

Prayers for Ordinary Life



Meeting God in Everyday Moments

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Our Daily Bread
Publishing.

Prayers for Ordinary Life: Meeting God in Everyday Moments

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Interior design by Michael J. Williams

ISBN: 978-1-64070-461-9

Printed in China

26 27 28 29 30 31 32 33 / 8 7 6 5 4 3 2 1

For those who have taught us to pray—with words,
with silence, and with faithful presence—and for all
who live their prayers in the world

For in him we live and move and have our being.

ACTS 17:28

Contents

Introduction: For Those Who Watch 15

PRAYERS FOR ORDINARY MOMENTS

Daily Rhythms & Routines

A Prayer for Today	25
A Prayer for First Thing in the Morning	26
A Prayer for Sleeping In	27
A Prayer for Brushing Your Teeth	29
A Prayer for a First Sip of Water	30
A Prayer for Looking in the Mirror	31
A Prayer to End the Day	32

Work & Productivity

A Prayer for a Good Day at Work	33
A Prayer for Schedule Overload	34
A Prayer for Those Who Toil	35
A Prayer for Taking Constructive Criticism	36
A Prayer for Inspiration	37
A Prayer for Leaving Work	38

Everyday Responsibilities

A Prayer for Budgeting	39
A Prayer for Doing the Dishes	40

A Prayer for Doing Laundry	41
A Prayer for House Projects	43
A Messy Home Blessing	44
A Prayer for Yard Work	45
A Prayer for Grocery Shopping	46
A Prayer Before Working Out	47
A Prayer for a Dead Plant	48
Being in the World	
A Prayer for Experiencing God in Nature	49
A Prayer for Using Technology	50
A Prayer for Silent Moments	51
A Prayer for a Rainy Day	52
A Prayer for Putting Love into Action	53
A Prayer for Teachers	54
A Prayer for Our Leaders	55
A Prayer for Witnessing a Child's Delight	56
A Prayer for Generosity	57
Life's Small Joys & Frustrations	
A Prayer for Seeing the Stars	58
A Prayer for Small Annoyances	59
A Prayer for Brewing Coffee	61
A Prayer for Reading a Book	62
A Prayer Before Watching a Favorite Movie	63
A Prayer for Hearing a Favorite Song	64
A Prayer for Doomscrolling	65
A Prayer for When Something Breaks	66
A Prayer for Running Late	67
A Prayer for Car Repairs	68
A Prayer for a Hot Shower	69

A Prayer for Game Night	70
A Prayer Before Watching the Game	71
A Prayer for Getting Older	72
A Prayer for Bonfires	73
Spiritual Practices	
A Prayer Before Going to Church	74
A Prayer Before Reading the Bible	75
A Prayer for Reading Hard Bible Passages	76
A Prayer for Simplicity	77
A Prayer for In-Between Moments	78
A Prayer of Thanksgiving	79
PRAYERS FOR EMOTIONS	
Desiring Peace & Calm	
A Breath Blessing	87
A Prayer for Peace of Mind	88
A Prayer for Relaxation	89
A Prayer for Feeling Present	90
A Prayer When Feeling Peace	91
A Prayer for Self-Care	93
A Prayer for When You Need Comfort	94
When You're Feeling Down	
A Prayer for Exhaustion	95
A Prayer for When You're a Little Sad	96
A Prayer for Loneliness	97
A Prayer for Feeling Unappreciated	98
A Prayer for Struggling with Comparison	99
Overcoming Inner Struggles	
A Prayer for When You Feel Inadequate	100

A Prayer for Perfectionism	101
A Prayer for Feeling Overwhelmed	102
A Prayer for Self-Control	103
A Prayer for Procrastinators	105
A Prayer for Facing Boredom	106
A Prayer for the Healing of Memories	107
A Prayer to Be More Loving	108
Navigating Social & Emotional Challenges	
A Prayer for Navigating Social Anxiety	109
A Prayer for Feeling Embarrassed	110
A Prayer for Hurt Feelings	111
A Prayer for Feeling Angry	112
A Prayer Before a Therapy Session	113
Struggling with Mental Health	
A Prayer for Mental Health	114
A Prayer for Intrusive Thoughts	115
A Prayer Against Fear	116
A Prayer for Panic Attacks	117
A Prayer for Seasonal Depression	118
A Prayer for Suicidal Thoughts	119
A Prayer for Burnout	121
A Prayer to Calm Anxiety	122
Seeking Joy & Positivity	
A Prayer for Joy	123
A Prayer for Playfulness	124
A Prayer When You're Happy	125
A Prayer of Excitement	126
A Prayer When You Feel Alive	127
A Prayer After Laughter	128

