

Ways to Pray ~ What is household prayer?

Household prayer can appear different in each family, and that's exactly how it should be, as each household is different. But here are some general principles:

- **Regular Daily.** The discipline of some kind of daily prayer is strongly attested throughout Christianity as being an invaluable part of the Christian life.
- **Something you can do!** It doesn't need to be a struggle, but rather something you are comfortable with. If that is holding someone's hand as each of you say thank you Lord before you go to sleep, great. If you're single and that is marking the first ten minutes you are awake for silence, that's fine too. There are several different practices, most involving prayer at meals (picking at least one to be consistent in is helpful) and prayer at certain times of the day.
- **At struggle at times.** Though it can push you a bit out of your comfort zone and even be challenging at times. Prayer shouldn't always be easy, as most relationships aren't. So when it feels difficult, push on. And when it feels easy, perhaps try something new.
- **A variety of options available.** Prayer throughout the day is traditional in communities and by oneself. The Book of Common Prayer offers both the Daily Office Daily Devotions for Individual and Families. And there are also many other ways to pray – try something new!

In the Morning

From Psalm 51

Open my lips, O Lord, and my mouth shall proclaim your praise.
Create in me a clean heart, O God, and renew a right spirit within me.
Cast me not away from your presence and take not your holy Spirit from me.
Give me the joy of your saving help again and sustain me with your bountiful Spirit.
Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.

A Reading

Blessed be the God and Father of our Lord Jesus Christ! By his great mercy we have been born anew to a living hope through the resurrection of Jesus Christ from the dead. 1 Peter 1:3

A period of silence may follow.

A hymn or canticle may be used; the Apostles' Creed may be said.

Prayers may be offered for ourselves and others.

The Lord's Prayer

The Collect

Lord God, almighty and everlasting Father, you have brought us in safety to this new day:
Preserve us with your mighty power, that we may not fall into sin, nor be overcome by adversity;
and in all we do, direct us to the fulfilling of your purpose; through Jesus Christ our Lord. Amen.