

## **Simplified Daily Prayer**

*for life on desert islands or other forms of isolation.  
useful for mornings, evenings, and every hour in between.*

*“One day Peter and John were going up to the temple at the hour of prayer, at three o’clock in the afternoon.” –Acts 3:1*

Daily prayer is essential. We are invited to pray always (1 Thess 5:16) and seek first the kingdom of God (*Matthew 6:33*). How do we do that if we find ourselves without a devotion book, a hymnal, or worshiping community? Certainly, we can just pray. Turn to God as one turns to a very dear friend, the best of friends, who listens to us. This, too, is essential. But suppose you’re missing a more liturgical style of prayer, or you find that you don’t have any more words with which to pray, or mental prayer seems like you’re saying the same thing over-and-over again, or you’ve entered a desert in your prayer life. Do not despair! The long tradition of daily prayer in the church gives us guidance to pray using the very gift of God’s Word! We return to God what God has first given to us, God’s own living Word! All you need is a bible or at least a New Testament with the Psalms. (You could have just the psalms, but we’ll save that for a different day.)

Without getting too technical, this quick guide to praying daily using the scriptures can help you through times when you may not have access to regular devotional materials. This form of prayer can be used in the morning, or the evening, or anytime. Follow the same order of worship anytime you sit down to pray.

Naturally, you’ll want to practice this before you find yourself on a desert island, but with a few memorized verses and prayers and some familiarity with your bible (perhaps ribbon markers, sticky notes, bookmarks, palm branches, etc.), you will find a deeper devotion and love for God through the reading of God’s Word.

Peace and blessings,  
Pastor Ron Poe  
April 13, 2020



## An Order for Daily Prayer

**Introductory** – *This enters one into prayer. There are several options to begin prayer. You may use any of these below, choose a favorite verse or memorized prayer, or simply sit in silence, lifting your heart and mind to God.*

*Options include:*

**Sign of the Cross** *“In the name of the Father, and of the + Son, and of the Holy Spirit. Amen”*

**Doxology:** *“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.”*

**Psalm 70:1:** *“Be pleased, O God, to deliver me. O Lord, make haste to help me!”*

**Psalm 50:15:** *“O Lord, open my lips, and my mouth will declare your praise.”*

**Jesus Prayer:** *“Lord Jesus Christ, Son of God, be merciful to me, a sinner.”*

**Paschal Greeting:** *“Christ is Risen. Alleluia! Christ is Risen indeed.*

*Alleluia!*

**Hymn** – *If you’re fortunate to have access online to a recorded hymn or song, you can play it here. If you know a hymn by heart, sing it! You may also skip this step.*

**Psalmody** – *The practice of praying through the psalms is older than the Christian Church. You can follow a reading order of the Psalms, which is found at the end of this guide or you can begin with Psalm 1, and then read two to three Psalms at each prayer time. For example, if you were to read five psalms a day, you would read through the Psalms in a month. Start over from one if you run out to the end. Alternatively, if you happen to have a daily lectionary or reading guide you can read the psalm for the day here, but this assumes that all you have is your bible, so plan for two to three psalms a day.*

**Scripture Reading** – *Reading scripture is an important part of daily prayer. You can pick a book in the bible (Hebrew Bible, Old Testament, New Testament, doesn’t matter which book you choose) and read a section or chapter at each prayer sitting. Again, if you have access to a daily lectionary or reading guide, you may read those reading(s) here. Spend a few moments in silence after each reading and reflect on what God may be saying to you today through God’s Word.*

**Responsory** – *This is an opportunity to respond to the Word that you have read and heard today. You may re-read a verse that spoke to you from your reading here or simply say the doxology, “Glory to the Father, and to the + Son, and to the Holy Spirit.” Another option would be to pray the Jesus Prayer, “Lord Jesus Christ, Son of God, be merciful to me a sinner.”*

**Gospel Canticle** – Traditionally there are two Gospel canticles or songs used during daily prayer. They both come from St. Luke’s gospel and usually said as follows: Morning Prayer, Canticle of Zechariah (*Benedictus*): Luke 1:68-79 and Evening Prayer, Canticle of Mary (*Magnificat*): Luke 1:46b-55.