A Prayer for Feeling Eager	129
A Prayer of Delight	130
A Prayer of Contentment	131
A Prayer for When You Feel Strong	132
A Prayer When Feeling Hopeful	133
A Prayer of Relief	134
A Prayer of Curiosity	135
A Prayer for Amazement and Wonder	136

PRAYERS FOR TRUSTING GOD

Seeking God's Presence

A Prayer for Openness	142
A Prayer for Spiritual Healing	143
A Prayer for Worship When You Don't Feel Like It	144
A Prayer for Wondering If God Is There	145
A Prayer for Revival	146

Trusting God's Guidance

A Prayer for Finding Direction in Life	147
A Prayer for Making a Quick Decision	148
A Prayer for Making a Big Decision	149
A Prayer for After You've Made the Wrong Choice	150
A Prayer to Wait with Patience	151
A Prayer for Life Transitions	152
A Prayer for Holy Ambivalence	154

Growing in Faith

A Prayer for Strong Faith	155
A Prayer for Faithfulness in Small Things	156

A Prayer for When It Feels Like God Doesn't Care	157
A Prayer for God's Provision	158
A Prayer for Openness to the Holy Spirit	159
A Prayer for the Fruit of the Spirit	160

PRAYERS FOR HARD TIMES

Facing Everyday Struggles

A Prayer for a Bad Day	168
A Prayer for When You Feel Like Giving Up	169
A Prayer for Financial Worries	170
A Prayer for a Broken Heart	171
A Prayer for When You Want to Live a More Exciting Life	172
A Prayer for Insomnia	173
A Prayer for Dealing with Interruptions	174

Seeking Healing & Redemption

A Prayer for Days That Drag On	175
A Prayer for When You're Sick	176
A Prayer for Chronic Pain	178
A Prayer for Freedom from Self-Destructive Habits	179
A Prayer for Fighting Porn Addiction	180
A Prayer After Rejection	181
A Prayer of Confession and Forgiveness	182
A Prayer for When You Keep Making the Same Mistake	183
A Prayer for When You're Trying to Be Thankful	184

Wrestling with the World's Brokenness

A Prayer of Lament	185
A Prayer for Justice	186
A Prayer for When the News Makes You Sick	187
A Prayer for the Poor	188
A Prayer for Essential Resources	189
A Lament for Consumerism	190
A Prayer for Small Changes	191

PRAYERS FOR RELATIONSHIPS

Friendships & Community

A Prayer for Best Friends	199
A Prayer for Creating Meaningful Connections	200
A Prayer for Comfortable Silences	201
A Prayer for Being There for a Friend	202
A Prayer for Canceled Plans	204
A Prayer for Seeing the Same Strangers Regularly	205
A Prayer for My City	206

Family & Close Relationships

A Prayer for Family Harmony	207
A Prayer for Siblings	208
A Blessing for Mothers	209
A Blessing for Fathers	210
A Prayer for Patience with Others	211
A Prayer for My Kids	213

Navigating Conflict & Healing Brokenness

A Prayer for People Pleasers	214
A Prayer for Difficult Times in a Relationship	215

A Prayer for Broken Friendships	216
A Prayer for Saying No	217
A Prayer After Breaking Someone's Trust	218
A Prayer for Fighting with Your Partner	219
A Prayer for Forgiving Others	220
A Prayer for a Difficult Conversation	221

Love & Romance

A Prayer for Falling in Love	222
A Prayer for When Your Partner Is Stressed	223
A Prayer for a Friend's Marriage Struggles	224
A Prayer for Misguided Affections	225
A Prayer for Healing After a Breakup	226

Serving & Ministering to Others

A Prayer Before Sharing the Gospel	227
A Prayer for Engagements	228
A Prayer for a Non-Christian Friend	230
A Prayer for Your Enemies	231
A Prayer for Serving Others	232
A Prayer for a Seriously Sick Friend	233
A Prayer for a Grieving Friend	234
A Prayer Before Small Group	235

PRAYERS FOR LITTLE-BIG MOMENTS

Fresh Starts & New Beginnings

A Prayer for Trying Something New	243
A Prayer for a New School Year	244
A Prayer for Traveling	245
A Prayer for Rootedness	246

