your friends and family
3. Pray for the wider world (perhaps focusing on situations in the news).

Give us this day our daily bread (15 min)

The Word of God is our daily bread:

- Read some Daily Bible reading notes
- Use some Daily reflections book
- Choose a Book from the Bible – read 1 section/story
- Use Sunday's reading(s)
- Use You Version bible reading plans

The key is not to read the Bible but let it read you; not to accomplish a chapter etc but stay with it/dwell with it, let something strike you. The emphasis here is on quality not quantity. When a phrase resonates with you, treat it as if God is starting a conversation by pausing to pray about it.

Forgive us our sins as we forgive others (2 min)

Review the last 24 hours, allow the Holy Spirit to reveal any sinful thoughts, words and deeds, omissions. Are there people we need to apologise to, or others we need to forgive?

Lead us not into temptation but deliver us from evil. (2 min)

Pray protection for yourself and for those you love, for the church.

For the kingdom, the power and the glory are yours (3 min)

Finish by reading a Psalm or listen to a worship song/pray some hymn words, or verses from Revelation:

Holy, holy, Holy is the Lord God Almighty

Holy, Holy, Holy is the Lord who was, and is, and is to come

Worthy are you Lord to receive

Power and wealth; wisdom and strength;

Honour, glory and praise.

Great is the Lord and most worthy of praise

For You alone are God eternal

Throughout the earth and heaven above.