

# Simple Daily Prayers

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“Pray without ceasing.” 1 THESSALONIANS 5:17

The practice of turning to God in prayer at specific moments throughout the day has sustained people of faith throughout the ages. In the Hebrew Bible, the Psalmist writes, “Seven times a day do I praise you” (PSALM 119:164). In another place, the psalmist sings of praying at “evening and morning and at noon” (PSALM 55:17). Regardless of how many times or when we pray, a practice of daily prayer is foundational for our lives as followers of Jesus.

The pandemic has disrupted many of the routines we long relied on to mark the rhythms and patterns of daily life. We have a wonderful opportunity, then, to discover how intentional daily prayer can sustain and ground us amid this disruption to our traditional daily patterns. *The Book of Common Prayer* offers four simple one-page prayer liturgies to help us. These can be prayed alone or as a household.

CLICK FOR: **MORNING PRAYERS**



CLICK FOR: **NOON PRAYERS**

CLICK FOR: **EARLY EVENING PRAYERS**

CLICK FOR: **CLOSE OF DAY PRAYERS**