



# THE GOSPEL COALITION

To help us *pray*  
A guide to praying big, God-centred and  
bible based prayers.

# Daily Prayers: *Introduction*

“Here are the prayers I aim to pray for myself each day. I write them down, not because I don’t value extemporary prayer, but because I find these prepared prayers personally useful.

I also pray extemporary prayers each day, some prompted by these prayers, and some prompted by my Bible reading or by current needs. These are prayers which enlarge and enrich my praying, and which I need to pray every day. They began many years ago as one page of prayers.

I wrote them down to remind myself of the prayers which I needed to pray every day! They have grown, because I think of more and more prayers which I need to pray! Without them, my daily prayers tend to be narrow, unimaginative, repetitious, self-centred, task-orientated, and without an appropriate focus on God.

I use different morning prayers for each day of the week, and the same evening prayers each day. I revise them about twice a year, in response to parts of the Bible I have read, in response to the areas of sin and need in my own life which have become more evident, and in response to advice I give to others and then realise I need to follow myself!

This is not a superior way to pray: it is currently a useful aid to my prayers.

You will notice that these are prayers for myself, both as a person, and as a minister. My morning daily intercessions are not included. I have a list of people and ministries and places to pray for each day.

You will also notice that I like to turn the Scriptures into prayers. I am very encouraged at present by Calvin’s comment on our prayers, found in his Catechism: ‘For he who thus prays conceives his prayers as it were at the lips of Christ, seeing he knows that by the intercession of Christ his prayer is assisted and recommended.’

If you are nervous about praying prepared prayers, then remember that you do so when you sing a hymn or song in Christian meetings!

You may not need to pray these particular prayers, but these prayers may encourage you to write the prayers you need to pray, if you find this practice helpful.”

***Peter Adam***

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**A prayer to pray at the conclusion of each morning prayer**

Please make me the person you want me to be, prepare me to do the good works you want me to do, and help me to do them. May I live today by these words of Paul: 'For me, to live is Christ and to die is gain'. Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name.

Today I offer myself to you, to love, worship and serve you. Please help me serve you today in all that I plan to do, and in the unexpected opportunities you send. Please increase my proactive love, friendliness, tolerance and generosity, and my sympathy, patience and forbearance.

Please increase and multiply the effects of my ministry and prayers, as the people I teach, train, pray for and encourage, continue to teach, train, pray for and encourage others as well.

I trust you: to provide all the gifts, time, energy and health for me to live for you and do the good works you have prepared for me to do; to place me where you want me to serve you; to use my life and ministry; and to hear and answer my prayers.

May this day be my best day of knowing, loving and serving you, and living for your glory.

I pray all these prayers in the name of the Lord Jesus Christ and through him.  
Amen.

**Sunday**

*Therefore since we have confidence to enter the Most Holy Place by the blood of Jesus...and since we have a great High Priest over the household of God, let us draw near to God with a sincere heart and full assurance of faith...*

### *Praise, worship and trust*

We bless you, God and Father of our Lord Jesus Christ! In your great mercy you have given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for us, as we through faith are shielded by your power until the coming of the salvation that is ready to be revealed in the last time. In all this we greatly rejoice, though now for a little while we have to suffer grief in all kinds of trials.

These have come so that the genuineness of our faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honour when Jesus Christ is revealed. Though we have not seen him, we love him; and even though we do not see him now, we believe in him and are filled with an inexpressible and glorious joy, for we are receiving the outcome of our faith, the salvation of our souls.

### *Thanksgiving*

I praise and thank you for family and friends: for my parents, for all their love, care, generosity, patience and forbearance; for siblings and family; for good friends: for enjoyment, generosity, and love, for times of joy, and burdens shared; and for all who have prayed for me and encouraged me so faithfully, and for those who continue to do so.

### *Living before you*

Therefore since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body, and since we have a great priest over the house of God, let us draw near to God with a sincere heart and full assurance of faith...Help me to die to sin and live to righteousness every day. Rid me of my petty idolatries, and help me to repent of them. Alert me to sin's deceitfulness and especially to the deep sins in my life that are currently invisible to me, and help me to repent of them and change the way I live.

Please help me to do difficult tasks, and not avoid them. Please make me quick to admit mistakes and accept rebukes. Help me to be patient when others need it, not just when it suits me. Increase my forbearance and forgiveness. Please help me to know your sufficient grace, and your power

made perfect in my weakness. Help me to be content in you, and your providential care: when you give, and when you take away. Help me to count every trial and temptation as joy, and as a chance to grow in endurance and maturity. Please rid me of bad temper, self-pity, and constant regrets. Please help me to pray.

