



WAYS TO CONNECT WITH GOD DAILY

"Holy Spirit, come and breathe upon the worries that can keep us far from you. And enable us to discover the wellspring of trust placed in the depth of our being."

#SPIRITUALLIFEHACK

–Bro. Roger of Taizé

- **Add Prayer to Whatever Exercise You Do Regularly**

Walking, running, yoga, treadmill, etc. (How to pray? Try Ann Lamotte's formula: Help! Thanks! Wow! For yourself, for others, for our world.)

- **Add Prayer To Any Activity You Do Daily**

Making coffee, unloading the dishwasher or laundry, putting the children to bed, sharing a meal, picking up the house. (How to pray? Try Anne Lamotte's formula: Help! Thanks! Wow! For yourself, for others, for our world.)

- **Centering Prayer**

6–6:30PM, Thursdays at Our Redeemer's. 10 minutes of quiet music in the candlelit sanctuary; 20 minutes of silence and openness to God. Or go here to find out how to do it at home: <https://tinyurl.com/ltuozx5>

- **Compline (Evening prayer)**

St. Mark's Cathedral, Sundays, 9–9:30PM. Didn't make it Sunday a.m.? You still have an option!

- **Walk A Labyrinth**

There are labyrinths at St. Andrew's (80th & 1st NE), a community labyrinth at Palatine and 1st NW behind Subway, at St. Mark's Cathedral, and at St. Paul's Episcopal on south Queen Anne (open 24/7 outside). For suggestions on how to pray a labyrinth go to www.wikihow.com/Meditate-in-a-Labyrinth.

- **Pick Up A "Christ in Our Home"**

Find this daily devotional booklet on the wall rack at church. Devote 5 minutes a day.

- **Listen To Devotional Music**

Check out I-Tunes for Taizé CD's, perhaps St. Olaf or PLU choir CD's. You can combine this with other things – exercise, daily chores, etc. But it is a wonderful gift just to see and take it in.

- **Use your computer or device**

- Before opening your computer for the day you can pray:

God, help me be a good steward of my time while I'm on my computer (tablet, phone). Help my messages and responses be part of how I love my neighbors. Be with those I interact with on-line, and with my co-workers and supervisor. I place myself, my work and my day in your hands, gracious God. Amen.

- You can set an electronic alarm during the day to remind you to stop, breathe and pray.
- You can keep an electronic prayer journal to remember those you want to pray for, and help you notice when prayers are answered. Your notes app will work great for this.

- **Go To Gratefulness.org**

Bro. David Steindl-Rast's beautiful 6-minute video helps regain perspective and joy:

<https://youtu.be/nj2ofrX7jAk>

"Live each day as if it were the very first day of your life and the very last."

- **Check these out for on-line prayers**

- www.unfoldinglight.net
- www.sacredspace.org
- www.prayasyougo.org
- www.thepaintedprayerbook.com

OPTIONS FOR BEGINNING EACH DAY

Have a Ritual Upon Waking

- Sit up in bed, breathe in a few deep breaths, stretch, make the sign of the cross on yourself, and remember your baptism: you are beloved just as you are; you are forgiven yesterday's mistakes and sins; you are free to begin a new day in God's grace and with God's guidance.
- Open your shades to let the light in. Pause. What do you see? Thank God for the new day. Stretch. Thank God for your body. As you shower, return to the waters of your baptism. Trust that God's grace means each day is a fresh start.
- Before you even get out of bed remember all you are grateful for. Thank God for each blessing that comes to mind. Some possibilities: Answered prayers. Your health. Not having to cook that night. Your imagination. The night of sleep just ended. Holding your child in your arms. Holding hands. Bringing joy or comfort to another person or creature. Moving on. Etc. Working with people you enjoy being around. The sound of raindrops on your roof. The sun.

Martin Luther's morning blessing:

God the Father, Son and Holy Spirit watch over me. Amen.

*I give thanks to you, heavenly Father,
through Jesus Christ your dear Son,
that you have protected me
through the night from all harm and danger.*

*I ask that you would also
protect me today from sin and all evil,
so that my life and actions may please you.
into your hands I commend myself:
my body, my soul, and all that is mine.
let your presence be with me,
so that the wicked foe may have no power over
me. Amen.*

Luther continues: *After singing a hymn, or
whatever else may serve your devotion, you are
to go to your work joyfully.*

Do a Morning Devotion

(A longer time of prayer, including scripture and reflection.)

Find a comfortable chair or posture, in a quiet spot -- near a window, on your back deck, for example.

Prayer:

O God, this morning I have come into the quietness and stillness of your presence to begin the day so that out of this moment I may take with me a quiet serenity which will last me through the rough and tumble of this day's life.

I want to begin the day with you, to continue it with you, and to end it with you. Hear my morning prayer in Jesus' name. Amen.