Rhythms of the Year

A Prayer for the New Year	247
A Prayer for Epiphany	248
A Valentine's Day Prayer	249
A Prayer for Ash Wednesday	250
A Prayer for Palm Sunday	251
A Holy Saturday Prayer	252
A Prayer for Hiding Easter Eggs	253
A Prayer for Easter	254
A Prayer for Pentecost	255
A Prayer for Spring	257
A Prayer for Ordinary Time	258
A Prayer for When the Days Become Shorter	259
A Prayer for the Changing of Leaves	260
A Prayer for Soup Season	261
A Prayer for Winter	262
A Prayer for Spending Holidays	
Away from Home	263
A Prayer for Advent	264
A Prayer for a Snow Day	265
A Prayer for Seeing Christmas Lights	266
A Prayer for Wrapping Christmas Presents	267
A Prayer for Christmas Morning	268
A Prayer for Post-Holiday Blues	269

Everyday Wonders & Special Events

A Prayer After a Win	270
A Prayer for Watching a Live Performance	271
A Prayer Before Dancing	272
A Prayer for Camping	273
A Prayer for Blessing a Home	274

A Prayer for Navigating a Large Crowd	276
A Prayer for Feasting	277
A Prayer for the Trees	278
A Prayer for Watching Fireworks	279
A Prayer for an Unexpected Blessing	280
A Prayer for Making a Family Recipe	281
Goodbyes & Letting Go	
A Prayer for Remembering History	282
A Prayer After Vacation	283
A Prayer for Finishing a Series	284
A Prayer for the Death of a Pet	285
A Prayer for Moving	287
A Prayer for Remembering Someone	288
A Prayer for Long Goodbyes	289
<i>Conclusion: Yours Is the Kingdom</i>	291
<i>Appendix: Building a Life of Prayer</i>	295
<i>Permissions</i>	301
<i>About the Creators</i>	303

Introduction

For Those Who Watch

What's your prayer life been like? Most of us have some kind of experience with prayer, even if we weren't raised in a household that prayed religiously. Maybe the extent of your prayers has been a whispered "Please" in times of trouble, hoping that someone would hear. Maybe it's a routine before bedtime and meals but not something you think about too much during the times in between. Maybe your prayer life has involved beautiful, ancient words—or a garbled stream of consciousness that you hope God can decipher because you aren't sure what exactly you need (or even what you just said!).

We like to think that the prayers in this book are designed to meet you regardless of your experience level.

This book isn't just meant to teach you specific ways to pray. You might already have some words for that. But what if you began to think about prayer a bit differently? What if you saw every moment of every day as

God inviting you into a deeper relationship with him? What if prayer was not so much about the words you say but learning to be open to his presence?

Throughout the Bible, we see God meeting people in ordinary, unexpected places. He meets the Egyptian slave Hagar in her desperation and tears, after her whole life fell apart (Genesis 16). He calls to Moses, a runaway Hebrew slave who'd been raised with royalty, from a burning bush while he's tending sheep (Exodus 3). He speaks to the prophet Elijah not in the wind or the earthquake but in a still, small voice (1 Kings 19:11–13). After his death on a cross, Jesus reveals his resurrected self not first in the public square or a place of honor but along a dusty road, breaking bread at an ordinary meal (Luke 24:13–35). Again and again, God shows that he isn't only found inside churches or during huge, miraculous moments, but he's also present in the daily, the mundane, the in-between.

Our desire is for you to look for God in everyday moments where you least expect him to be. From when you wake up in the morning, to when you're trying to figure out what's for lunch, to responding to that annoying email, to getting that bad news, to brushing your teeth before bed—God is here, meeting you in your ordinary, everyday life. He is not a distant observer but an ever-present companion, inviting you to come near to him in ways you may not always expect.

After all, we don't spend most of our time each day

in a church or other worship settings like small groups or faith conferences. So, if we believe God only meets us in the obviously “spiritual” moments, it would mean God isn’t really around for the majority of our lives. And that’s simply not true! As Jesus himself tells us, he is with us always, until the end of our days (Matthew 28:20).

Noticing how our daily spaces and experiences draw us closer to him relieves the pressure some of us feel of thinking that prayer is a burden we must hurry through or perform correctly at certain times of the day. Because at its heart, prayer is about cultivating a life of openness to God. It’s about shifting our gaze so we begin to see all of life—every conversation, every task, every moment—as a space where God is already with us and at work.