### *Ministry*

Change me so that I do ministry for your glory and the benefit of others, not to meet my own needs, and give me a great passion for your glory. Help me to focus my ministry priorities, so that I do what is best to serve your purposes. Increase my usefulness and effectiveness in ministry, and protect me and my ministry.

Please keep me in wisdom, gospel truth, and integrity of life and ministry. Help me love and forgive those who hurt me intentionally or unintentionally. Please make me wise in conflict. Help me trust your providential care of your Gospel work around the world, and not to confuse a good zeal for Gospel progress with an ungodly desire to get my own way. Help me to carry the burdens of ministry, trusting in your sovereign grace.

Please protect me by the blood of Christ from Satan's accusations, lies, and tricks, and help me stand in the power of Christ's death and resurrection. Please give me a long life and ministry, and help me persevere to the end. Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name. Help me to guard my heart by your power and compassion.

## **Monday**

*Therefore since we have confidence to enter the Most Holy Place by the blood of Jesus ... and since we have a great High Priest over the household of God, let us draw near to God with a sincere heart and full assurance of faith...*

## *Praise and worship*

Our Lord and God, you are worthy to receive glory and honour and power, for you created all things, and by your will they existed and were created. Lord Jesus Christ, you are worthy to receive power and wealth and wisdom and might and honour and glory and blessing, for you were slain, and by your blood you ransomed for God those from every tribe and language and people and nation.

## *Trust*

'Who am I?'—'Whoever I am, Lord, you know me, and I am yours.'

Whoever I am: You know and understand me, for you made me, love me, and care for me.  
You own me, for you have created, chosen, redeemed, and adopted me in Christ.  
You have dealt with the sins, regrets, mistakes and failures of my past life and ministry.  
You forgive and accept me, as you make me clean by the blood of Christ.  
You have made me a temple of your Holy Spirit, who dwells within me.  
You work all things for good for those who love you and are called according to your purpose.

Whoever I am: Through the Holy Spirit you are transforming me into the image of your Son.  
Though my outer nature is wasting away, you are renewing my inner nature every day.  
Through these slight momentary afflictions you are working an eternal weight of glory.  
Through our trials you are proving the genuineness of our faith, for your glory and honour.

Whoever I am: I wonder at your grace, compassion, kindness, faithfulness and love.  
I repent of my sins and my sinfulness, and claim your forgiveness through Christ.  
I ask you to help me put to death the works of the flesh, and bring forth in me the fruit of the Spirit.  
I ask you to sanctify me and make me useful in your service.  
I offer myself to you today as a living sacrifice, to live for your glory.

Whoever I am: You receive me and my daily sacrifice of myself, in your mercy.  
You use me and my ministry in your mercy for your good purposes.  
You are worthy of all glory, honour, praise, and worship.

## *Thanksgiving*

I praise and thank you for all who have enriched my life: for your gifts of creation and common grace in them, and for your salvation and transforming grace in believers; for parents, family and friends; for teachers, composers, musicians, authors, artists, architects, builders, craftsmen, farmers, gardeners, doctors and nurses, scientists, and all other workers.

## *Living before you*

Please fill me with the knowledge of your will in all spiritual wisdom and understanding, so that I may walk worthy of the Lord, fully pleasing to him, as I bear fruit in every good work and grow in my knowledge of you. Please make me strong with all the strength that comes from your glorious power, that I may be prepared to endure everything with patience, while joyfully giving you thanks Father, for you have enabled me to share in the inheritance of the

saints in the light. You rescued me from the power of darkness and transferred me into the kingdom of your beloved Son, in whom I have redemption, the forgiveness of my sins.

### *Ministry*

Help me stop comparing myself with others, feeling either jealous or superior. Help me to honour and love others in ministry and not compete with them. Take from me the desire to be noticed and praised by others, and take from me the desire for happiness: help me to pursue holiness, desire your love, affirmation, approval, and acceptance, and to live for your glory and honour.

