

## Personal Daily Evening Prayer Guide

Here is a suggested outline for a daily time of individual evening prayer reflection.

When you are using this guide on a Saturday Evening to prepare for the Lord's Day, you would reflect on the events of the week as opposed to those of the day.

If you use it on a Sunday evening, reflect on the Bible Reading used in the Sermon that day.

1. Take your Bible. Find a quiet space where you can be undisturbed for 15-20 minutes.  
Settle yourself comfortably into the stillness and intentionally seek to become conscious of the Lord's presence with you.
2. Read the NT Chapter OR the Psalm of the Day as set in the Annual Bible Reading Plan OR a Psalm of your choice OR the Sunday Sermon Reading (on Sundays).  
As you read, notice a verse that draws your attention. Return to that verse and re-read it a few times until you can commit it to memory.
3. Recite that verse (or a brief prayer based on the verse) to yourself in silence as a "breath prayer", i.e. praying one half of the verse as you breathe in and the other half as you breathe out.  
*For example* you might pray John 3:16 as  
"For God so loved the world ... He gave His only Son" (i.e. the words of the verse) OR  
"Thank You for Your love ... Sent to me in Jesus." (i.e. a prayer based on the verse)
4. Become aware of God's presence and what the Lord might be saying to you regarding your life right now, through this verse you have been repeating.
5. Reflect on the events of the day in the company of the Holy Spirit (I think of this exercise as 'replaying the video of my day in my mind'). Prayerfully consider the following questions and respond in the way indicated:
  - a. Thanksgiving: How have I experienced the presence of God today? Once you have identified all the ways, offer a prayer of THANKS to God.
  - b. Praise: What have I seen of the glory of God today? Once you have identified all the ways, offer a prayer of PRAISE to God.
  - c. Confession: How have I fallen short of the glory of God today through my thoughts, words and deeds? Once you have identified all the ways, offer a prayer of CONFESSiON to God (and consciously receive His forgiveness).
  - d. Yielding: How does my heart most fervently desire God to work in my life tomorrow? Once you have identified the way, offer a prayer of YIELDING to God.
6. End your time of evening prayer once more spending a minute or so in silent repetition of your verse as a breath prayer.