

# Simple Prayer Guide

## Resources for Daily Prayer

- Seedbed Daily Text (<https://www.seedbed.com/daily-text/>)
- Lectio 365 App (Search on your tablet or mobile device)
- SacredSpace.ie
- UpperRoom.org

## Planning for Prayer

*SacredOrdinaryDays.com* offers direction and planners for praying through the church calendar. Scripture readings and spiritual focus are based on the season of the Church.

## 6-4-3

Beginning this summer, we will pray for 6 months for our 3 Antioch Partnership imperatives. Next week, you will have an opportunity to choose your area of focus (Transformative Worship, Embracing Our Community, or Engaging the Congregation).

## Historic Prayers of the Church

### *The Lord's Prayer*

Our Father, who art in heaven,  
hallowed be thy name.  
Thy kingdom come.  
Thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us,  
and lead us not into temptation,  
but deliver us from evil.  
For thine is the kingdom,  
and the power, and the glory,  
for ever. Amen.

### *A Prayer of Teresa of Avila (16<sup>th</sup> Century)*

Lord, you are closer to me than my own breath, nearer to me than my hands and feet. Amen.

*Prayer of Thomas Merton (20<sup>th</sup> Century)*

My Lord God,  
I have no idea where I am going.  
I do not see the road ahead of me.  
I cannot know for certain where it will end.  
nor do I really know myself,  
and the fact that I think I am following your will  
does not mean that I am actually doing so.  
But I believe that the desire to please you  
does in fact please you.  
And I hope I have that desire in all that I am doing.  
I hope that I will never do anything apart from that desire.  
And I know that if I do this you will lead me by the right road,  
though I may know nothing about it.  
Therefore, will I trust you always though  
I may seem to be lost and in the shadow of death.  
I will not fear, for you are ever with me,  
and you will never leave me to face my perils alone.

*The Jesus Prayer (5<sup>th</sup> Century)*

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

*Other guides for prayer can be found at [Aldersgateumc.org/prayer](http://Aldersgateumc.org/prayer).*