

Praying 3 Times Daily

I appreciate that you are learning to pray “without ceasing” as the Bible teaches. This particular challenge is to set up three times daily for focused prayer. The opportunity is also corporate in that you are roughly praying at the same time as your FMCiC brothers and sisters in Christ from across Canada!

Morning prayer: You chose your best time in the morning to set aside approximately 10-15 minutes daily. The morning prayer is to adoration. Thank God. Consider His attributes and praise Him. Use music, dance, art, quiet, walk, journal, run, kneel, sit, lay flat out on the ground... Try different postures in this morning prayer of adoration. Do not move into requests, but try to keep the morning session about praise.

Midday prayer: You chose your best time in the middle of the day to set aside approximately 10-15 minutes daily. The midday prayer is petition and intercession. It is you praying for God’s intervention in others or in circumstances. It is not your private or personal prayers, it is your prayer for FMCiC family and the Church in Canada and beyond. We will send you prayer requests. I encourage you to not simply bring a shopping list to God in prayer, and read out each item to Him. Intercessory prayer is more than listing prayer requests to God isn’t it? It is heart-fully representing these requests at the throne of Grace – which is the government of God. You are invited into His war-room, the place of government. Imagine if your member of parliament merely showed up at a parliamentary session and read off her requests? Somehow heart is required in intercession. There is also mystery involved. We do not know how God uses our words and transforms them into intervention in others, but amazingly He does. We need to approach the midday prayer with anticipation, awe, and heart. If you are able and have the time, find people to pray with.

Evening prayer: You chose your best time at night to set aside approximately 10-15 minutes daily. The evening prayer is “examen”. This is an ancient prayer of inviting God to search your heart (your day). It is the essence of the very first prayer in the Bible, where the Trinity asks Himself “is it good?” I mean, each creation day, God said that it was good, one day was not good and then another very good. In order for Him to decide that it was good or not good, He certainly asked Himself, “it is good?” When Jesus spoke with God it is called prayer in the Bible, so the “it is good” declarations in the creation story seem to come out of prayer. Daily God examined His day. I am inviting you to do likewise.