

Pattern for Daily Prayer

Transformation takes time. Below is an example of a way to spend time with Jesus, but it's not the only way. Use it if it is helpful.

Morning Prayer (25 minutes)

Approaching God

Ask him for his presence and help as you read and pray. Choose from one of these scriptures to begin with: Psalm 16:8; 27:4, 9-10; 40:16-19; 63:1-3; 84:5-7; 103:1-2; 139:7-10; Isaiah 57:15; Matthew 11:28-30; John 4:23; Ephesians 1:17-19; 3:16-20.

Bible Reading and Meditation

(Keep in mind that no one can do all of the following in any one session of meditation and prayer.)

To study the passage: Read it three or four times. Then make a list of everything it says about God (Father, Son, and Holy Spirit); list anything that it tells you about yourself; and finally, list any examples to be followed, commands to be obeyed (or things that need to be avoided), and promises to claim. When this is all done, choose the verse and truth that is most striking and helpful to you. Paraphrase the thought or verse in your own words.

To meditate on the passage: Write down answers to the following questions:

- What does this text show me about God for which I should praise or thank him?
- What does the text show me about my sin that I should confess and repent of?
- What false attitudes, behavior, emotions, or idols come alive in me whenever I forget this truth?
- What does the text show me about a need that I have? What do I need to do or become in light of this? How shall I petition God for it?
- How is Jesus Christ or the grace that I have in him crucial to helping me overcome the sin I have confessed or to answering the need I have?
- Finally: How would this change my life if I took it seriously; if this truth were fully alive and effective in my inward being? Also, why might God be showing this to me now? What is going on in my life that he would be bringing this to my attention today?

Prayer

Pray each of the meditations—adoration, confession, petition, and thanksgiving.

- Pray for your needs and pressing concerns.
- Take a final moment just to enjoy Jesus and His presence.

Adapted from Tim Keller, *Prayer: Experiencing Awe and Intimacy with God*, New York, NY, 2014, 254.