Before reading scripture, you may pray:

Lord, open my heart to be receptive to your voice. Please diminish distractions and busyness in my mind and spirit. Speak to me that I may hear, understand and act. In Jesus' name, Amen.

Find a Scripture to Read:

- The Lutheran Book of Worship (LBW) in our pews has daily Bible readings on page 191 for 19th week of Pentecost (Oct. 15) and following. Feel free to borrow the green LBW during this exploration.
- The Taize community in France offers a daily verse:
www.taize.fr/en_article1854.html
- The Luther Study Bible has bible readings for each day.
- The Vanderbilt Divinity Library provides daily readings:
<http://lectionary.library.vanderbilt.edu/daily.php?year=A>

Pray Freely:

Pray for whatever is on your mind and heart, and for others.

A Prayer of Renewal To Begin the Day:

*Keep me close to you today, O Lord, and free me to
Replace worry with wonder,
Replace anxiety with your peace that passes understanding,
Replace fear with love,
Replace stress with gratitude,
Replace impatience with being present,
Replace apathy with hope,
Replace defensiveness with openness,
Replace just existing with fullness of life.*

Be with me for another day, O Lord, and use me as you will. For Christ's sake I pray. Amen.

WAYS TO END EACH DAY

- **Confess**

*I will confess my sin to the Lord,
I will not conceal my wrongdoings.*

Silence for reflection and naming of our sin.

*God, forgive me and heal me.
I need your healing, merciful God.*

*Some of my sin is plain to me;
some escapes me,
some I cannot face.*

*Forgive me.
Set me free to hear your word to me.
Set me free to serve you. Amen.*

*Receive God's forgiveness:
God who is rich in mercy, loved us even when we
were dead in sin, and made us alive together with
Christ.*

*By grace we have been saved. In the name of +
Jesus Christ, my sins are forgiven.*

*May God strengthen me with power through
the Holy Spirit, that Christ may live in my heart
through faith. Amen.*

- **Prayer for Night:**

*Lord,
It is night.*

*The night is for stillness.
Let us be still in the presence of God.*

*It is night after a long day.
What has been done has been done;
What has not been done has not been done;
Let it be.*

*The night is dark.
Let our fears of the darkness of the world
and of our own lives rest in you.*

*The night is quiet.
Let the quietness of your peace enfold us,
All dear to us,
And all who have no peace.*

*The night heralds the dawn.
Let us look expectantly to a new day,
new joys,
new possibilities.*

In your name we pray. Amen.

- **Martin Luther's Evening Blessing:**

*God the Father, Son and Holy Spirit watch over
me. Amen.*

*I give thanks to you, heavenly Father,
through Jesus Christ your dear Son,
that you have graciously protected me today.*

*I ask you to forgive me all my sins,
where I have done wrong,
And graciously to protect me tonight.*

*Into your hands I commend myself:
My body, my soul, and all that is mine.*

*Let your holy presence be with me, so that the
wicked foe may have no power over me. Amen.*

*Luther continues: Then you are to go to sleep
quickly and cheerfully.*

Do an Evening Devotion

(A longer time of prayer, including scripture and reflection.)

Find a comfortable chair or posture, in a quiet spot. You may want to light a candle.

Prayer:

O God, this evening I have come into the quietness and stillness of your presence to close the day with you, so that out of this moment I may take with me a quiet serenity which will last me through the night. Hear my evening prayer for Jesus' sake. Amen.

Before reading scripture, you may pray:

Lord, open my heart to be receptive to your voice. Please diminish distractions and busyness in my mind and spirit. Speak to me that I may hear, understand and act. In Jesus' name, Amen.

Find a Scripture to Read:

- The Lutheran Book of Worship (LBW) in our pews has daily Bible readings on page 191 for 19th week of Pentecost (Oct. 15) and following. Feel free to borrow the green LBW during this exploration.
- The Taize community in France offers a daily verse:
www.taize.fr/en_article1854.html
- The Luther Study Bible has bible readings for each day.
- The Vanderbilt Divinity Library provides daily readings:
<http://lectionary.library.vanderbilt.edu/daily.php?year=A>

Pray Freely:

Pray for whatever is on your mind and heart, and for others.

A Prayer of Renewal To Close the Day:

*Free me this evening, O Lord,
From all fear of the future,
From all anxiety about problems,
From all bitterness toward anyone,
From all anger at petty irritations,
From all negative thinking about others and self,
From all cowardice in speaking the truth,
From all rationalizations for the choices I have made,
From all weakness when your power is at hand.*

But fill me

*With Love that knows no barrier,
With compassion that reaches to all,
With forgiveness that is rooted in your grace,
With hope strong enough for the darkness,
With strength sufficient for my tasks,
With guidance to help me bring your Kingdom,
With justice that works for the least,
With wisdom to meet life's complexities,
With the peace and power that come from you alone.*

In Jesus' name I pray. Amen.