While this book offers specific moments to look for him, our ultimate desire is that prayer will slow you down to experience God’s peace instead of the frenzied hurry that often defines our days—that you’ll begin to go about your life with this posture of openness. As Psalm 130:5–6 (NRSV) says:

I wait for the LORD, my soul waits,
and in his word I hope;
my soul waits for the Lord
more than those who watch for the
morning,
more than those who watch for the
morning.

The image of “those who watch for the morning” comes from ancient soldiers on a city wall, standing guard through the night. Morning not only brings them rest from their shift, but it also means they can finally see clearly, no longer worrying about an enemy hiding in the shadows. It brings relief, joy, and peace. This is the spirit behind prayer. It’s an invitation to sit with God, to rest in the certainty that he is with us, and to fully develop an awareness of his love.

Because God is already present in all our moments.

From the beginning of the day to the end, to every second in between, he invites you into connection and relationship with him in all aspects of your life. And in this book, you’ll find prayers to help you notice his invitation. To draw your attention to the ways he is moving in your life. To help you reimagine the most typical aspects of your daily routine as important parts of kingdom work—participating *with* God in shaping the world to become more like him. Full of beauty, goodness, peace, truth, and love.



There is not in the world a kind of life
more sweet and delightful than that of a
continual conversation with God.

BROTHER LAWRENCE

The Practice of the Presence of God

Prayers for Ordinary Moments



Exodus 3:1–12

Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the wilderness and came to Horeb, the mountain of God. There the angel of the LORD appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. So Moses thought, “I will go over and see this strange sight—why the bush does not burn up.”

When the LORD saw that he had gone over to look, God called to him from within the bush, “Moses! Moses!”

And Moses said, “Here I am.”

“Do not come any closer,” God said. “Take off your sandals, for the place where you are standing is holy ground.” Then he said, “I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob.” At this, Moses hid his face, because he was afraid to look at God.

The LORD said, “I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering. So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey—the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites. And now the cry of the Israelites has reached me, and I have seen the way the Egyptians are oppressing them. So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt.”

But Moses said to God, “Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?”

And God said, “I will be with you. And this will be the sign to you that it is I who have sent you: When you have brought the people out of Egypt, you will worship God on this mountain.”

What are some of your most ordinary moments? Driving home from school? Cleaning up after your roommates? Packing lunches for your family? For many of us, some of our most ordinary routines involve work (unless you’re a spy, but after a while, even that may begin to feel ordinary . . .).

It was in a mundane moment like this when Moses met God. His ordinary job was being a shepherd—leading his father-in-law’s flock to graze, finding water, providing protection from predators, monitoring the herd for disease, maintaining hooves and wool. In fact, he’d been doing these ordinary tasks for forty years when this supernatural encounter finally took place.

But notice that the Lord didn’t call Moses over to himself. Instead, he made his presence known and waited for Moses to respond.

In Moses’s story, we see that God is not distant—he meets us in the ordinary, in the midst of our daily lives. He knew exactly where to find Moses, just as he knows where to find us. He heard the cries of the Israelites, just as he hears ours. And just as he called Moses by name

from the burning bush, on the far side of the wilderness, he calls us too—inviting us to seek him, to trust him, and to step into the work he’s already doing for our good and the good of the world.

Through Moses’s encounter, we learn that God doesn’t separate himself from the mundane. He meets us there, transforming the ordinary into sacred opportunities for his presence to be revealed and his purposes to unfold. When we pray, even in the midst of washing dishes or waiting in traffic, we practice this same openness—a readiness to meet God and be surprised by his grace, wisdom, and direction.

These prayers for ordinary moments are here to help you, like Moses, see where God reveals his presence—sometimes in quiet, unassuming ways that are easy to overlook, and other times in moments so striking they burn like fire.

And even if you’re worried about how living with an openness to the presence of God will change you, or what he might ask of you—you aren’t alone. Moses, our Old Testament forefather, was reluctant, hesitant, and unsure. But in God’s call, we see a truth that transforms our own ordinary lives: God doesn’t ask us to be extraordinary. He simply asks us to notice him and trust that he will be with us.

These prayers for ordinary moments invite you to notice the Spirit of God that already exists in the world around you and to respond—to step closer, to lean in,

and to say, like Moses, “Here I am.” Prayer isn’t about having perfect words or dramatic revelations but about openness, about making space in our lives to recognize that we’re already standing on holy ground.

