

Practice #2

Praying with posture morning, afternoon, and evening

The Habit:

Focused, reflective prayer three times per day. First thing in the morning, middle of the day and then in the evening at the end of the day.

The Why:

We frame our lives acknowledging and responding to the active presence of Jesus by His Spirit in our lives. In doing so, we draw closer to Him and understand his purpose for our lives and access His power in our lives.

The How:

- Each morning, upon waking or ASAMP (As Soon As Mentally Possible), position yourself physically to pray (favorite chair, kneeling, etc), beginning with worship, adding confession and calling upon God for the concerns which you carry.
- Each midday, set an alarm and at that alarm, change your position (go for a walk, raise your hands, kneel) and assess your physical emotional state. Acknowledge your need for God and ask for his strength to carry manage the emotions your heart feeling and the burdens you have picked up during the day. Ask God to give you peace from which to act.
- Each evening, Do a gratitude inventory, reflecting on what is right in the world. Note regrets or growing resentments to confess. Focus your heart on celebrating what is right and honoring that brought sadness.

- *Need some examples to help you get started?*
 - *Pray on your knees when leaving bed and before you return to bed.*
 - *Set a timer at the middle of each day to take a walk or stand up and pray with hands raised.*
 - *During the midday prayer, take note of your emotions, thoughts, and physical response to your day so far. Surrender your thoughts and emotions to Jesus.*

Then what:

Listen and notice the opportunities you find in front of you. Learn from these pauses and consider how God is leading you in the experience of His love, goodness and purpose.