

THE WHOLE STORY



DAILY PRAYER BOOK

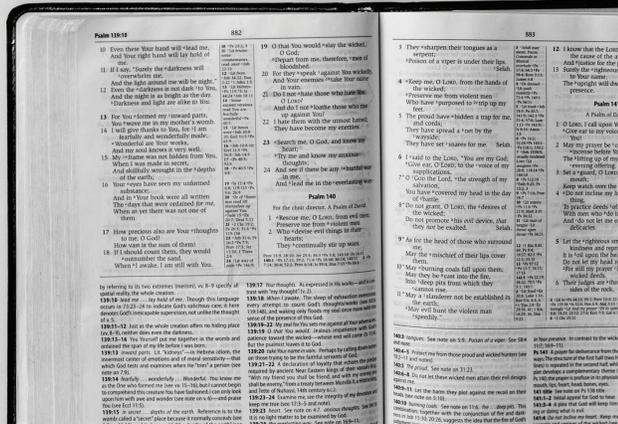


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The Importance of Daily Prayer

Daily rhythms or routines are so important in our lives. They bring consistency, structure and reliability to our day, helping us feel grounded and secure. Chances are you have the same routine every morning you wake up, and when that gets disrupted, you feel thrown off and out of sorts! For many of us it's easy to set rhythms around waking up, getting ready or even exercising, but what about our spiritual rhythms? How do we get in a good routine with those?

To the ancient Hebrew in biblical times, spiritual rhythms were a foundational aspect of everyday life. They had times set aside each day for prayer, they had the sabbath set aside each week for rest and they even had special feasts set aside throughout the year to remember the goodness of their God and their place in his epic story. In Acts 3:1 we read about Peter and John going up to the temple at the hour of prayer. In Daniel 6:10 we read about Daniel praying three times a day just as he had always done. Their lives were structured around routines that incorporated prayer and the reading of scripture.

Just as our bodies need mealtime rhythms each day to stay full and nourished, our spirit also needs mealtime rhythms to stay full and nourished. Most people partake in a meal three times each day. Imagine if we took three short times each day to nourish our spirit in prayer and scripture reading. How our spirits would grow!

When you take time throughout your day to meditate on the Lord, you are intentionally walking out Romans 12:2 "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." Each time you pause to read scripture and pray, you are renewing your mind. When you do that, the Holy Spirit will step in and help you discern God's will for each day.

We encourage you to take this book of prayers and use it as a guide to set rhythms for your days. The morning, noon and evening sections include scriptures and prayers that you can declare and pray. We've also included a section of prayers and blessings that are centered around specific themes or topics which you can pray at any time. The Bible teaches us that our words have power- declare these scriptures and prayers out loud over yourself, gather your family or roommates together to pray and declare them over each other.

MORNING PRAYERS

Pray all three of these scriptures each morning together with God's family across the world.

The Shema (Deuteronomy 6:4-5)

Hear, O Israel, The Lord our God, the Lord is one. You shall love the Lord your God with all your heart and with all your soul and with all your strength. In Jesus name, amen.

The Lord's Prayer (Matthew 6:9-13)

Our Father in heaven. Hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our sins, as we forgive those that have sinned against us. And lead us not into temptation but deliver us from evil. For yours is the power and the glory forever and ever, amen.

The Priestly Blessing (Numbers 6:24-26)

The Lord bless you and keep you. The Lord make his face to shine upon you and be gracious to you. The Lord lift up his countenance upon you and give you peace. In the name of Jesus our Messiah, amen.

Choose one or more of these to pray in addition to the above prayers. Consider pairing these with the daily reading from The Whole Story Bible reading plan. (available on the YouVersion bible app)

Lamentations 3:22-24

The steadfast love of the Lord never ceases; His mercies never come to an end; They are new every morning; Great is your faithfulness. "The Lord is my portion," says my soul, "therefore, I will hope in him."

Joshua 24:15

Choose this day whom you will serve, whether the gods your fathers served in the region beyond the River, or the gods of the Amorites in whose land you dwell. But as for me and my house, we will serve the LORD.

Psalms 119:105, 111-12

Your word is a lamp to my feet and a light to my path. I have sworn an oath and confirmed it, to keep your righteous rules. Your testimonies are my heritage forever, for they are the joy of my heart. I incline my heart to perform your statutes forever, to the end.

Psalm 145:1-9

I will extol you, my God and King, and bless your name forever and ever. Every day I will bless you and praise your name forever and ever. Great is the Lord, and greatly to be praised, his greatness is unsearchable. One generation shall commend your works to another and shall declare your mighty acts. On the glorious splendor of your majesty, and on your wondrous works, I will meditate. They shall speak of the might of your awesome deeds, and I will declare your greatness. They shall pour forth the fame of your abundant goodness and shall sing aloud of your righteousness. The Lord is gracious and merciful, slow to anger and abounding in steadfast love. The Lord is good to all, and his mercy is over all that he has made.

