

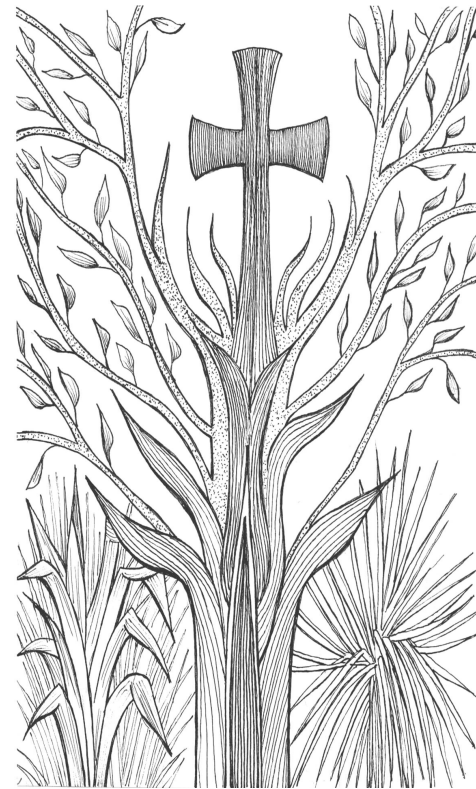
# A Simple Pattern

This simple pattern of prayer is designed to be used by anyone, at any time and in any place.

As well as speaking or reading in this prayer pattern you are encouraged to spend as much time listening – to God, to your circumstances and to yourself.

Where a Bible reading is suggested you may try using set readings such as the Lectionary or Prayer Handbook, or you may read steadily through a particular part of the Bible – a Gospel or the Psalms for instance. Alternatively, you may choose to dwell on a single verse.

Use the blank space below to note readings, thoughts or other useful resources.



Text - Ian Fosten: artwork - Lyn Carr as a contribution to

**Vision4Life**  
Transforming the church

Please send enquiries about this resource to [ian@fosten.com](mailto:ian@fosten.com)

## of Daily Prayer

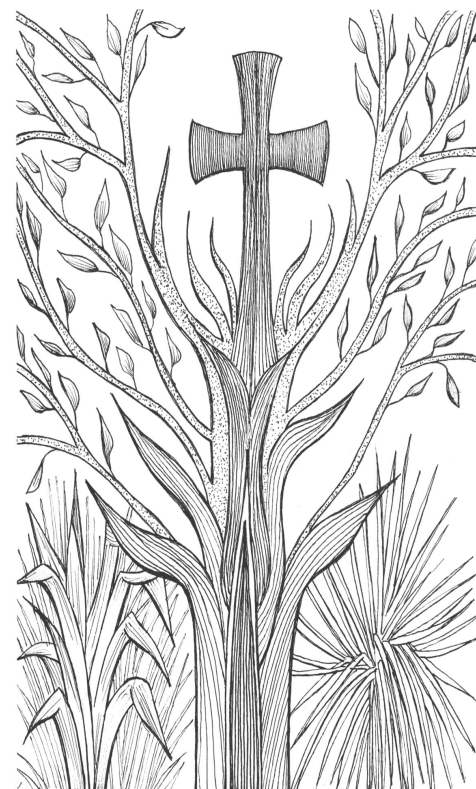
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## of Daily Prayer

## Morning

First thing,  
my Lord and God,  
as day begins  
refresh in me  
Your presence and Your peace.

*[A Bible passage is read  
or a verse recalled]*

First thing,  
my Lord and God,  
as day begins  
forgive in me  
unworthiness and sin.

*[The day ahead is reviewed,  
concerns are noted  
and held before God]*

First thing,  
my Lord and God,  
as day begins  
restore in me  
Your purpose  
and Your will.           Amen

## Midday

Lord Jesus,  
worker, healer and saviour,  
in the midst  
of this day's work  
I pause and listen for  
Your voice.

*[A time of quietness is kept]*

I offer up  
the business of today  
for You to scrutinize  
and bless.

*[Pause to consider  
the morning's activities  
and all that the rest  
of the day shall bring]*

Through my work, my words,  
my thinking and my resting  
may Your kingdom come.  
Amen

## Evening

*[A Bible passage is read  
or a verse recalled]*

Last thing,  
Holy Spirit,  
mysterious yet intimate,  
before the day concludes  
I give to You  
the people, places and events  
of which my waking hours  
have been composed.

*[In quiet  
the day is reviewed]*

Living God,  
Father, Son and Spirit,  
bless now my sleeping  
that tomorrow I shall wake  
refreshed and ready  
to know and love and serve You  
once again.   Amen

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