

Daily Prayer Plan

Prayer is an essential part of a disciple's walk with the Lord Jesus Christ, but where does one start? You may have heard of the acronyms of ACTS (Adoration, Confession, Thanksgiving, and Supplication) or PRAY (Praise, Repent, Ask, and Yield), both of which are great ways to structure your prayer time. I have found that praying prayers written by others and praying through parts of Scripture has been very beneficial and transformative in my walk with Christ. The following prayer orders have been loosely based on the Church's 2,000-year history of prayer services and I offer it to you as a simple way to structure your prayer time. May the Lord bless you as you walk with Him.

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 some time for your “First 15” and spend some quiet time with the Lord. Below is an example order of prayer.

- Trisagion, pray it slowly 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. This is a good time to read the Bible for your daily devotions.
- Pray Psalm 95:1-7 (ESV)
 - ¹Oh come, let us sing to the LORD;
let us make a joyful noise to the rock of our salvation!
 - ²Let us come into his presence with thanksgiving;
let us make a joyful noise to him with songs of praise!
 - ³For the LORD is a great God,
and a great King above all gods.
 - ⁴In his hand are the depths of the earth;
the heights of the mountains are his also.
 - ⁵The sea is his, for he made it,
and his hands formed the dry land.
 - ⁶Oh come, let us worship and bow down;
let us kneel before the LORD, our Maker!
 - ⁷For he is our God,
and we are the people of his pasture,
and the sheep of his hand.
- Pray the Gloria and go about your day.
 - 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.

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.

- Trisagion, pray it slowly 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. This is also a good time to read the Bible for your daily devotions.
- Pray the Magnificat, which is the Song of Mary from Luke 1:46-55 (ESV)
 - ⁴⁶ My soul magnifies the Lord,
⁴⁷ and my spirit rejoices in God my Savior,
⁴⁸ for he has looked on the humble state of his servant.
For behold, from now on all generations will call me blessed;
⁴⁹ for he who is mighty has done great things for me,
and holy is his name.
⁵⁰ And his mercy is for those who fear him
from generation to generation.
⁵¹ He has shown strength with his arm;
he has scattered the proud in the thoughts of their hearts;
⁵² he has brought down the mighty from their thrones
and exalted those of humble estate;
⁵³ he has filled the hungry with good things,
and the rich he has sent away empty.
⁵⁴ He has helped his servant Israel,
in remembrance of his mercy,
⁵⁵ as he spoke to our fathers,
to Abraham and to his offspring forever.
- Pray the Gloria and go about your evening.
 - 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.

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.