The Beatitudes (Matthew 5:2-11)

And he opened his mouth and taught them, saying: “Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven. Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

Psalm 111

Praise the Lord! I will give thanks to the Lord with my whole heart, in the company of the upright, in the congregation. Great are the works of the Lord, studied by all who delight in them. Full of splendor and majesty is his work, and his righteousness endures forever. He has caused his wondrous works to be remembered; the Lord is gracious and merciful. He provides food for those who fear him; he remembers his covenant forever.

He has shown his people the power of his works, in giving them the inheritance of the nations. The works of his hands are faithful and just; all his precepts are trustworthy; they are established forever and ever, to be performed with faithfulness and uprightness. He sent redemption to his people; he has commanded his covenant forever. Holy and awesome is his name! The fear of the Lord is the beginning of wisdom; all those who practice it have a good understanding. His praise endures forever!

Psalm 91

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust." Surely, he will save you from the fowler's snare and from the deadly pestilence. He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only observe with your eyes and see the punishment of the wicked. If you say, "The LORD is my refuge," and you make the Most High your dwelling, no harm will overtake you, no disaster will come near your tent. For he will command his angels concerning you to guard you in all your ways; they will lift you up in their hands, so that you will not strike your foot against a stone. You will tread on the lion and the cobra; you will trample the great lion and the serpent. "Because he loves me," says the LORD, "I will rescue him; I will protect him, for he acknowledges my name. He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life I will satisfy him and show him my salvation."

AFTERNOON PRAYERS

Choose one or more of these to pray and meditate on each afternoon.

Psalm 144:15

Blessed are the people to whom such blessings fall! Blessed are the people whose God is the Lord!

Psalm 84:5

Blessed are those whose strength is in you, in whose heart are the highways to Zion.

Blessed is the man who lives to study and pray, may he always praise you.

Blessed are the people who live to study your Word and pray, blessed are the people who make the Lord their God. In Jesus name, amen.

Deuteronomy 4:39

Know therefore today, and lay it to your heart, that the Lord is God in heaven above and on the earth beneath; there is no other.

Revelations 1:8

“I am the Alpha and the Omega”, says the Lord God, “who is and who was and who is to come, the Almighty.”

Psalm 145:10-21

All your works shall give thanks to you, O Lord, and your saints shall bless you! They shall speak of the glory of your kingdom and tell of your power; to make known to the children of man your mighty deeds and the glorious splendor of your kingdom. Your Kingdom is an everlasting kingdom, and your dominion endures throughout all generations. The Lord is faithful in all his words and kind in all his works. The Lord upholds all who are falling and raises up all who are bowed down. The eyes of all look to you, and you give them their food in due season. You open your hand; You satisfy the desire of every living thing.

The Lord is righteous in all his ways and kind in all his works. The Lord is near to all who call on him, to all who call on him in truth. He fulfills the desire of those who fear him; He also hears their cry and saves them. The Lord preserves all who love him, but the wicked he will destroy. My mouth will speak the praise of the Lord, and let all flesh bless his holy name forever and ever.

Psalm 19:14

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.

Psalm 51:15

Oh Lord, open my lips, and my mouth will declare your praise.

Joshua 1:9

Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.

Philippians 4:4-9

Rejoice in the Lord always; again, I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. 9 What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

EVENING PRAYERS

Choose one or more of these to pray and meditate on each evening.

Psalm 79:13

But we your people, the sheep of your pasture, will give thanks to you forever; from generation to generation we will recount your praise.

We thank you our God for our lives which are in your hands. For our souls which are yours. For your miracles every day. For your wonders in every season-evening, morning and afternoon. Your compassions are never exhausted. Always, we trust in you. In Jesus name, amen.

Psalm 121

I lift up my eyes to the hills—from where will my help come? My help comes from the LORD, who made heaven and earth. He will not let your foot be moved; he who keeps you will not slumber. He who keeps Israel will neither slumber nor sleep. The Lord is your keeper; the Lord is your shade at your right hand. The sun shall not strike you by day, nor the moon by night. The Lord will keep you from all evil; he will keep your life. The Lord will keep your going out and your coming in from this time on and forevermore.

Philippians 1:6

I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

Hebrews 4:14,16

Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Ephesians 3:14-21

For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth,

and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

BEDTIME PRAYERS

Choose one or more of these to pray and meditate on each night before bed

Psalm 3:5

I lay down and slept; I woke again, for the Lord sustained me.

Psalm 4:8

In peace I will lie down and sleep, for you alone Lord, make me dwell in safety.

John 8:12

Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness but will have the light of life."

