

A SIMPLE DAILY PRAYER GUIDE

MORNING - In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait in expectation. (Psalm 5:3)
As you wake up, silently or aloud, ask God to help you wake up. Ask that you do not resist the day. Thank God for the night of rest and thank him for the morning.
Breakfast: Thank God for the meal and bless those who prepared it.

Not my will, but yours be done. (Luke 22:42)
Pray to be aligned with God's will. Ask the Holy Spirit to help plan and guide you throughout your day. Ask God to provide whatever it is you feel you need for the day, and ask to be a blessing to those you encounter.

AFTERNOON - Evening and morning, and at noon, I will pray and cry aloud; and He shall hear my voice. (Psalm 55:17)
During the day, mentally pray for those you think of, encounter, and pass by. The prayer can be short such as "Peace be with you," "Blessings to you," or whatever you feel people need. Ask God to pour blessings over them. It is good to pray for yourself as well as to refocus your attention.
Lunch: Thank God for the meal and bless those who prepared it.

EVENING - Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. On him God the father has placed his seal of approval. (John 6:27)
Dinner: Thank God for the meal and bless those who prepared it.
Thank God for the day and all that He gave you. Pray that all of the worries of the day be lifted from you and that you will be able to enter into peace and rest. Let your focus be on the things that give you life and are eternal.

NIGHT - In vain you rise up early and go late to rest, eating the bread of anxious toil; for he gives sleep to those he loves. (Psalm 127:2)
I lie down and sleep; I wake again, for the Lord sustains me. (Psalm 3:5)
Reflect on the events of the day to see how the Lord has been with you. Thank God for the blessings and pray for a night of peace and rest. Ask the Holy Spirit to communicate to you in your dreams anything you need revealed about yourself, others, or your direction in life.

2

40 Days of Generosity : Supplement to the Daily Prayer Guide

Week 1 theme – Everything is God's; everything we have is a gift from God

Tuesday morning – In addition to or instead of your regular morning prayer, try reflecting on the above theme. During this time, pray to Jesus and ask him for insight and opportunities to experience this in your life.

Wednesday evening– In addition to or instead of your regular evening prayer, review Sunday's sermon by referencing your notes/handout or mp3 of the sermon (<http://vccwestphilly.org/sermons/>).

Thursday afternoon – In addition to or instead of your regular afternoon prayer, find time to practice generosity. As God is giving to us, it is good to give to others. Focus on the scripture below during this time and find ways to give. Try the suggested exercise or find your own practice.

“One man gives freely, yet gains even more; another withholds unduly, but comes to poverty. A generous man will prosper; he who refreshes others will himself be refreshed.” Proverbs 11:24-25

Suggested Exercise: Offer prayer to someone you feel that needs it today. Bless the person, lift him/her up in your heart, and if possible, pray with the person.

Saturday morning - In addition to or instead of your regular morning prayer, journal your experiences during the week. Write down any revelations you have received during this time of giving.

3

Week 2 theme – God is a generous giver

Tuesday morning – In addition to or instead of your regular morning prayer, try reflecting on the above theme. During this time, pray to Jesus and ask him for insight and opportunities to experience this in your life.

Wednesday evening– In addition to or instead of your regular evening prayer, review Sunday's sermon by referencing your notes/handout or mp3 of the sermon (<http://vccwestphilly.org/sermons/>).

Thursday afternoon – In addition to or instead of your regular afternoon prayer, find time to practice generosity. As God is giving to us, it is good to give to others. Focus on the scripture below during this time and find ways to give. Try the suggested exercise or find your own practice.

“Friend, I am not being unfair to you. Didn't you agree to work for a denarius? Take your pay and go. I want to give the man who was hired last the same as I gave you . Don't I have the right to do what I want with my own money? Or are you envious because I am generous? So the last will be first, and the first will be last.” Matthew 20:13-16

Suggested Exercise: Find ways to give to someone experiencing financial hardship, and, if possible, share a meal with that person. Try practicing this both at home and at work. Reaching out to others you normally don't reach out to, helps to expand your heart.

Saturday morning - In addition to or instead of your regular morning prayer, journal your experiences during the week. Write down any revelations you have received during this time of giving.

4

Tuesday morning – In addition to or instead of your regular morning prayer, try reflecting on the above theme. During this time, pray to Jesus and ask him for insight and opportunities to experience this in your life.

“All the believers were one in heart and mind. No one claimed that any of his possessions was his own, but they shared everything they had. There were no needy persons among them. For from time to time those who owned lands or houses sold them, brought the money from the sales and put it at the apostles' feet, and it was distributed to anyone as he had need.” Acts 4:32, 34-35

Thursday afternoon – In addition to or instead of your regular afternoon prayer, find time to practice generosity. As God is giving to us, it is good to give to others. Focus on the scripture below during this time and find ways to give. Try the suggested exercise or find your own practice.

Wednesday evening– In addition to or instead of your regular evening prayer, review Sunday's sermon by referencing your notes/handout or mp3 of the sermon (<http://vccwestphilly.org/sermons/>).

