

ANCHORED IN JESUS

A DAILY PRAYER RHYTHM – 3 x a day – 30 minutes total

Daily choosing to pray at regular intervals has long been a tradition of the people of God. The practice of praying “the hours” arises from the Jewish faithful where the Psalmist writes, “Seven times a day I praise you” (Psalm 119: 164). The Liturgy of the Hours or the Divine Office, as it is known, is a mixture of psalms and written prayers meant to turn our attention to God in the midst of everyday life.

For our purposes in InterVarsity, a simple beginning of the work/school day, a midday pause and draw near, and end of work/school day prayers may help us to become more intentional and cognizant of God’s enabling power, presence with us, and work through us. Try this on for 30 days to anchor yourself in Jesus.

Beginning of Work/School Day Prayer

10 min

Read a psalm.

“Almighty and eternal God, draw my heart to you, guide my mind, fill my imagination, free my will, that I may be wholly yours, utterly dedicated to you; And then use me, I pray, according to your wishes, and always to your glory and the welfare of your people; through my lord and savior Jesus Christ. Amen”

Midday prayer – Pause and Draw Near

10 min

Become aware of God’s presence with you. Smile, because the One who loves you best is near.

Take a few deep breaths. What one character trait of God have you been reminded of or have need to recall at this point in your day?

In silence, be present to the One who embodies this trait, the One who is present with you, holding you, seeing you, knowing you.

End of Work/School Day Prayer -- Interactive Gratitude

10 min

Look back over your day with Jesus. Notice the places where gratitude rises in you. Then notice God being with you in those moments, working in the people and/or situations to bring you joy. Tell God what about this makes you grateful. Then listen* for God’s response to you and write in your journal.

*Hint for listening to God—As Hagar in Genesis 16 recognizes that God is a god who sees her, begin your listening with God seeing you and hearing you. Example: “I see you sitting under that oak tree now. I saw the excitement in your eyes as you talked with that new student. I heard the love in your voice as you greeted that returning student. I know how hard you worked today...”