

Daily Prayer Plan

The following orders of prayer, index of prayers, and Psalm cycle charts are put together so that you may have an example of what structured prayer can look like. It has been put together from my own personal experience with doing the Daily Office and praying extemporaneously on my own. It is in no way “the best” or “only” way to pray, but a heartfelt effort to help another pilgrim follow in the way of our Lord. If this style of structured prayer is fruitful in your prayer life, I encourage you to look into the Daily Office. The 2019 Book of Common Prayer, The Ancient Faith Prayer Book, or the Lutheran Book of Worship have excellent resources to help you dig into an ancient and storied way of praying. May you be blessed by in your prayer life and grow ever closer to our gracious God.

Pastor Ethan Zimmerman

Waking Prayers

As soon as you wake up in the morning, kneel beside your bed or assume another reverent position, and pray the following:

- While making the sign of the cross say, “In the name of the Father, and of the Son, and of the Holy Spirit”.
- Apostle’s Creed
- Lord’s Prayer
- Luther’s Morning Prayer
 - “I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.”

Morning Quiet Time

After you have awoken and said your waking prayers, find a piece of time in your morning routine, preferably before you leave the house for the day, anywhere between 10-30 minutes, and spend some quiet time with the Lord. Ideally, this should involve prayer, reading of Holy Scripture, and more prayer. Below is an example order of prayer.

- Trisagion, pray it three times (Ancient prayer meaning “Thrice Holy”)
 - “Holy God, Holy Mighty, Holy Immortal One, have mercy on us”
- Sit in silence, stillness and meditate on God’s mercy and compassion in your life, pray as you are led. This can take as long as you need it to be and can change day to day.
- Pray the Psalms from whatever Psalm reading plan you are following. If there are Psalms for morning and evening, pray the Psalms for the morning. If there are just Psalms for a day, then pray as many of the Psalms as you feel led in the morning and pray the rest in the evening.
 - After you pray the Psalms, pray this prayer, called the Gloria, “Glory be to the Father, and to the Son, and to the Holy Spirit, both now and forever, and to the ages of ages, Amen.”
- Sit in silence and in stillness and meditate on the Psalms you just prayed.
- Read the days portion from whatever Bible reading you are following. You may simply pick a book and read a chapter a day or read several verses at a time, whatever you feel led to pursue, as long as you are reading Holy Scripture.
 - Before reading, pray this, “Your Word is a lamp to my feed and a light to my path, speak Lord Your servant is listening”. (Taken from Psalm 119:105)
- A Prayer for Guidance
 - “Guide my steps according to Your word, and let no iniquity hold sway over me. Deliver me from the slander of men, and I shall keep Your commandments. Cause your countenance to shine upon Your servant, and teach me Your statutes. Let my mouth be filled with Your praise, O Lord, that I may sing Your glory and splendor all day long. Amen.”
- Pray the Gloria and go about your day.

Evening Quiet Time

After you have come home for the day or have a moment to stop, be still, and pray, the following order may be used. This time is more prayer focused, but Scripture reading may be utilized.

- Trisagion, pray it three times (Ancient prayer meaning “Thrice Holy”)
 - “Holy God, Holy Mighty, Holy Immortal One, have mercy on us”
- Sit in silence, stillness and meditate on God’s mercy and compassion in your life, review your day and pray as you are led. This can take as long as you need it to be and can change day to day.
- Pray the Psalms from whatever Psalm reading plan you are following. If there are Psalms for morning and evening, pray the Psalms for the evening. If there are just Psalms for a day, pray the rest of the Psalms for that day that you did not pray in the morning.
 - After you pray the Psalms, pray this prayer, “Glory be to the Father, and to the Son, and to the Holy Spirit, both now and forever, and to the ages of ages, Amen.”
- Sit in silence and in stillness and meditate on the Psalms you just prayed.
- A Prayer for the Evening Hour
 - “O Lord, grant that this evening we may be kept without sin. Blessed are You, O Lord, the God of our fathers, and praised and glorified is Your name forevermore. Amen. May Your mercy, O Lord, be upon us, for in You have we put our trust. Blessed are You, O Lord; teach me Your statutes. Blessed are You, O Master; make me understand Your statutes. Blessed are You, O Holy One; enlighten me with Your statutes. Lord, Your mercy endures forever, despise not the works of Your hands. To You is due praise, to You is due song, to You is due glory, to the Father and to the Son and to the Holy Spirit, now and forever, and to the ages of ages. Amen.”
- Pray the Gloria and go about your evening.

Sleeping Prayers

Right before you go to sleep, sit, kneel or assume another reverent position, and pray the following:

- While making the sign of the cross say, “In the name of the Father, and of the Son, and of the Holy Spirit”.
- Apostle’s Creed
- Lord’s Prayer
- Luther’s Evening Prayer
 - “I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day; and I pray that You would forgive me all my sins where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.”