Blessed are you, Lord our God, king of the universe who makes me sleepy and causes me to sleep. Please lay me down to sleep in peace and raise me up in peace. Keep all bad ideas, dreams, and thoughts from my mind. Let me wake up bright and with a light in my eyes for it is you who lights the whole world in your glory. In Jesus name, amen.

**ANYTIME
PRAYERS +
BLESSINGS**

Pray these prayers and blessings any time as needed.

GOD'S RESURRECTION POWER

Isaiah 25:8

He will swallow up death in victory; and the Lord God will wipe away tears from off all faces.

John 11:25-26

I am the resurrection and the life. Whoever believes in me, though he dies, yet shall he live, and everyone who lives and believes in me shall never die.

You are mighty Lord our God, reviving the dead. We know you are able to save us. You keep us alive. You show us kindness. You pick up those who fall. You heal the sick. You set prisoners free. You keep your promise to the dead and revive them. Who is like you, our king? Who causes people to die and brings them back to life? You bring the dead back to life. Blessed are you, Lord our God, who brings the dead to life.

THE HOLINESS OF GOD

Psalm 22:3

Yet You are holy, O You who are enthroned upon the praises of Israel.

Isaiah 53:6

Holy, holy, holy is the LORD of hosts; the whole earth is full of his glory!

You are holy and your name is holy and we your people praise you every day. Blessed are you, Lord our God, who is holy.

REPENTANCE AND FORGIVENESS

Revelations 3:18-22

“I counsel you to buy from me gold refined by fire, so that you may be rich, and white garments so that you may clothe yourself and the shame of your nakedness may not be seen, and salve to anoint your eyes, so that you may see. Those whom I love, I reprove and discipline, so be zealous and repent. Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come into him and eat with him, and he with me. The one who conquers, I will grant him to sit with me on my throne, as I also conquered and sat down with my Father on his throne. He who has an ear, let him hear what the Spirit says to the churches.”

2 Chronicles 7:14

Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.

Bring us back to you, father. To your Word. Bring us close to you. We are sorry for the bad things we have done, help us to repent. Forgive us, father, for any sins we have done. Forgive us, father, even for the sins we have done on purpose. Blessed are you, Lord our God, who forgives sins.

SALVATION AND REDEMPTION

Psalms 119:153-154

Look on my affliction and deliver me, for I do not forget your law. Plead my cause and redeem me; give me life according to your promise!

You see our suffering. You help us when we are in trouble. You help us for your name's sake, for you are the great redeemer. Blessed are you, Lord our God, who redeems all.

THE SABBATH

Isaiah 58:13-14

“If you turn back your foot from the Sabbath, from doing your pleasure on my holy day, and call the Sabbath a delight and the holy day of the Lord honorable; if you honor it, not going your own ways, or seeking your own pleasure, or talking idly; then you shall take delight in the Lord, and I will make you ride on the heights of the earth; I will feed you with the heritage of Jacob your father, for the mouth of the Lord has spoken.”

Lord thank you for the gift of Sabbath. You are Lord of the Sabbath and you are our Sabbath rest. We take delight in you and your holy day. You are the light of the world, help us to image you and be lights also. We invite you into our homes and thank you for the gift of your presence. Blessed are you, Lord our God, our Sabbath rest.

HEALING

Jeremiah 17:14

Heal me, Lord, and I will be healed; save me and I will be saved, for you are the one I praise.

Heal us, O Lord, because you are God, the merciful healer. By your hand, we will be completely healed. Blessed are you, Lord our God, who heals the sick.

RIGHTEOUSNESS

Matthew 6:33-34

But seek first the kingdom of God and his righteousness, and all these things will be added to you. Therefore, do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Be compassionate our God to your righteous people. Bring good rewards to all people who believe and trust in your name, seek first your kingdom and your righteous ways. Let us not be ashamed or anxious for anything because our trust is in you. Blessed are you, Lord our God, who keeps the righteous.

PEACE

Colossians 3:12-15

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.

Give us and all your people peace, goodness, blessings, kindness and mercy. Bless us, our God, with your light. It was through your light that you have given us your Word which brings us life. You give us a love of kindness, blessing, compassion, life and peace. May you bless all your people with peace. Blessed are you, Lord our God, who blesses his people with peace.

THANKSGIVING FOR SALVATION

Psalms 118:14-15

The Lord is my strength and my song; he has become my salvation. Glad songs of salvation are in the tents of the righteous.

We thank you Lord, for you have returned our souls to us with love and faithfulness. We will forever be grateful for your saving mercy and for our place in your family.

WISDOM

Psalm 111:10

The fear of the Lord is the beginning of wisdom; all those who practice it have a good understanding. His praise endures forever!

