



DAILY PRAYER PROJECT

ANIMATING A LIFE OF PRAYER THROUGH THE MANIFOLD BEAUTY OF THE CHURCH

PRAYERS

for Morning & Evening



Methods & Elements

Each day of the LPP features morning and evening prayer liturgies framed by seven core elements. Everyone's style of praying is different because every person is different. Beyond that, Christian prayer varies widely across cultures and denominations. No single method can capture this. However, we hope you find within the LPP a rhythm that gives enough structure and freedom to facilitate a diverse community of prayer. Every element is offered as a guiding movement, not as a binding rule. You are encouraged to modify the liturgy based on the context of prayer.

Consider establishing rhythms of prayer in your congregation, household, workplace, small groups, or other gatherings so that you might experience the formative reality of common prayer. If doing this liturgy individually, you are encouraged to take your time to soak it in. If doing it as a group, it may be best to alternate leading each element. Also, consider using different postures in prayer (standing, kneeling, lifted or open hands, lying prostrate, etc.) that fit your context.

CALL: There is an invitation always open to us. The Spirit of God calls us to come into the holy presence, and we respond to this welcome by entering in.

PSALM: The Psalms form the core language of prayer for people of God and have done so for thousands of years. The Psalms give us language and postures of heart and body to express in the presence of God.

ADORATION: We were created to adore God and in the place of worship we find the joy of this purpose. This adoration happens in both silence and song. We provide four songs per edition in the Songbook found on pages 46–49. Full recordings and resources for these songs and



others can be found at dailyprayerproject.com/songbook. You are also encouraged to sing songs from your own community.

LESSON: The scriptures give us the story of the Father's redemption of all things in the Son by the power of the Holy Spirit.

PRAYER: We are led across praise, confession, and guided intercessory prayer by our family of faith all over the globe and throughout time. We receive every prayer as a gift as we put them on our own lips and in our own hearts. These prayers range from traditional prayers of the universal church to more modern and meditative prayers.

ABIDING: In response to what we have encountered in the first five elements, Abiding is an opportunity for deeper communion and self-reflection through meditating on the scriptures (lectio divina), considering the art in the gallery (visio divina), or using our bodies to practice throughout the day or week (praxis divina). Out of that place, we are also prompted to pray for the needs of others in different stations of life.

BENEDICTION: We close our time with a word of love and blessing over our lives from God himself, the Alpha and the Omega, the Beginning and the End. Our journey of prayer is framed by the Call and the Benediction; God has the first and the last word over all things in our lives.

MORNING PRAYER

Call

Let everything that has breath praise the LORD!

Praise the LORD!

Psalm 150:6

Psalm

Read the Psalm of the day.

THE GLORIA

Glory be to the Father,
and to the Son, and to the Holy Spirit;
As it was in the beginning, is now,
and ever shall be: world without end.
Hallelujah! *Amen.*

Adoration

SILENCE OR SONG

Seasonal song selections can be found in the songbook.

Lesson

Read the Old Testament passage of the day.

Prayer

Grant us, O God, a vision of our land that is as beautiful as it could be: a land of justice where none shall prey on others; a land of plenty where poverty shall cease to fester; a land of kinship where success shall be founded on service; a land of peace where order shall not rest on force but on the love of everyone for their community. Give us grace to put this vision into practice through Jesus Christ our Lord. *Amen.*

Adapted from a prayer from the Christian Council of Nigeria.

Source unknown

Abiding

LECTIO DIVINA, VISIO DIVINA, OR PRAXIO DIVINA

Pause at the start of a new day. Enjoy communion with the living God: Father, Son, and Holy Spirit. Listen for the voice of God in the scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

PROMPTED PRAYER

- For the Spirit's power to move the mountains in your life
- For a deep love of and commitment to the place where God has put you
- For those who do not have adequate medical care

THE LORD'S PRAYER

Our Father who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from evil. For thine is the kingdom and the power and the glory, forever. *Amen.*

Benediction

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Romans 15:13



EVENING PRAYER

Call

Let everything that has breath praise the LORD!

Praise the LORD!

Psalm 150:6

Psalm

Read the Psalm of the day.

THE GLORIA

Glory be to the Father,
and to the Son, and to the Holy Spirit;
As it was in the beginning, is now,
and ever shall be: world without end.
Hallelujah! *Amen.*

Adoration

SILENCE OR SONG

Seasonal song selections can be found in the songbook.

Lesson

Read the New Testament passage of the day.

Prayer

The long day has worn out my body.
I give thanks that I was able to work hard for
a good cause— and that I earned some money.
Thanks, Lord,
that I could use my voice, my shoulders, my
arms, my hands. Lord, I am tired, I am falling
asleep, Hallelujah for this day! *Amen.*

A prayer of a young Ghanaian Christian, taken from
I Lie on My Mat and Pray: Prayers by Young Africans

Abiding

LECTIO DIVINA, VISIO DIVINA,
OR PRAXIO DIVINA

*Pause at the end of this day. Enjoy communion with the living God:
Father, Son, and Holy Spirit.*

*Listen for the voice of God in the scriptures. Read. Meditate. Pray.
Contemplate. Seek God's face.*

INTERCESSORY PRAYER

Pray for the known needs of your church,
neighborhood, city, and world.

Benediction

May the God of hope fill you with all joy and
peace in believing, so that by the power of the
Holy Spirit you may abound in hope.

Romans 15:13

