

# Praying every day

SIMPLE TOOLS TO HELP YOU KEEP GOING AND GROWING IN PRAYER

## Give us today our daily bread

People often ask, “Do we really need to pray? Surely if God is all-knowing, all-powerful, and all-loving, he already knows our needs? Why on earth do we have to ask?”

The answer is simple. Jesus asks us to ask.

Right in the middle of the Lord’s Prayer, Jesus invites us to ask God to provide for every spiritual, material, emotional, and physical need we have.

### GIVE IT A GO

This is an invitation for all of us. To pray for your daily bread, follow the five simple steps below. This should take around 10 minutes to pray, but feel free to adjust the timings and take it at your own pace.

And remember, if you follow this practice once it will be useful. If you do it every day, it can bring transformation.

- 1/ Set a 10-minute timer at the start of your day every morning for one week. Stop. Be still. Sit quietly. Prepare to spend time with your loving heavenly Father in prayer.
- 2/ As you sit with God, take three minutes to picture your upcoming day: the people you will meet, the tasks you need to do, the meals you require, a report you have to give in work, a situation you will need particular grace, help, or patience for, and any other hopes, dreams, or fears you might have.
- 3/ Then, in the grid below, write one spiritual, material, emotional, and physical need you require to help you through the day, e.g., courage, grace, peace, energy, food, rest, shelter, strength, God’s love, wisdom, presence, power, or protection.
- 4/ After writing these things down, take three minutes to pray, boldly and specifically asking God to give you your daily bread.
- 5/ To close your prayer time, be still for two more minutes without asking for anything. Simply rest in God’s love, remembering that he has heard your prayers and that he holds the world in his hands.

| DAY   | SPIRITUAL NEED | MATERIAL NEED | EMOTIONAL NEED | PHYSICAL NEED | HOW GOD ANSWERED MY PRAYER |
|-------|----------------|---------------|----------------|---------------|----------------------------|
| Sun   |                |               |                |               |                            |
| Mon   |                |               |                |               |                            |
| Tues  |                |               |                |               |                            |
| Wed   |                |               |                |               |                            |
| Thurs |                |               |                |               |                            |
| Fri   |                |               |                |               |                            |
| Sat   |                |               |                |               |                            |