

DAILY PRAYERS

FOR INTENTIONAL FORMATION

Pray without Ceasing: I Thess. 5:17

1. Prayer of Presenting Oneself as a Sacrifice (Rom. 12:1-2) 3 minutes: the spiritual discipline of daily presenting oneself to God as a living sacrifice, open to Him and His will in all things.

Prayer of Intention: *“Lord, I am here, I present myself and my will to you as my act of worship. Here I am.”*

This wakes me up daily to recognize the person of God and his independent will for us.

2. In receptivity to the Spirit, hear the Word of God (Heb. 4:12) 3 minutes

Prayer of Intention: *“Lord, I am listening. What words from Scripture or what wisdom has your Spirit been bringing to my attention lately, that I might respond to them?”*

This keeps me listening for how the Spirit may be calling me through the Word and wisdom.

3. Prayer of Recollection (Phil. 3:7-9) 3 minutes: the spiritual discipline of reminding the self of its true identity in Christ (full pardon, full acceptance) and “Christ in me” (that I am not alone).

Prayer of Intention: *“God, whatever I do today, I want to do this in you. I don’t want to do this alone, in my own power or as a way to hide and cover. I don’t want to find my identity in anything but Christ. I am in Christ, I am the beloved, and that is my true identity.” (Confess any idolatry of the self, seeking my salvation in some role, identity, competency apart from the love of Christ.)*

This protects me from over-attaching to identities, roles, my own goodness (moralism), and making decisions from guilt and shame in some effort to atone for myself rather than re-realizing daily Christ’s atonement and forgiveness.

4. Prayer of Honesty (Ps. 15:1-2, Ps. 139:23-24) 3 minutes: the spiritual discipline whereby we open to God and ourselves in what is truly going on in our heart in order for truth-telling to take place in our relationships and life in general.

Prayer of Intention: *“Lord, what is going on in my heart right now with You, with others, with my life, my situations? Search me, O God, and know my heart. Open my heart to you today in truth, lest I deceive myself.” (Confess any idolatry)*

This protects us from superficial obedience, from arrogance, closed heartedness, dullness of heart, etc. It opens the truth of myself to the truth of God, and his loving work in my life.

5. Prayer of Discernment (Eccles. 7:13-14, Phil. 2:12-13) 3 minutes: the spiritual discipline whereby we learn to watch what the Spirit is doing in us and not merely our work, to “consider the work of God,” what His will is in all things versus ours or the devil’s so that we can better cooperate with the Spirit. Here we seek wisdom on how to respond to His work that is ongoing within us.

Prayer of Intention: *“Lord, what are you doing and what is it that you want me to become and do if I am to do your will?”*

Here we learn to wait on God and watch His work in and through us, that we might cooperate with it.