



Prayers to Enrich our Relationship with God

LifeCare Memos® – Messages of Compassion

Prayer Value

Serving in a Skilled Nursing facility, I have observed that as people age they often value prayer more than they did earlier in life. Some have told me they pray every night before going to bed or every morning when they get up. Some even pray both in the morning and in the evening.

What Prayer Is

Prayer is something we can all do because it is simply talking to **GOD**. There is no special language necessary for prayer. We can pray to **GOD** any time of the day or night using our own words. We can speak to Him about whatever is on our heart. Prayer can include praise or worship of **GOD**, thanks to Him for His blessings to us, confession of our sins, praying for the needs of others, as well as bringing before Him what we are personally facing. Sincere prayer from the heart is heard by **GOD**. Heartfelt spontaneous prayer also brings great honor to Him.

Written Prayers

Even though we should normally use our own words in talking to **GOD**, sometimes it is helpful to use the prayers of great men and women of **GOD** to aid us in our prayer time. The Bible is full of written prayers, such as the prayers incorporated into the epistles – the books of the Bible that Paul and Peter wrote. The Old Testament book of Psalms is basically a book that focuses on prayer.

Rationale for Written Prayers

In addition to spontaneous prayers, sometimes it is helpful to pray with written prayers. One reason is that a book of written prayers can help keep prayer fresh so we do not just repeat the same words every day with little thought as to what the words say. Also, written prayers push us toward the worship of **GOD**, which may be an aspect of prayer that we neglect. In addition, written prayers help connect us to the best of the Christian faith over the centuries.

Three Prayers

There are many wonderful written prayers, and printed below you will find three prayers that are personal favorites. Of course, there are many more written prayers, even books of prayers to aid you in your prayer life. Each of the prayers I have chosen is quite different and each one will make you think deeply as you repeat it.

- “The Lord’s Prayer” was the prayer Jesus taught His disciples to pray when they asked Him to teach them to pray.
- “A Morning Prayer” is a short prayer by Charles Spurgeon, a great 19th century preacher in London, England.
- “An Evening Prayer” was written by an unknown Puritan. The Puritans were a group of Protestants who lived in the 16th and 17th centuries, some of whom came to America during the colonial period.

The Lord’s Prayer

*Our Father, who art in heaven,
Hallowed be thy Name.
Thy Kingdom come.
Thy will be done in earth,
As it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
As we forgive those that trespass against us.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
The power and the glory,
forever and ever.
Amen.*

A Morning Prayer

*Heavenly Father,
Thou hast made me, be pleased to new-make me.
I am thy work, complete me;
I am thy harp, tune me;
I am thy child, teach me.
Amen.*

An Evening Prayer

Giver of all, another day is ended and I take my place beneath my great Redeemer's cross, where healing streams continually descend, where balm is poured into every wound, where I wash anew in the all-cleansing blood, assured that Thou seest in me no spots of sin.

Yet a little while and I shall go to Thy home and be no more seen; help me to gird up the loins of my mind, to quicken my step, to speed as if each moment were my last, that my life be joy, my death glory.

I thank Thee for the temporal blessings of this world—the refreshing air, the light of the sun, the food that renews strength, the raiment that clothes, the dwelling that shelters, the sleep that gives rest, the starry canopy of night, the summer breeze, the flowers' sweetness, the music of flowing streams, the happy endearments of family, kindred, friends.

Things animate, things inanimate, minister to my comfort. My cup runs over. Suffer me not to be insensible to these daily mercies. Thy hand bestows blessings: Thy power averts evil. I bring my tribute of thanks for spiritual graces, the full warmth of faith, the cheering presence of Thy Spirit, the strength of Thy restraining will, Thy spiking of hell's artillery. Blessed be my sovereign Lord! Amen.

May you find renewed joy, comfort and peace as you talk with the **LORD** in prayer.

“The earnest prayer of a righteous person has great power and produces wonderful results” (James 5:16, NLT)

Hank Griffith, 301212

LifeCare Memos[®]

When experiencing the stresses of life, people need support. The Psalmist needed that support and found it when he turned to **GOD**. He said, *“Look to my right and see; no one is concerned for me. I have no refuge; no one **cares for my life**. I cry to You, O **LORD**; I say, ‘You are my refuge, my portion in the land of the living’” (Psalm 142:4-5).*

LifeCare Memos are designed as messages of compassion that integrate biblical guidelines for emotional and spiritual well-being. Topics focus on various life-care issues and address them from the perspective of Scripture.