



daily devotions

for a life surrendered to God

**‘I wait for the Lord, my
whole being waits,
and in his word I put
my hope.**

**I wait for the Lord
more than watchmen
wait for the morning,
more than watchmen
wait for the morning.’**

Psalms 130:5-6

Prayer is a powerful way to connect with God, helping you to watch, wait and put your hope in Him, with every part of your being.

This guide will lead you through a week, helping you to reflect and pray each day about different areas of your life. It is designed so that you can use it once for a single week, or repeat it regularly.

Each day includes a short scripture reading, some questions to reflect on, a suggested song to listen to, and a prayer to pray.

Why not set aside some time in your day to read, think, speak and listen?

**FOR MORE RESOURCES, A PLAYLIST OF SONGS, AND SUGGESTIONS
OF OTHER WAYS YOU MAY WANT TO PRAY, VISIT
CHRISTCHURCHLONDON.ORG/PRAYER**

Illustrations by Ellen Wood

MONDAY



heart

read

‘How lovely is your dwelling place, Lord Almighty!
My soul yearns, even faints, for the courts of the Lord;
my heart and my flesh cry out for the living God...
Blessed are those whose strength is in you,
whose hearts are set on pilgrimage.’

Psalms 84:1-2, 5

‘Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.’

Psalms 149:23-24

think

Before you start your week, with whatever challenges and opportunities it may hold, take some time to reflect on the character of God. What about Him do you love most? What has He done in your life for which you can give Him thanks?

Pray Psalm 149:23-24, and see if God brings to mind anything negative that is in your heart. Talk to Him about what He reveals, ask for forgiveness, and ask Him to give you grace to follow Him wholeheartedly today.

speak

Heavenly Father,
I surrender my heart to you today.

I choose to begin my week by worshipping you,
my first, and greatest love.

Would you fill me with your Holy Spirit,
and enable me to keep my heart pure and pleasing to you.

Please help me to live today in constant awareness of your love,
and to love others as you have loved me.

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

Amen

listen

The Brilliance Yahweh

TUESDAY

mind



read

‘Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you.’

Philippians 4:4-9

think

What areas of your life are causing you to be anxious or fearful this week? How can you choose to bring them to God in prayer, and allow His peace to guard your mind?

Where are you tempted to think about things that do not build you up, or help you grow to be more like Christ? How can you resist those thoughts today?

What good things are there in your life, for which you can express thanks today? How can you remind yourself to think about and draw strength from those things?

speak

Heavenly Father,
I surrender my mind to you today.

Where I have believed lies about you, myself or others,
would you help me to replace those lies with your truth.

Where I have entertained thoughts that are not from you,
would you help me to take them captive.

Where I have allowed my mind to become anxious, or distrusting,
would you cast out fear and fill me with your peace.

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

Amen

listen

Jon Foreman *Baptize My Mind*

WEDNESDAY

body



read

‘Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God - this is your true and proper worship.’

Romans 12:1

‘Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honour God with your bodies.’

1 Corinthians 6:19-20

think

In what ways can you honour God with your body today? Are there things God is asking you to do, or urges you need to resist? Ask the Holy Spirit to fill you again and strengthen your body to serve Him well.

How can you remind yourself today of your dependence on God? Perhaps you may choose to fast a meal, and give the time to prayer instead. Or begin each meal with a moment of reflection.

Are there any ways in which your body needs healing? Bring your needs before God in prayer, asking for Him to strengthen and heal you. Or reach out to a friend, asking them to pray for your healing.

speak

Heavenly Father,
I surrender my body to you today.

I choose to give you every part of who I am,
as my spiritual act of worship.

Thank you that your body was broken,
so that my body could be made a Temple of your Spirit.

In hunger and weakness, would you be my Sustainer.
In frailty and sickness, would you be my Healer.

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

Amen

listen

Lucy Grimble Fragile Frame

THURSDAY

hands



read

‘May the favour of the Lord our God rest on us;
establish the work of our hands for us -
yes, establish the work of our hands.’

