

# a Daily Cycle of Prayer

## *Waking*

Our Father, who art in heaven:  
hal lowed be thy name.

Seven times a day I praise thee for thy righteous ordinances. —*Psalm 119:164*

*Father, may my thoughts be toward you today, and all my actions be upright, honoring to your name, through the mercy of Christ..*

## *Breakfast*

Thy kingdom come, thy will be done  
on earth as it is in heaven.

For the earth will be filled with the knowledge of the glory of the LORD, as the waters cover the sea.  
—*Habakkuk 2:14*

*Let what I do today be consistent with your will, O Lord. Let your kingdom be realized in my life, Jesus being my helper, and in the lives of others around me.*

## *Luncheon*

Give us this day our daily bread.

He who supplies seed to the sower and bread for food will supply and multiply your resources and increase the harvest of your righteousness. —*2 Corinthians 9:10*

*Thank you, God, for supplying my every need. Thank you for your Holy Spirit, and for the Word of Christ, the bread of life.*

## *Midafternoon*

And forgive us our trespasses,  
as we forgive those who trespass against us.

Bless the LORD, O my soul, and forget not all his benefits,  
who forgives all your iniquity, who heals all your diseases,  
who redeems your life from the Pit, who crowns you with steadfast love and mercy. —*Psalm 103:2-4*

*I praise you, Father, for every benefit you have given me, above all for my new life in Christ. May I forgive those who wrong me, for I have been forgiven so much!*

## *Supper*

And lead us not into temptation,  
but deliver us from evil.

God is faithful, and he will not let you be tempted beyond your strength, but with the temptation will also provide the way of escape, that you may be able to endure it. —*1 Corinthians 10:13*

*Lord, when I am tested by the pressures of life, send your Holy Spirit to help me, and keep me from harm.*

## *Evening*

For thine is the kingdom, and the power,  
and the glory forever. Amen.

Not to us, O LORD, not to us, but to thy name give glory, for the sake of thy steadfast love and thy faithfulness! —*Psalm 115:1*

*As I think over today's events, O Lord, let me never glory in myself but only in your faithfulness, through Jesus Christ.*

## *Retiring*

Our Father, who art in heaven:  
hal lowed be thy name.

In peace I will both lie down and sleep; for thou alone, O LORD, makest me dwell in safety. —*Psalm 4:8*

*I have spent this day with you, Lord! Protect me through the night, and prepare my tomorrow as another day to your praise. ✠ In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*