



## Simply Pray Simple Prayers

*We can maintain an attitude of prayer throughout the day by lifting up our mind and hearts to God as we go through the daily activities. These are just some ideas that you can use throughout your day.*

As the **alarm clock goes off** and you push the snooze button, say to the Lord : “This is the day you have made for me. Thank you for this gift.”

Say one Our Father while you’re still in bed.

As the **morning** begins:

- if you *prepare lunch* for your children or spouse, make sure to say a prayer of blessing for each of them
- as you *go to work*, as you pull out of the driveway (before putting the gear in Drive) say to the Lord, “Here I am, Lord, I come to do your will.”
- If you *stay at home*: as you go through the house, from room to room or even just in one, ask the Lord to bless the house and those who live in it. Say to Him, “As for me and my household, we shall serve the Lord.”

At **Lunch time**: make sure you say grace before meal. If you can, be quite for at least 5 minutes. At the beginning of your quiet time say “Speak, o Lord, your servant is listening.” At the end of the 5 minutes say one Our Father.

In the **Evening**: as the family gathers, make sure you pay attention to each person. Make eye contact and smile. At the end of each “one on one encounter” say to the Lord, “Bless him/her, o Lord.”

**Before falling asleep**, whether in bed or not. Think about the day, write down, if you can, on an index card at the least three things you considered a blessing today. If you had use some other special time of prayer, jot it down. At the end, say to the Lord “Thank you for this day. Keep me and my family safe throughout the night.” (Keep the cards!)