The beginning of wisdom is to fear the Lord. His praises last forever. Blessed is the name of his kingdom forever. Our inheritance is in the Lord. May we listen to the teachings of our mothers, the corrections of our fathers and the word of God spoken by our leaders. We put our faith in the Lord, seek his righteous ways and await his glorious return.

PURITY OF HEART AND SOUL

Psalm 51:10-12

Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence and take not your Holy Spirit from me. Restore to me the joy of your salvation and uphold me with a willing spirit.

My God the soul you put in me is pure. You created it. You made it. You breathed life into me. You keep it safe. One day you will take it from me. As long as I live, my prayer is that you would create in me a clean and pure heart, just as you originally designed and intended it to be. Blessed are you, God who restores all, now restore in me a clean heart.

ISRAEL AND THE REBUILDING OF JERUSALEM

Psalm 147:2

The LORD builds up Jerusalem; He gathers the outcasts of Israel.

Those who talk against Israel and those who act badly towards Israel should be punished. Lord, we ask that you destroy all evil and wipe out Israel's enemies. Destroy these bad people quickly in our day. Return to Jerusalem your city with mercy. Rebuild your city soon, in our day. Reestablish the throne of David in Jerusalem. Send us your salvation. We are waiting for Messiah to return. Blessed are you, Lord our God, who destroys enemies and rebuilds your city.

THE ARMOR OF GOD

Ephesians 6:10-18

Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God, that you may be able to stand against the schemes of the devil. For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore, take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances take up the shield of faith, with which you can extinguish all the flaming darts of the evil one; and take the helmet of salvation, and the sword of the Spirit, which is the word of God, praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints.

Today, we put on the armor of God, to be strong in the Lord and in the strength of his might. For we do not wrestle against flesh and blood, but against the rulers, authorities and powers of darkness, against the spiritual forces of evil in the heavenly places. We put on the helmet of salvation, for you are our salvation. We put on the breastplate of righteousness, for you are our righteousness. We put on the belt of truth, for you are our truth. We put on the shoes of the gospel of peace, for you are our peace. In one hand we take the sword of the Spirit, which is the word of God. And in the other hand we take the shield of

faith which is able to extinguish all the flaming arrows of the evil one. For greater is he that is in us than he that is in the world. We thank you for your armor and for your word, that promises us no weapon formed against us shall prosper and every tongue that rises up against us in judgement will be condemned. For this is our heritage of the saints in Christ Jesus, amen.

THE FRUIT OF THE SPIRIT

Galatians 5:22-26

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also keep in step with the Spirit. Let us not become conceited, provoking one another, envying one another.

Today we pray that the fruit of your Spirit would grow abundantly in our lives and that we would show love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control to the world around us. We crucify our flesh and worldly passions and turn away from all conceited ways or envious thoughts. Help us to stay in step with the Holy Spirit. Let us be a light to those we come in contact with and be led by your Holy Spirit with eyes to see and ears to hear what you want us to do today. Amen.

THE BAPTISM OF THE HOLY SPIRIT AND THE GIFTS OF THE HOLY SPIRIT

Matthew 3:11

As for me, I baptize you with water for repentance, but He who is coming after me is mightier than I, and I am not fit to remove His sandals; He will baptize you with the Holy Spirit and fire.

Acts 2:4

And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit was giving them utterance.

1 Corinthians 12:4-11

There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work. Now to each one the manifestation of the Spirit is given for the common good. To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit, to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues. All these are the work of one and the same Spirit, and he distributes them to each one, just as he determines.

Father, I am grateful for the promise of your word, that I might be baptized with the Holy Spirit as was given to the first Christians at Pentecost. Right now, I ask to receive this promise of the baptism with your Holy Spirit. Lord, I ask that you entrust me with your Spirit's power that I might better be the priest of my home and a light to the nations, that those in my life would see your light shine through me. I humbly ask that you give me the spiritual gifts promised in your word and teach me to use them for the glory of your name. I receive your Spirit's power to be a witness and to be guided and comforted by your wisdom. I honor you with my life and may I be forever changed by your Spirit's baptism. All glory to the Father, and the Son, and the Holy Spirit. Amen.

I ask to receive this promise of the baptism with your Holy Spirit. Lord, I ask that you entrust me with your Spirit's power that I might better be the priest of my home and a light to the nations, that those in my life would see your light shine through me. I humbly ask that you give me the spiritual gifts promised in your word and teach me to use them for the glory of your name. I receive your Spirit's power to be a witness and to be guided and comforted by your wisdom. I honor you with my life and may I be forever changed by your Spirit's baptism. All glory to the Father, and the Son, and the Holy Spirit. Amen.

CUSTOMIZE A PRAYER FOR YOUR FAMILY

Lord, today I pray, by name, for the members of my family. You knew each of them before they were even formed in the womb. You have created each of them in your image. They are your sons and daughters, and today Lord:

For _____, my prayer is _____



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