So, where might God be looking to meet you today? What might he be whispering, calling, or showing you as you go about the rhythms of your ordinary life?



Prayer is continuing a conversation that God has started through his Word and his grace, which eventually becomes a full encounter with him.

TIMOTHY KELLER

Prayer: Experiencing Awe and Intimacy with God

A Prayer for Today

Creator God, who took what was formless and void and gave it shape and meaning, reclaim today and these small, seemingly insignificant moments. You who filled emptiness with beauty and gave all creatures their purpose, help me discover meaning in the mundane. Ordain the very ordinariness of the tasks before me, or my current lack of tasks, for your glory, the good of the world, and my good. Amen.



So whether you eat or drink or whatever
you do, do it all for the glory of God.

1 CORINTHIANS 10:31

A Prayer for First Thing in the Morning

Compassionate God, giver of fresh starts and new beginnings, please fill me with your love this morning. May it empower me with new patience and joy for the day ahead of me. Faithful Father, settle my spirit in strong confidence that your presence goes with me, giving me just what I need to make it through this day as a faithful steward of your love to those around me. Please bless my day, and I thank you for it! Amen.



Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.

LAMENTATIONS 3:22–23

A Prayer for Sleeping In

Giver of rest, I want to experience the security and peace that comes from trusting you. Thank you for this gift of extra time to breathe, to reset, to let my body and mind be restored. Free me from guilt over what I “should” be doing, and remind me that even in stillness, you are at work. May I continue my day refreshed and ready to walk in your peace. Amen.



When you lie down, you will not be afraid;
when you lie down, your sleep will be sweet.

PROVERBS 3:24



A Prayer for Brushing Your Teeth

Word made flesh, you spoke creation into being, and with your words you bring life. May my own words reflect your truth and kindness. As I scrub away what doesn't belong, cleanse me of any careless speech, sharp replies, and grumbling. Let my mouth be filled with praise, my voice with gentleness, and my words with grace. Amen.



May these words of my mouth and this meditation
of my heart be pleasing in your sight, LORD.

PSALM 19:14

About the Creators

Reclaim Today from Our Daily Bread Ministries creatively explores how we engage the Bible to hear from God and connect with him in the ordinary, extraordinary, and everyday moments of life. We want to help you discover true life and purpose in Jesus by letting his Word transform what you believe, how you live, and how you relate to others. Keep up with us on social media or visit us at reclaimtoday.org.

Author **Brenna Holsclaw** is the content manager for Reclaim Today. She lives in Michigan with her husband and their four kids—three wild-hearted boys and a sunny little girl. She spends her workdays doing her favorite things: reading, writing, and learning more about Jesus. A lifelong bookworm, Brenna is drawn to all things old, storied, and beautiful—whether it’s a vintage find, a crumbly ruin, or a dusty theology book. When she’s not wrangling words or children, she’s probably wandering

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Illustrator **Katharine Watson** is the design and brand manager for Reclaim Today and a proud Michigander with a heart for design, hospitality, and music. Her passions dance between the realms of art, cooking, and songwriting, each one a language through which she expresses the beauty she sees in the world. When she's not designing for Reclaim Today, Kat can be found writing new songs, hosting intimate gatherings, or gabbing about the latest TV show that has captured her imagination. She has a rare gift for discovering the divine in the quiet, everyday moments of life—finding sacredness in the mundane. Through her art and music, she seeks to unravel the mysteries of the world, embracing its complexity with a grace that is felt in her work.

This book has also been shaped by Daniel Ryan Day, Trevor Tarantowski, and Katherine Catlett, who each contributed to the development of specific prayers and ideas, offering their own creative gifts and insights along the way.

*What if you saw every moment
of every day as God inviting you
into deeper relationship?*

Whether you're pausing to enjoy a game night with friends, putting in another load of laundry, or centering yourself before a stressful meeting, each of these 200 prayers helps you discover relief, joy, and rest in God. No matter what your day looks like, take time to connect with the God who is already present in every moment.

Reclaim Today from Our Daily Bread Ministries helps people engage the Bible so they can hear from, know, and follow God in their everyday lives. Discover more at reclaimtoday.org.

ET944

RELIGION / Prayerbooks / Christian



Our Daily Bread
Publishing.

COVER DESIGN BY PATTI BRINKS

COVER ILLUSTRATION BY KATHARINE WATSON

ISBN 978-1-64070-461-9



9 781640 704619