## **Tuesday**

*Therefore since we have confidence to enter the Most Holy Place by the blood of Jesus...and since we have a great High Priest over the household of God, let us draw near to God with a sincere heart and full assurance of faith...*

*Praise, worship and trust*

We praise You, O God; we acknowledge you to be the Lord. All creation worships you, the Father everlasting. To you all angels cry aloud; all the powers of heaven; to you Cherubim and Seraphim sing in endless praise, Holy, Holy, Holy, Lord God of hosts; Heaven and earth are full of the majesty of your glory. The glorious company of apostles praise you. The goodly fellowship of prophets praise you. The noble army of martyrs praise you. The holy Church throughout all the world acclaim you; Father of an infinite Majesty; your true and only Son, worthy of all praise; and the Holy Spirit the Comforter.

You are the King of Glory, O Christ. You are the everlasting Son of the Father. When you took upon yourself to deliver us, you did not disdain the virgin's womb. When you overcame the sting of death, you opened the Kingdom of Heaven to all believers. You are seated at God's right hand in glory. We believe that you will come to be our Judge. Come then Lord and help your servants, whom you have redeemed with your precious blood. Make us to be numbered with your saints, in glory everlasting.

O Lord, save your people, and bless your heritage. Govern them and lift them up forever. Day by day we magnify you; and we worship your name ever, world without end. O Lord, keep us this day without sin. O Lord, have mercy upon us, have mercy upon us. O Lord, let your mercy rest upon us, as our trust is in you. O Lord, in you have I trusted; let me never be confounded.

### *Thanksgiving*

I praise and thank you for faith in Christ, salvation, forgiveness, assurance, for the Bible, for other believers, for all who have prayed for me, for all who have ministered to me, including personal encouragement and example, preachers, teachers and writers, and for all the saints, past and present, whose lives have enriched me.

### *Living before you*

Please help me to know your love and acceptance, to feel your comfort and joy, and to be satisfied with your will, grace, and glory. Help me know your fatherly care, nurture and provision, trust you deeply and personally each day, and trust myself to your fatherly arms for every aspect of my life and ministry. Keep me from bitterness, anger and deep resentment when I am hurt. Help me to forbear, forgive and forget quickly and completely. Help me make every effort to pursue holiness, and to set my hope fully on the grace to be given us when Jesus Christ is revealed. Help me to humble myself under your mighty hand, casting all my anxieties on you. Speak to me through the Bible today.

Please help me not to treat my personal preferences as if they are gospel principles. Please help me to learn to be content with your gifts and your will, to avoid self-pity, and to embrace your loving discipline. Help me to know that slight momentary afflictions work an eternal weight of glory, and that nothing is wasted in your economy. Please protect me by the blood of Christ from Satan's accusations, lies, and tricks, and help me stand in the power of Christ's death and resurrection.

### *Ministry*

Please give me gifts of teaching, evangelism, leadership, administration, and wisdom. Please give me wisdom in understanding the Bible, in relating to people, in working effectively and productively, and in strategy and administration. Please rule my mind, heart, life, listening, and speaking. Help me to mentor and encourage people in ministry, in both formal and informal ways, and to express encouragement, affirmation, appreciation and gratitude. Help me to carry the burdens of ministry, trusting in your sovereign grace. Help me to say 'No' to requests for help and ministry without feeling guilty, and to trust you when things go wrong. Help me love and forgive those who hurt me intentionally or unintentionally. Please make me wise in conflict. Help me grow daily in forbearance.

Help me trust your providential care of your Gospel work around the world, and for your people, and not confuse a good zeal for Gospel progress with an ungodly desire to get my own way. Please remove my intimations of irreplaceability: rather help me to encourage others in their ministries, and increase my trust in your sovereign and providential rule.

## **Wednesday**

*Therefore since we have confidence to enter the Most Holy Place by the blood of Jesus...and since we have a great High Priest over the household of God, let us draw near to God with a sincere heart and full assurance of faith...*

### *Praise and worship*

I praise and worship you gracious God, Father, Son, and Holy Spirit, for you are full of glory, holiness, power, justice, beauty, love, mercy, grace, compassion, and faithfulness. I praise you gracious Father, for your creation and preservation of the world, for your mercy to us in the atoning death and

resurrection of the Lord Jesus, for your truth revealed by your Holy Spirit in the Bible, for your church, for your gospel plan for the nations, for the hope of Christ's return, and for the glory of your coming kingdom.

I praise you for your great and precious gospel promises in the Lord Jesus Christ, for the gift of forgiveness of sins, salvation, and eternal life, for adoption into your family, for the gift of the Holy Spirit, and for fellowship among your people.

### *Trust*

'Who am I?' - 'Whoever I am, Lord, you know me, and I am yours.'

Whoever I am: You know and understand me, for you made me, love me, and care for me.