An Index of Useful Prayers

- Jesus Prayer
 - “Lord Jesus Christ, Son of God, have mercy on me, a sinner.”
- Gloria
 - “Glory be to the Father, and to the Son, and to the Holy Spirit, both now and forever, and to the ages of ages, Amen.”
- Trisagion
 - “Holy God, Holy Mighty, Holy Immortal One, have mercy on us.”
- For Times of Trouble
 - “O Lord of Hosts, be with us. For in times of distress we have no other help but You. O Lord of hosts, have mercy on us.”
- For Times of Temptation
 - “O Jesus Christ, Sovereign Master, help me and do not let me sin against You. Incline not my heart to words or thoughts of evil, but deliver me from all temptation. Amen.”
- A Prayer for the Afflicted
 - “Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love’s sake. Amen.”
- For Mercy
 - “Almighty God, you have not dealt with us according to our sins, nor rewarded us according to our iniquities; grant that we, who for our evil deeds deserve to be punished, by the might of your grace may mercifully be relieved; through our Lord and Savior Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen”

- A Prayer for Spiritual Warfare
 - “Almighty God, give us grace to cast away the works of darkness, and put on the armor of light, now in the time of this mortal life in which your Son Jesus Christ came to visit us in great humility; that in the last day, when he shall come again in his glorious majesty to judge both the living and the dead, we may rise to the life immortal; through him who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.”
- For Contemplating the Cross
 - “Almighty God, whose Son our Savior Jesus Christ was lifted high upon the Cross that he might draw the whole world to himself: Mercifully grant that we, who glory in the mystery of our redemption, may have grace to take up our cross and follow him; who lives and reigns with you and the Holy Spirit, one God, in glory everlasting. Amen.”
- A Prayer of Good Courage
 - “O God, you have called us to ventures of which we cannot see the ending, by paths as yet untrodden, through perils unknown. Give us faith to go out with good courage, not knowing where we go, but only that your hand is leading us and your love supporting us, through Jesus Christ our Lord. Amen.”
- For Desiring God
 - “O God, grant that we may desire you, and desiring you seek you, and seeking you find you, and finding you be satisfied in you forever. Amen.”
- For Satisfaction in Christ
 - “O God, of your goodness, give me yourself, for you are enough for me. I can ask for nothing less that is completely to your honor, and if I do ask anything less, I shall always be in want. Only in you I have all. Amen.”
- For Seeking God
 - “Teach me to seek you, and as I seek you, show yourself to me; for I cannot seek you unless you show me how, and I will never find you unless you show yourself to me. Let me seek you by desiring you, and desire you by seeking you; let me find you by loving you, and love you in finding you. Amen.”

30 Day Psalm Cycle

Date	Morning Prayer Psalms	Evening Prayer Psalms
1	1, 2, 3, 4, 5	6, 7, 8
2	9, 10, 11	12, 13, 14
3	15, 16, 17	18
4	19, 20, 21	22, 23
5	24, 25, 26	27, 28, 29
6	30, 31	32, 33, 34
7	35, 36	37
8	38, 39, 40	41, 42, 43
9	44, 45, 46	47, 48, 49
10	50, 51, 52	53, 54, 55
11	56, 57, 58	59, 60, 61
12	62, 63, 64	65, 66, 67
13	68	69, 70
14	71, 72	73, 74
15	75, 76, 77	78
16	79, 80, 81	82, 83, 84, 85
17	86, 87, 88	89
18	90, 91, 92	93, 94
19	95, 96, 97	98, 99, 100, 101
20	102, 103	104
21	105	106
22	107	108, 109
23	110, 111, 112, 113	114, 115
24	116, 117, 118	119:1-32
25	119:33-72	119:73-104
26	119:105-144	119:145-176
27	120, 121, 122, 123, 124, 125	126, 127, 128, 129, 130, 131
28	132, 133, 134, 135	136, 137, 138
29	139, 140	141, 142, 143
30	144, 145, 146	147, 148, 149, 150

60 Day Psalm Cycle

Date	Month One Psalms	Month Two Psalms
1	1, 2, 3, 4, 5	82, 83, 84, 85
2	6, 7, 8	86, 87, 88
3	9, 10, 11	89
4	12, 13, 14	90, 91, 92
5	15, 16, 17	93, 94
6	18	95, 96, 97
7	19, 20, 21	98, 99, 100, 101
8	22, 23	102, 103
9	24, 25, 26	104
10	27, 28, 29	105
11	30, 31	106
12	32, 33, 34	107
13	35, 36	108, 109
14	37	110, 111, 112, 113
15	38, 39, 40	114, 115
16	41, 42, 43,	116, 117, 118
17	44, 45, 46	119:1-32
18	47, 48, 49	119:33-72
19	50, 51, 52	119:73-104
20	53, 54, 55	119:105-144
21	56, 57, 58	119:145-176
22	59, 60, 61	120, 121, 122, 123, 124, 125
23	62, 63, 64	126, 127, 128, 129, 130, 131
24	65, 66, 67	132, 133, 134, 135
25	69, 70	136, 137, 138
26	71, 72	139
27	73, 74	140
28	75, 76, 77	141, 142, 143
29	78	144, 145, 146
30	79, 80, 81	147, 148, 149, 150