Week 6 theme – God is our provider and meets all our needs

Prayer should come from your heart. Whether we pray to praise, depend, petition, intercede, or give thanks depends on our changing needs throughout the day. If you are new to the practice, the best way to start is small. A simple, honest, and sincere conversation with God each day will suffice, and you can build on this as you become more comfortable. As you practice prayer, you will experience how life-giving prayer can be and develop a deeper connection to God. He is always inviting us; this is a time to invite Him into our lives. A simple daily prayer guide is on page 2; modify it to fit your needs. It takes three weeks to become comfortable with a new habit, and an additional three to four weeks for it to become a part of your life. We encourage you to focus on incorporating prayer into your lives and not tracking a regiment. Following each *scripture (which is bold and italicized)* are a few items to help commence your prayers. A prayer supplement guide integrated to the 40 Days of Generosity sermon and small group study series begins on page 3. This guide includes six weeks of associated prayer ideas and exercises with topically related scriptures; use it at anytime during this period. Folding instructions can be viewed at www.youtube.com/watch?v=lab31rteZo

5

Tuesday morning – In addition to or instead of your regular morning prayer, try reflecting on the above theme. During this time, pray to Jesus and ask him for insight and opportunities to experience this in your life.

“Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also the interests of others. Your attitude should be the same as that of Christ Jesus.” Philippians 2:3-5

Thursday afternoon – In addition to or instead of your regular afternoon prayer, find time to practice generosity. As God is giving to us, it is good to give to others. Focus on the scripture below during this time and find ways to give. Try the suggested exercise or find your own practice.

Wednesday evening– In addition to or instead of your regular evening prayer, review Sunday's sermon by referencing your notes/handout or mp3 of the sermon (<http://vccwestphilly.org/sermons/>).

Week 5 theme – Roadblocks to being generous

Saturday morning - In addition to or instead of your regular morning prayer, journal your experiences during the week. Write down any revelations you have received during this time of giving.

“Now he who sows seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness. You will be made rich in every way so that you can be generous on every occasion, and through your generosity you will result in thanksgiving to God.” 2 Corinthians 9:10-11

Friday afternoon – In addition to or instead of your regular afternoon prayer, review Sunday's sermon by referencing your notes/handout or mp3 of the sermon (<http://vccwestphilly.org/sermons/>).

Thursday afternoon – In addition to or instead of your regular afternoon prayer, find time to practice generosity. As God is giving to us, it is good to give to others. Focus on the scripture below during this time and find ways to give. Try the suggested exercise or find your own practice.

Week 5 theme – Roadblocks to being generous

Week 3 theme – Am I generous?

Tuesday morning – In addition to or instead of your regular morning prayer, try reflecting on the above theme. During this time, pray to Jesus and ask him for insight and opportunities to experience this in your life.

Wednesday evening– In addition to or instead of your regular evening prayer, review Sunday's sermon by referencing your notes/handout or mp3 of the sermon (<http://vccwestphilly.org/sermons/>).

Thursday afternoon – In addition to or instead of your regular afternoon prayer, find time to practice generosity. As God is giving to us, it is good to give to others. Focus on the scripture below during this time and find ways to give. Try the suggested exercise or find your own practice.

“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” Psalm 139:23-24

Suggested Exercise: Ask the people around you who know you well and are supportive, to share with you the many ways you are generous and areas you can grow in generosity.

Saturday morning - In addition to or instead of your regular morning prayer, journal your experiences during the week. Write down any revelations you have received during this time of giving.

6

Saturday morning - In addition to or instead of your regular morning prayer, journal your experiences during the week. Write down any revelations you have received during this time of giving.

“Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also the interests of others. Your attitude should be the same as that of Christ Jesus.” Philippians 2:3-5

Friday afternoon – In addition to or instead of your regular afternoon prayer, find time to practice generosity. As God is giving to us, it is good to give to others. Focus on the scripture below during this time and find ways to give. Try the suggested exercise or find your own practice.

Thursday afternoon – In addition to or instead of your regular afternoon prayer, review Sunday's sermon by referencing your notes/handout or mp3 of the sermon (<http://vccwestphilly.org/sermons/>).

Week 4 theme – How I give and my attitude towards giving

Tuesday morning – In addition to or instead of your regular morning prayer, try reflecting on the above theme. During this time, pray to Jesus and ask him for insight and opportunities to experience this in your life.

“Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also the interests of others. Your attitude should be the same as that of Christ Jesus.” Philippians 2:3-5

Wednesday evening– In addition to or instead of your regular evening prayer, review Sunday's sermon by referencing your notes/handout or mp3 of the sermon (<http://vccwestphilly.org/sermons/>).

Tuesday morning – In addition to or instead of your regular morning prayer, try reflecting on the above theme. During this time, pray to Jesus and ask him for insight and opportunities to experience this in your life.

Week 4 theme – How I give and my attitude towards giving