

daily devo

devotions for families

Wednesday June 7, 2017

Read

[Psalm 119:62](#)

*At midnight I will rise to give you thanks,
because of your righteous judgments.*

Long ago, rising for prayer at midnight was part of a rule of life for many people, especially for monks and nuns. They did this together, as a community, every day. I can imagine some of them grumbling about it - it can be hard to wake up every midnight, especially if it's cold or it's been a long, busy day. Or if you have to get up early the next day; many of the monks and nuns were up again before dawn for more prayer, every day. There are some who get up at 3:45 am to do so. I can imagine, too, being so thankful for a life in community, for the grace of God, that rising at midnight to pray is an easy task. What about you? Where is prayer in your life? How do you pray?

View



Hear our prayer - Tanya Riches (original)

Act

Do you have a prayer routine? Saying prayers at bedtime, perhaps? Grace at dinner? Today, change up your prayer routine-get up a little earlier and say thank you to God for the day before you begin it. When you're stuck in traffic, say the Lord's Prayer. If you don't have a prayer routine outside of church, think about making a special time for it each day.

Pray

Lord, amid the noise and stress of daily life, help us to preserve a silence within. In moments of crisis, joy, and thanksgiving, may we turn to you, the creator of our being, to you awaiting us. Bless us with the vision of your changelessness and grant us peace. Amen. Adapted from "For the Spirit of Prayer"-*Prayers New and Old*, p. 39

about the author

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