

Praying every day

SIMPLE TOOLS TO HELP YOU KEEP GOING AND GROWING IN PRAYER

Repray your day: Ready, Rejoice, Repent, Reboot

Prayer is one of the deepest joys of the Christian life. And yet for many of us, prayer feels hard. If we're honest, we've all probably found ourselves asking the question, "What exactly do I pray about?"

The following simple exercise is a practical answer to this question: pray about everything that's happened to you today.

EVERYDAY LIFE

You might feel that your everyday life is the dreary same old, same old. It isn't. Daily life is rich and meaningful. Every encounter, every challenge, every disappointment, and every delight are places where God can be found.

Repraying your day is a practical way of reflecting on and reviewing the day you have had before you go to sleep. This framework for prayer:

- Gives us the chance to see God and his blessings in daily life, and say thank you for them;
- Encourages us to pay attention to the promptings of God that we may have missed;
- Helps us identify moments in the day when things didn't go well;
- Brings to light the times we sinned, made a mistake, or acted in a less than Christ-like way;
- Grants us the opportunity to say sorry, and receive afresh God's awesome forgiveness;
- Allows us to look ahead to tomorrow, and ask for God's help as we try to live for him.

GIVE IT A GO

To repray your day, 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.

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| Ready / 2 minutes | Set an alarm for one hour before you go to bed every night for one week. When the alarm sounds, stop. Be still. Sit quietly. Prepare to spend time with your loving heavenly Father in prayer. |
| Replay / 2 minutes | As you sit with God, replay the events of your day like a movie. Remember all of it: the people, tasks, calls, texts, meals, demands, and surprises it included. What made you happy? What made you anxious? What made you angry? |
| Rejoice / 2 minutes | Say thank you to God for every gift he gave you. Thank him for those things which are obvious – life, love, protection. But also thank him for the small things which we sometimes forget – random acts of kindness, a nice meal, a good night's sleep, an affirming phone call or text, a task completed. Savour these gifts, giving thanks and praise to God. |
| Repent / 2 minutes | Say sorry to God for those moments where you sinned, made a mistake, or acted less than Christ-like – getting involved in gossip, reacting aggressively to someone, lacking compassion in a situation, ignoring a need, not responding to a nudge. Ask for, and receive, God's forgiveness afresh. |
| Reboot / 2 minutes | Make a decision in both your head and your heart to live for Jesus tomorrow. Ask for grace to see his presence more clearly, and for the other things you might need to live this next day well – wisdom, patience, strength, energy, peace, optimism, resilience, joy and anything else. |