

## **John Calvin's Evening Prayer:**

"Lord God,

Since You made the night for man to rest just as You created the day for his work, I beseech You to give my body a restful night and to grant that my soul may be lifted up to You and my heart always filled with Your love.

Teach me, O God, to entrust all my cares to You and constantly remember Your mercy, so that my soul may enjoy spiritual rest.

Let not my sleep be excessive, but let it serve to renew my strength so that I may be more ready to serve You.

May it please You also to keep me pure in body and in spirit, preserving me from all temptations and all danger, so that my very sleep may contribute to the glory of Your name.

And since this day has not passed without my offending You in several ways, I who am a poor sinner make this request.

Grant, O God, that just as now You have hid all things in the shadows of the night, You will also bury my sins in Your mercy, through Jesus Christ my Savior. Amen."

## ***Psalms for Evening Prayer***

Ps 4, 121, 63:1-8, 139:7-12

## **NEXT WEEK: CORPORATE PRAYER**

## **RESOURCES:**

1. Habits of the Household: Practicing the Story of God in Everyday Family Rhythms by Earley, Justin Whitmel
2. Prayers for Your Day - The Daily Grace Co.

## **Praying the Bible**

### **Habits of Prayer**

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 Thess 5:16-18

#### **1. Pray without ceasing**

#### **Example of Daniel**

- Daniel 6:10

#### **Example of Nehemiah**

- Nehemiah 1:4-11; 2:4; 4:4-5; 5:19; 6:9; 6:14; 9:5-38; 13:14, 22, 29

#### **Example of Jesus**

- Mark 1:35
  
- Luke 18:1-8

- Luke 21:36
- Luke 11:1-14

“Lord, may I love and serve my wife/husband and children this morning as you loved and served me.”

- Scripture before smartphone

### Example of Paul

- Romans 1:8-10
- Romans 12:12
- Ephesians 1:16
- Ephesians 6:18
- Col 4:2
- Philippians 1:3
- 2 Tim 1:3

- A Sending Prayer
  - Num 6:23-27

### B) A Bedtime Liturgy or Settling the Soul to Sleep

Evening and morning and at noon I will pray, and cry aloud, and He shall hear my voice” (Psalms 55:17).

### 2. A Daily Liturgy - developing the habit of prayer

- **For parents** - Lord help me. May I be parented by your grace, and in turn give them the same. Amen

- **Blessing for a Child**

Parent: Do you see my eyes?	Child: Yes
Parent: Can you see that I see your eyes?	Child: Yes
Parent: Do you know that I love you?	Child: Yes
Parent: Do you know that I love you no matter what bad things you do?	Child: Yes
Parent: Do you know that I love you no matter what good things you do?	Child: Yes
Parent: Who else loves you like that?	Child: God does
Parent: Even more than me?	Child: Yes
Parent: Rest in that love.	

So how do you develop the habit of prayer -Ps 5:3, Ps 88:13, Ps 119:147

#### A) A Waking Liturgy or Let the Sun Shine In

- A kneeling prayer by the bedside before **anything** else

“God, may I reflect your image in my work today and not worry about my own image.”