**Intersessions** – You are invited to pray for the needs of the church, the world, the nation, people, your needs, and all of God’s creation. These do not need to be formal petitions but simply an opportunity to place before God all that is needed, trusting that God will give what is needed according to God’s divine will.

**Lord’s Prayer** – Pray the prayer that Our Savior and Lord taught us. If you don’t know it, it is found in two places, Matthew 6:9-13 and Luke 11:2-4.

**Concluding Prayer** – Offer a prayer of praise to God giving thanks and imploring God’s help in all things today.

**Dismissal** – Bless yourself with the sign of the cross, which reminds you of your baptism. Ask God to bless you, protect you, and lead you to everlasting life.

from The Book of Common Prayer

		<b>Morning</b>		<b>Evening</b>
1	<input type="checkbox"/>	1 - 5	<input type="checkbox"/>	6 - 8
2	<input type="checkbox"/>	9 - 11	<input type="checkbox"/>	12 - 14
3	<input type="checkbox"/>	15 - 17	<input type="checkbox"/>	18
4	<input type="checkbox"/>	19 - 21	<input type="checkbox"/>	22 - 23
5	<input type="checkbox"/>	24 - 26	<input type="checkbox"/>	27 - 29
6	<input type="checkbox"/>	30 - 31	<input type="checkbox"/>	32 - 34
7	<input type="checkbox"/>	35 - 36	<input type="checkbox"/>	37
8	<input type="checkbox"/>	38 - 40	<input type="checkbox"/>	41 - 43
9	<input type="checkbox"/>	44 - 46	<input type="checkbox"/>	47 - 49
10	<input type="checkbox"/>	50 - 52	<input type="checkbox"/>	53 - 55
11	<input type="checkbox"/>	56 - 58	<input type="checkbox"/>	59 - 61
12	<input type="checkbox"/>	62 - 64	<input type="checkbox"/>	65 - 67
13	<input type="checkbox"/>	68	<input type="checkbox"/>	69 - 70
14	<input type="checkbox"/>	71 - 72	<input type="checkbox"/>	73 - 74
15	<input type="checkbox"/>	75 - 77	<input type="checkbox"/>	78
16	<input type="checkbox"/>	79 - 81	<input type="checkbox"/>	82 - 85
17	<input type="checkbox"/>	86 - 88	<input type="checkbox"/>	89
18	<input type="checkbox"/>	90 - 92	<input type="checkbox"/>	93 - 94
19	<input type="checkbox"/>	95 - 97	<input type="checkbox"/>	98 - 101
20	<input type="checkbox"/>	102 - 103	<input type="checkbox"/>	104
21	<input type="checkbox"/>	105	<input type="checkbox"/>	106
22	<input type="checkbox"/>	107	<input type="checkbox"/>	108 - 109
23	<input type="checkbox"/>	110 - 113	<input type="checkbox"/>	114 - 115
24	<input type="checkbox"/>	116 - 118	<input type="checkbox"/>	119:1 - 32
25	<input type="checkbox"/>	119:33 - 72	<input type="checkbox"/>	119:73 - 104
26	<input type="checkbox"/>	119:105 - 144	<input type="checkbox"/>	119:145 - 176
27	<input type="checkbox"/>	120 - 125	<input type="checkbox"/>	126 - 131
28	<input type="checkbox"/>	132 - 135	<input type="checkbox"/>	136 - 138
29	<input type="checkbox"/>	139 - 140	<input type="checkbox"/>	141 - 143
30	<input type="checkbox"/>	144 - 146	<input type="checkbox"/>	147 - 150

This guide may be reused monthly. For months with 31 days, read again the Psalms for day 30.