



Daily Devotionals

We can each benefit from practising a rhythm of prayer. Mother Teresa is quoted as saying “I used to believe that prayer changes things, but now I know that prayer changes us, and we change things.” Time spent in prayer is never wasted. In prayer we open ourselves to God’s presence, asking Him to enter our whole being, transforming us, inspiring our actions and informing all of our relationships. Prayer is our ‘yes’ to God.

Identify places and spaces where you can best give attention to God. This may be in your home, in church, when out walking, next to the sea or other water, in countryside or in town. These places may change as you change and grow, or with different personal circumstances, or with the weather!

1

Identify objects or music that help you to focus on God. Find ways of using these items, in your identified prayer space, to enhance your prayer time. Objects may be candles, rosaries, a holding cross, icons, photographs, incense, the Bible, acorns and craft work (the list is endless).

2

Setting aside a regular time for prayer each day - one that works for you - is helpful. You can find services of morning, evening and night prayer in the book Common Worship. There are on-line and apps too.

3

Bible notes help us reflect on how Scripture influences Everyday Faith. The bible tells us 'do not be anxious ... ask God for what you need ... with a thankful heart' (Philippians 4:6)

4

You can pray in your own words too. This is an important part of your daily devotional rhythm. God wants to hear about what is important to you.

5

Our prayers include those of thanksgiving and praise, sorrow and lament, confession and forgiveness. No fancy words, (or even any words at all), are needed for God to understand.

6

Praying for others, world situations and creation (intercession) is one part of our daily devotion.

7

If you crochet, knit, paint, swim, run or do anything that helps to clear your mind of everyday thoughts, this activity can become meditative. Expect God to meet you there.

8

Contemplative prayer is a way of 'resting in God' (Thomas Merton). At times in our daily devotions we need to let go of words and simply be with God.

One approach is called 'Centering Prayer' - books and app free to download.

9

Following a daily devotional pattern will change us and how we live. Be prepared for God to call you into new ways of living your faith, especially if/when you pray 'what should I do today and who are you calling me to be?'

10

Further Steps

There are many other resources available which you can find in books, pamphlets, and on-line in support of your devotional journey. Ask members of your Ministry Team, PCC, and members of your congregation how they approach prayer and what resources they use.

Read: Christian publishers, e.g. Canterbury Press, Wild Goose, SPCK, have books of and on prayer. Search 'prayers' on their websites.

Website:

Church of England website: www.churchofengland.org/our-faith/everyday-faith/everyday-prayers

Daily Offices, that is morning, evening, and night prayer can be found on the Church of England website: www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer and on www.oremus.org/cofe.html

Daily Bible Study notes: www.brfonline.org.uk/pages/bible-reading-notes-at-a-glance and www.eden.co.uk/bible-study-notes

Centering Prayer - Thomas Keeting - a free app.

Watch: a video of: [The Lord's Prayer](#)

Visit: Christian Bookshops in Lincoln Diocese - e.g. Olive Tree in Spilsby, The Well in Scunthorpe, Unicorn Tree Books in St Benedict's Church Lincoln, or pop into the [resources centre](#) at the College of St Hugh.

Join the [Community of Saint Hugh](#) to pray with and for the work of the churches and wider diocese in Lincolnshire.

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