

Everyday Prayer

We invite you to pray every day.



In the morning...

Dear God, help me to notice you today: in the people I am with and in the world around me. Be my guide in all that I am, say and do. **Amen**

In the evening...

- Be still with God and reflect on the day
- Recall a moment/s that you are grateful for and how that made you feel
- Offer to God the things that have been difficult and ask for help in letting them go
- Ask God to show you what has been important today
- Talk to God about what your day has shown you.

#EverydayPrayer

www.bathandwells.org.uk/prayer-everyone-everywhere



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**Prayer involves listening
and talking to God,
anytime, anywhere.**

**It helps us grow closer
to God.**

Some ideas for regular
prayer:

- Someone close to you -
your friends or family
- Someone you live near or
work with
- A place in the world that is
suffering
- Someone who has
responsibility for
leadership
- Someone who is suffering
in body, mind or spirit
- A situation that is
troubling you or someone
else
- Someone who is over-
looked or marginalised.

**“ Pray in the Spirit on all
occasions with all kinds
of prayer and requests. ”**

Ephesians 6 v18



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