

Creating a Daily Prayer

What is your deepest prayer of each day? Daily prayer shapes our lives, setting our intentions, stating our resolve and preparing us for each day. What is your daily prayer? What are the deep values and hopes of your faith? A daily prayer acts as a hope, a mantra, even a litany.

Here are two examples of a personal daily prayer:

1) My own is drawn from desires to engage the world and it's people around me... **"Let me love. Let me learn. Let me serve."**

2) Another example is a daily prayer that we derived from Micah 6:8: **"He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?"** This passage presents three main ideas: *justice, kindness and humility*. From Micah 6:8 we created a daily prayer that looks like this: **"Help me be kind. Help me be true. God, I give myself to you."**

Your daily prayer can be based on a passage or the best themes and values of your faith... just be sure to think of the way you'd like your prayer to remake the world around you and your own soul. Daily prayers should be hopeful and transformational. They don't have to rhyme, that was just a lucky happenstance when we made a prayer from Micah 6:8.

1) Foundation

What is the basis of your prayer? Is it a passage? Is it a group of values or themes? Start with that basis and begin experimenting with words and expressions. Some examples of great passages might be Matthew 5:1-12, 5:13-16, or 22:34-40. We liked Micah 6:8. You might also use some ideas from Romans 12:9-21 or 2 Peter 1:3-11.

What are the basic building blocks of your prayer, words or phrases:

2) Expression

Practice writing out a short prayer that expresses these foundational ideas. Some guiding principles should be that the wording is **brief, clear** and **memorable**. This is not a theological treatise, but it's an expression of our heart's truest desire.

3) Practice

Now that you've written a prayer, use it! How does this prayer work for you? Does it seem to inform the day and be easily incorporated into your life? Has it helped you focus tune into God's will? Have you come to a necessary revision from using it?

Finally...

Are you an artist or a creative soul? Make a drawing of your prayer or a digital graphic of it. Your daily prayer is an exercise of faith and spiritual activity, so be experimental and exploratory! *Engage your imagination!*

Daily prayers are not magical formulas or special ways to force God into doing something for us, but they are a spiritual practice giving us strength when needed, extra joy when happy and wisdom when pressed. Be bold! Be hopeful and dare to dream great things in your prayer!

May the Spirit lead you to pray as needed and give you joy in the time spent exploring your pursuit of God. Amen.



Help me be kind.
Help me be true.
God, I give myself to you.