You own me, for you have created, chosen, redeemed, and adopted me in Christ.

You have dealt with the sins, regrets, mistakes and failures of my past life and ministry.

You forgive and accept me, as you make me clean by the blood of Christ.

You have made me a temple of your Holy Spirit, who dwells within me.

You work all things for good for those who love you and are called according to your purpose.

Whoever I am: Through the Holy Spirit you are transforming me into the image of your Son.

Though my outer nature is wasting away, you are renewing my inner nature every day.

Through these slight momentary afflictions you are working an eternal weight of glory.

Through our trials you are proving the genuineness of our faith, for your glory and honour.

Whoever I am: I wonder at your grace, compassion, kindness, faithfulness and love.

I repent of my sins and my sinfulness, and claim your forgiveness through Christ.

I ask you to help me put to death the works of the flesh, and bring forth in me the fruit of the Spirit.

I ask you to sanctify me and make me useful in your service.

I offer myself to you today as a living sacrifice, to live for your glory.

Whoever I am: You receive me and my daily sacrifice of myself, in your mercy.

You use me and my ministry in your mercy for your good purposes.

You are worthy of all glory, honour, praise, and worship.

### *Thanksgiving*

I praise and thank you for your gifts in creation: for this world, for food and drink, for your daily provision of life and health; for the beauty of this world, for earth, sky and sea, for music, books, plants, animals, and birds.

### *Living before you*

God of our Lord Jesus Christ, the Father of glory, I pray that you would give me a spirit of wisdom and revelation as I come to know you, so that, with the eyes of my heart enlightened, I may know what is the hope to which you have called us, what are the riches of our glorious inheritance among the saints, and what is the immeasurable greatness of your power for us who believe, according to the working of your great power.

### *Ministry*

Please help me to: Fan into flame the gift for ministry you have given me; Not be ashamed, and share in suffering for the gospel; Guard the truth, the pattern of sound words, with the help of the Holy Spirit; Be strong to raise up, train and

teach faithful people who will be able to teach others also; Present myself to you as an unashamed worker, correctly handling the word of truth; Flee evil passions, and pursue righteousness, faith, love, and peace.

## Thursday

*Therefore since we have confidence to enter the Most Holy Place by the blood of Jesus...and since we have a great High Priest over the household of God, let us draw near to God with a sincere heart and full assurance of faith...*

### *Praise and worship*

Blessed are you, God and Father of our Lord Jesus Christ, for you have blessed us in Christ with every spiritual blessing in the heavenly places, just as you chose us in Christ before the foundation of the world to be holy and blameless before you. You destined us in love for adoption as your children through Jesus Christ, according to the good pleasure of your will, to the praise of your glorious grace that you freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our sins, according to the riches of his grace that he lavished on us.

With all wisdom and insight you have made known to us the mystery of your will, according to your good pleasure that you set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to your purpose, as you accomplish all things according to your counsel and will, so that we, who set our hope on Christ, might live for the praise of his glory.

In him, when we had heard the word of truth, the gospel of our salvation, and had believed in him, we were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance toward redemption as your own people, to the praise of your glory.

### *Trust*

Heavenly Father, I trust your love, grace and acceptance, and that you created and saved me to live for your glory. I trust in your Son Jesus Christ as the saviour of the world, and your gospel as your power for salvation for all who believe. I trust in your Son Jesus Christ as the loving, powerful and generous saviour, head, lord, and judge of his church. I trust you as the just judge of all people, and that you will bring glory to yourself in the church and in Christ Jesus.

### *Thanksgiving*

I praise and thank you for the privilege of gospel ministry: for all ministry opportunities in speaking, preaching and teaching, encouraging, praying, and writing; for past and present ministries in Melbourne, London and Durham, especially at St Jude's and Ridley, and for wider and overseas ministries, in speaking and writing; and for my present ministries. Thank you for every opportunity for ministry that you give me, and for your enabling power, forgiveness, and mercy.

Living before you

Forth in Thy Name, O Lord, I go,

My daily labour to pursue;

Thee, only Thee, resolved to know

In all I think or speak or do...

The task Thy wisdom hath  
assigned,

O let me cheerfully fulfill;

And labour on at Thy command,

And offer all my works to Thee...

Give me to bear Thy easy yoke,

And every moment watch and  
pray,

And still to things eternal look,

In all my works Thy presence find, And prove Thy good and perfect will...	And hasten to Thy glorious day...
Thee may I set at my right hand, Whose eyes mine inmost substance hath giv'n; see,	For Thee delightfully employ Whate'er Thy bounteous grace And run my course with even joy, And closely walk with thee to heaven.

