Practice

Part 01: Create a daily prayer rhythm

Decide on a time and a place to pray, if possible, every day this week.

Create routines or rituals you actually enjoy to make your daily prayer habit something you look forward to all day long — light a candle, make yourself coffee or tea, sit by a window you love, go outside, savor the quiet, or put on worship music.

Write your plan here.

Part 02: Pick out a premade prayer and talk to God

Try using one of the sources we mentioned earlier.

- The Lord's Prayer
- The Psalms — See below for recommendations
- Scripture — Find a passage that resonates with your heart and pray it back to God
- Singing — Sing acapella, put on a worship album, or play an instrument
- Liturgy — The Book of Common Prayer, The Divine Hours by Phyllis Tickle, or Every Moment Holy by Douglas Kaine McKelvey
- Apps — Echo, Lectio 365 from 24-7 Prayer, Pray as You Go from the Jesuits, or Hallow

You can also start in Psalm 1 and pray through the book. Or you can pray a psalm based on your emotional or spiritual state that day.

Here are some recommendations.

- **To begin your day with God:** Psalm 5, 19, 20, 23, 25
- **When you are sad:** Psalm 13, 22, 42, 77
- **When you are in distress:** Psalm 57, 60, 86
- **When you are scared:** Psalm 27
- **When you are hurt:** Psalm 10
- **When you ache for more of God:** Psalm 63, 84
- **When you want to repent:** Psalm 51
- **When you are grateful:** Psalm 9, 103
- **When you want to worship:** Psalm 8, 148-150

Whatever you decide, pray at least once a day.

Circle or write what you feel led to try.

Reflect

Before your next time together, take five to ten minutes to journal out your answers to the following three questions:

01 Where did I feel resistance in prayer? Internally or externally?

02 Where did I feel delight?

03 Where did I most experience God's nearness?

GO DEEPER

Optional resources to enhance your experience of this Practice:

Listen

Rule of Life podcast on Prayer
(Episode 01)

Read

Praying Like Monks, Living Like Fools
by Tyler Staton
(Chapters 01-03)