

The Lord's Prayer

'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 debts, as we also have
forgiven our debtors.

And lead us not into temptation
but deliver us from evil'

[Matthew 6:9-13 ESV]

When you pray, you may use your own personal prayers, prayers found in the Scriptures or use written prayers that other people have used, like **John Stott's Daily Prayer** on this sheet.

Two books which are excellent resources for written prayers are The Valley of Vision and Piercing Heaven.

Another source of material to use in prayer is the material you receive from various missionary organisations.

One other thing you might consider to use in your daily devotions is a Daily Devotional book/booklet where the author gives their thoughts on a particular verse or passage.

A useful one is called Tabletalk by Ligonier Ministries. You can read it online, have it sent to your inbox each day or buy an annual subscription and receive a monthly magazine. Check it out at <https://tabletalkmagazine.com>.

The original idea of this 'no guilt' reading plan came from **Rev Matthew Everhard** and is used with his kind permission. Check him out on YouTube.

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John Stott's Daily Prayer

Heavenly Father, I pray that I may live this day in your presence and please you more and more.

Lord Jesus, I pray that this day I may take up my cross and follow you.

Holy Spirit, I pray that this day you will fill me with yourself and cause your fruit to ripen in my life: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

Psalm 23

1. The LORD is my shepherd; I shall not want.
- 2 He makes me lie down in green pastures. He leads me beside still waters.
- 3 He restores my soul. He leads me in paths of righteousness for his name's sake.
- 4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.
- 5 You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.
- 6 Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever.

DAILY DEVOTIONS

An important point to remember when we come to meet with the Lord, is that we actually meet with the Lord!!

Pick a suitable time and place where you can be alone with the Lord and not disturbed.

Have a pen and a piece of paper/a notebook to jot down anything that catches your attention when you read.

You may or may not want to use the following outline;

Bible Reading [10 minutes] You may want to read a portion from the Old Testament or the New Testament or just spend time in the same book. Wherever you read, just remember to tick the box on this sheet next to that portion

Verse for Meditation [5 minutes] Start at the beginning of an epistle, read one verse each day and take a few minutes to think over the verse.

Hymn [5 minutes] You can read, sing or think about the words of a hymn.

Prayer [10 minutes] Use what you have written down during your reading to help you in

- Adoration
- Confession
- Thanksgiving
- Supplication

You can use the Lord's Prayer or Psalm 23, [both are on this sheet], as a guide on how to pray and what to pray about.