*Ministry*

Please help me to: Avoid evil and corrupt teachers; Know the Scriptures which are able to make me wise for salvation through faith in Christ Jesus; Be equipped for every good work by the Bible; Preach the word, with all patience and teaching; Take my part in the gospel team, that the message may be fully proclaimed, and all the nations might hear it.

**Friday**

*Therefore since we have confidence to enter the Most Holy Place by the blood of Jesus...and since we have a great High Priest over the household of God, let us draw near to God with a sincere heart and full assurance of faith...*

*Praise and worship*

From all that dwell below the skies	Eternal are your mercies, Lord;
Let the Creator's praise arise	Eternal truth attends your Word;
Alleluia!	Alleluia!
Let the Redeemer's name be sung	Your praise shall sound from shore to shore
Through every land by every tongue.	Till suns shall rise and set no more.
Alleluia!	Alleluia!

Lord Jesus, surely you have borne our infirmities and carried our diseases; yet we accounted you stricken, struck down by God, and afflicted. But you were wounded for our transgressions, crushed for our iniquities; upon you was the punishment that made us whole, and by your wounds we are healed. All we like sheep have gone astray; we have all turned to our own way, and the LORD has laid on you the iniquity of us all.

### *Trust*

Heavenly Father, I trust your love, grace and acceptance, and that you created and saved me to live for your glory. I trust in your Son Jesus Christ as the saviour of the world, and your gospel as your power for salvation for all who believe. I trust in your Son Jesus Christ as the loving, powerful and generous saviour, head, lord, and judge of his church. I trust you as the just judge of all people, and that you will bring glory to yourself in the church and in Christ Jesus.

### *Thanksgiving*

I thank you for the simple pleasures of daily life: for waking and sleeping: for mind, heart, body and energy; for a bed, a home, for fresh water, for food and drink, for family, neighbours and friends, for plants, trees, flowers, and grasses, for earth, sky and sea, for sunshine, clouds, and rain, for books and music.

### *Living for you and serving you*

Lord, you have been our dwelling place in all generations.

Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God.

You turn us back to dust, and say, "Turn back, you mortals."

For a thousand years in your sight are like yesterday when it is past, or like a watch in the night.

You sweep them away; they are like a dream, like grass that is renewed in the morning;

in the morning it flourishes and is renewed; in the evening it fades and withers...

So teach us to count our days that we may gain a wise heart.

Turn, O LORD! How long? Have compassion on your servants!

Satisfy us in the morning with your steadfast love, so that we may rejoice and be glad all our days.

Make us glad as many days as you have afflicted us, and as many years as we have seen evil.

Let your work be manifest to your servants, and your glorious power to their children.

Let the favour of the Lord our God be upon us, and prosper for us the work of our hands— O prosper the work of our hands!

## Saturday

*Therefore since we have confidence to enter the Most Holy Place by the blood of Jesus...and since we have a great High Priest over the household of God, let us draw near to God with a sincere heart and full assurance of faith...*

### *Praise, worship and Trust*

I praise and worship you gracious God, Father, Son, and Holy Spirit, for you are full of glory, holiness, power, justice, beauty, love, mercy, grace, compassion, and faithfulness. I praise you gracious Father, for your creation and preservation of the world, for your mercy to us in the atoning death and resurrection of the Lord Jesus, for your truth revealed by your Holy Spirit in the Bible, for your church, for your gospel plan for the nations, for the hope of Christ's return, and for the glory of your coming kingdom.

I praise you for your great and precious gospel promises in the Lord Jesus Christ, for the gift of forgiveness of sins, salvation, and eternal life, for adoption into your family, for the gift of the Holy Spirit, and for fellowship among your people. Heavenly Father, I trust your love, grace and acceptance, and that you created and saved me to live for your glory.

I trust in your Son Jesus Christ as the saviour of the world, and your gospel as your power for salvation for all who believe. I trust in your Son Jesus Christ as

the loving, powerful and generous saviour, head, lord, and judge of his church. I trust you as the just judge of all people, and that you will bring glory to yourself in the church and in Christ Jesus.

*Living for you and serving you*

Heavenly Father, you have made me in your image, and you are transforming me into the image of your Son, by the power of your Spirit, from one degree of glory to another. Help me to trust you in times of weakness and frailty: help me to repent and pray each day, and not fail through moral lapse. Renew my inner nature day by day by your Spirit. Help me to pour out my heart to you when I am distressed, stressed, disappointed, hurt, or depressed, and to find your compassion and comfort in times of trouble.

