

LORD



How to Use This Daily Reflection:

Each day we will very simply pray (P.R.A.Y.) ‘P’: PAUSING to be still. ‘R’: REJOICING with a Psalm and REFLECTING on a Scripture. ‘A’: ASKING God to help us. ‘Y’: YEILDING to His will in our lives, come what may. Allow this rhythm to deepen your awareness of God’s presence and guide you to live out His mission in your daily life.

Pause

Rejoice/Reflect

Ask

Yeild

Week 07: Call on the Lord Everyday

Monday: Monday – Begin with God (Psalm 5:1–3)

Pause: Take a deep breath and settle your heart. Invite God into this moment.

Rejoice: Today I rejoice in the God who sets my heart and mind on Him from the start of the day.

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“I will sing of Your steadfast love and Your faithfulness, for You have been my refuge and strength” – Psalm 59:16

Reflect: Prayer is not merely a moment in time—it’s the rhythm that orders our days. David didn’t treat prayer as an afterthought; he began his mornings by intentionally laying his requests before God. The Hebrew word for “present” (āarak) means to arrange or set in order. David’s prayer life was not accidental—it was deliberate, expectant, and watchful.



“Give ear to my words, Lord, Consider my sighing. Listen to the sound of my cry for help, my King and my God, For to You I pray. In the morning, Lord, You will hear my voice; In the morning I will present my prayer to You and be on the watch.” — Psalm 5:1–3

Ask for me: Lord, help me begin this day—and each day—with You at the center.

Ask for my community: May our church be a people who seek You early and trust that You are already working.

Reflect: As I reread this passage, I notice David’s expectation—he doesn’t just pray; he watches. Lord, help me to live with that same sense of anticipation.



“Give ear to my words, Lord, Consider my sighing. Listen to the sound of my cry for help, my King and my God, For to You I pray. In the morning, Lord, You will hear my voice; In the morning I will present my prayer to You and be on the watch.” — Psalm 5:1–3

Yield: I offer You my plans, my words, and my worries today. Let them be ordered by Your presence.

Tuesday: Prayer Between Moments (Nehemiah 2:4–5)

Pause: Take a quiet breath between tasks. God is here even in the in-between.

Rejoice: Today I rejoice in the Lord who hears my thoughts before I speak them



“I will rejoice in the Lord, exalting His name, for He lifts me up and crowns me with steadfast love” — Psalm 30:4-5

Reflect: Nehemiah teaches us the art of instant prayer. Standing before the most powerful man in the world, he doesn’t panic or plan a speech—he prays in silence. This moment reminds us that prayer isn’t confined to quiet rooms or long pauses. It can be as simple as a thought, a whisper, or a silent surrender in the midst of life’s conversations.



*“Then the king said to me, ‘What would you request?’ So I prayed to the God of heaven. Then I said to the king, ‘If it pleases the king and if your servant has found favor before you, send me to Judah, the city of my fathers’ tombs, so that I may rebuild it.’”
—Nehemiah 2:4–5*

Ask for me: Lord, train my heart to turn to You in the middle of daily moments—not just before or after them.

Ask for my community: Help us to carry Your presence into our work, schools, and conversations today.

Reflect: As I reread this passage, I sense how prayer can weave through every word and action. May my reflex in all things be to look up before I speak out.

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—Nehemiah 2:4–5

Yield: God of heaven, be the unseen companion in every meeting, errand, and moment today.

Wednesday: The Rhythm of Continual Prayer (1 Thessalonians 5:16–21)

Pause: Settle your heart and become aware of God’s nearness right now.

Rejoice: Today I rejoice in God’s presence in the ordinary rhythms of life

“*I will bless the Lord at all times; His praise shall continually be in my mouth*” — Psalm 34:1

Reflect: Paul’s words remind us that continual prayer isn’t constant talking—it’s constant awareness. Prayer is like breathing; we may not notice each breath, but it sustains us. Gratitude becomes the rhythm that keeps us tuned to God’s heart. To pray without ceasing is to walk with God through the mundane and the meaningful alike.

“*Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God for you in Christ Jesus. Do not quench the Spirit; do not despise prophetic utterances. But examine everything; hold firmly to that which is good.*” —1 Thessalonians 5:16–21

Ask for me: Lord, make prayer my first instinct, not my last resort.

Ask for my community: May our homes, workplaces, and gatherings become places of unbroken communion with You.

Reflect: As I reread this passage, I’m reminded that thankfulness is the rhythm of continual prayer. Lord, teach me to breathe gratitude all day long.

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Yield: I choose to live today with open hands and a listening heart—ready to respond to Your Spirit’s whisper.

Thursday: Finding God in the Ordinary (Psalm 37:3–5)

Pause: Breathe deeply. Look around. God is already present in the ordinary moments before you.

Rejoice: Today I rejoice in the One who guides my steps and orders my day



“I will rejoice in You, O Lord, for You have delivered me; You have heard my voice when I called” — Psalm 28:7

Reflect: When we learn to pray in the ordinary, we begin to see that nothing is ordinary anymore. The workday, the errands, the small talks—all can become holy ground. The psalmist reminds us that even when we stumble, God’s hand steadies us. Daily prayer is the practice of noticing that steadying hand in every season of the day.



“Trust in the Lord and do good; Live in the land and cultivate faithfulness. Delight yourself in the Lord; And He will give you the desires of your heart. Commit your way to the Lord, Trust also in Him, and He will do it.” —Psalm 37:3–5

Ask for me: Lord, help me find You in my routines—while walking, working, or waiting.

Ask for my community: Teach us to delight in You through our daily responsibilities and quiet faithfulness.

Reflect: As I reread this passage, I see that faithfulness is found in the steady rhythm of trust. Lord, help me see You holding my hand in the details of my day.



“Trust in the Lord and do good; Live in the land and cultivate faithfulness. Delight yourself in the Lord; And He will give you the desires of your heart. Commit your way to the Lord, Trust also in Him, and He will do it.” —Psalm 37:3–5

Yield: I surrender my schedule and expectations to You. Be present in every task and transition today.

Friday: Evening Reflections (Psalm 90:12–14)

Pause: As the week draws to a close, slow your breathing and rest in God’s presence.

Rejoice: Today I rejoice in God who is with me in every moment, great and small



“I will give thanks to the Lord with my whole heart; I will recount all Your wonderful deeds”
— Psalm 9:1

Reflect: At the close of the week, Moses’ prayer in Psalm 90 helps us remember that our days are gifts. The rhythm of prayer keeps us grounded in God’s eternity amid our fleeting time. Each day lived with Him becomes meaningful—not because of what we accomplish, but because of the One who accompanies us.



“Teach us to number our days, That we may present to You a heart of wisdom. Do return, Lord; how long will it be? And be sorry for Your servants. Satisfy us in the morning with Your mercy, That we may sing for joy and be glad all our days.” — Psalm 90:12–14

Ask for me: Lord, teach me to live my days wisely, remembering that they are all held in Your hands.

Ask for my community: May we, as Your people, find rest in Your faithfulness and strength for each new morning.

Reflect: As I reread this passage, I’m drawn to the mercy that greets me each morning and the joy that closes each day. Lord, may my life become a daily prayer of gratitude.



“Teach us to number our days, That we may present to You a heart of wisdom. Do return, Lord; how long will it be? And be sorry for Your servants. Satisfy us in the morning with Your mercy, That we may sing for joy and be glad all our days.” — Psalm 90:12–14

Yield: Into Your hands, O Lord, I commit this week and all that it held. You are my dwelling place—forever and always.