Give me self-discipline in eating, drinking, sleeping, reading, working and exercising. Please help me to grow in patience, wisdom, humility, grace, love, trust and openness. Please rid me of jealousy, competition, bad temper, self-pity, and constant regrets. Guard my tongue, and keep me from slander, lies, untruth, unbalanced or un-pastoral truth, and from causing unintentional hurt. Help me see that this slight momentary affliction is preparing for us an eternal weight of glory beyond all measure, and help me to look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal. Please protect me and my ministry by the blood of Christ from Satan's accusations, lies, and tricks, and help me stand in the power of Christ's death and resurrection. Please help me to trust you for every aspect of my life and ministry, past, present, and future, and to roll all my anxieties on you, for you care for me.

Even when I am old and grey, do not forsake me, my God, till I declare your power to the next generation, your mighty acts to all who are to come. May the favour of the Lord our God rest on us; establish the work of our hands for us - yes, establish the work of our hands.

I pray that I may:

Believe in Christ, proclaim him, boast in him, suffer for him, and rejoice in him always.

Live for Christ that he may be magnified in my body, in life or in death.

Live in a manner worthy of the gospel of Christ.

Have the mind of Christ in service, humility and obedience.

Count everything as loss for the sake of knowing Christ Jesus my Lord.

Gain Christ and be found in him, having the righteousness that comes through faith in him.

Know Christ and the power of his resurrection, share his sufferings, and be like him in his death, that I may attain the resurrection from the dead.

Press on towards the goal for the prize of our heavenly call in Christ Jesus.

Eagerly await the coming of our Saviour, the Lord Jesus Christ.

Do all things through Christ who strengthens me, so that I can be content in any and every circumstance.

Trust that you will fully satisfy my every need according to your riches in Christ Jesus.

Know the grace of the Lord Jesus Christ in all of my life and ministry.

## Daily Evening Prayers

Dear heavenly father:

- Thank you for all your good gifts today....
- I pray for the people I have met, talked with or served today, and entrust them to you....
- I bring to you the sorrows and sadnesses of today, and entrust them to you...
- I bring to you the cares and worries of this day, and cast them on you.....
- I trust you for this day that is past, and thank you for this time to rest and sleep.

### *Confession*

Dear Heavenly Father, I Confess To You My Sins Of Today:

- Doing the works of the flesh, rather than letting the fruit of the Spirit flourish in my life.
- Intolerance and impatience, rather than forbearance, love and care.
- Envy and jealousy of others, competing with others, or feeling superior to them, rather than loving, serving and encouraging them.
- Pursuing happiness rather than holiness, and being slow to accept rebukes.
- Looking for the approval of others rather than your approval.
- Lack of self-discipline in my personal life and my work, rather than living for you and serving you in all things.

- Nursing regrets, resentments and self-pity, rather than being content with you and the life you have given me, loving you, trusting you, and thanking you.
- Serving petty and weak idols, rather than loving, praising and serving you, the one true eternal God.

I repent of these sins, turn from them, and ask your forgiveness through the blood of Jesus, as you have promised to do:

- ‘If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.’
- ‘But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous; and he is the atoning sacrifice for our sins, and not for ours only but also for the sins of the whole world.’
- ‘He himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed.’

Dear loving and gracious heavenly Father, please continue your gracious work in me.

Heavenly father, I thank and praise you for the gifts you have given me today, in the joy of salvation in Christ, the joys of creation, the people I have met, the privileges of ministry, and all the signs of your love...

Heavenly father, I commit to you the cares of today.

Here they are... I roll them onto you...

Heavenly father, I pray for refreshing and energising sleep, and trust you to help me to serve you and glorify you tomorrow

### *Praise*

Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that is imperishable, undefiled, and unfading, kept in heaven for us, who are being protected by the power of God through faith for a salvation ready to be revealed in the last time. In this we rejoice, even if now for a little while we have had to suffer various trials, so that the genuineness of our faith—being more precious than gold that, though perishable, is tested by fire—may be found to result in praise and glory and honour when Jesus Christ is revealed.

Although we have not seen him, we love him; and even though we do not see him now, we believe in him and rejoice with an indescribable and glorious joy,

for we are receiving the outcome of our faith, the salvation of our souls. Praise you God the Father, God the Son, and God the Spirit.