Psalms 90:17

‘Be careful that you do not forget the Lord your God... You may say to yourself, “My power and the strength of my hands have produced this wealth for me.” But remember the Lord your God, for it is he who gives you the ability to produce wealth, and so confirms his covenant, which he swore to your ancestors, as it is today.’

Deuteronomy 8:11, 17-18

think

Think about the physical tasks you will perform today, whether at work, the home, or elsewhere. How can you do these things in a way that is honouring to God?

How can you use your strength and energy to serve others this week, and to make this world a better place?

What are the resources and wealth that God has given you, for which you can thank Him? How can you honour God with those resources, by practicing generosity this week?

speak

Heavenly Father,
I surrender my hands to you today.

I open my hands to receive from you
every good gift you are willing to give me.

I open my hands and put them to work,
to honour you with my effort and diligence.

I open my hands to serve and to share,
to give generously, as you have given generously to me.

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

Amen

listen

Housefires Life is a Gift

FRIDAY

mouth



read

‘Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”’

Matthew 28:18-20

“Everyone who calls on the name of the Lord will be saved.”
How, then, can they call on the one they have not believed in?
And how can they believe in the one of whom they have not heard?
And how can they hear without someone preaching to them?
And how can anyone preach unless they are sent?’

Romans 10:13-15

think

What steps can you take to share your faith with somebody today?
How can you express the hope you have found in Jesus, to someone who does not yet know Him?

What scares you most about sharing your faith? Confess those things to Jesus. And ask Him to reassure you of His presence with you, and His authority over all things.

speak

Heavenly Father,
I surrender my mouth to you today.

May the words that flow from my lips be pure, pleasing,
and encouraging to all who hear them.

Give me the courage to speak about you today,
knowing that you are with me at every moment.

May I represent you well, through my words and my deeds,
so that those who don't know you may come to experience your love.

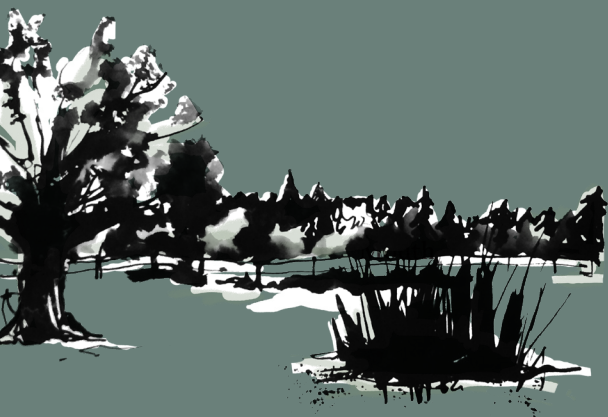
May these words of my mouth
and this meditation of my heart
be pleasing in your sight,
Lord, my Rock and my Redeemer.

Amen

listen

Brian and Jenn Johnson *For the One*

SATURDAY



soul

read

‘The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures,
he leads me beside quiet waters, he refreshes my soul.
He guides me along the right paths for his name’s sake.
Even though I walk through the darkest valley,
I will fear no evil, for you are with me;
your rod and your staff, they comfort me.
You prepare a table before me in the presence of my enemies.
You anoint my head with oil; my cup overflows.
Surely your goodness and love
will follow me all the days of my life,
and I will dwell in the house of the Lord forever.’

Psalm 23

think

Look back over your past week. Where have you known moments of peace and refreshing? What good things has God done for you or given to you? Take some time to thank Him for them. What have been the most challenging parts of it? Can you identify how God was present in those moments, protecting and supporting you?

What could you do that would make you feel most refreshed today? Is it spending time with others? Solitude? Good food? Exercise? Make space today to do at least one thing that helps you connect with God, and feel refreshed.

speak

Heavenly Father,
I surrender my soul to you today.

Thank you for every way you have blessed me.
I truly lack no good thing.

Would you guide me and guard me,
as I navigate areas of life that feel barren and bleak.

Would you anoint me with oil,
fill me with your Spirit and refresh my soul today.

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

Amen

listen

David Baloché *Green Pastures*

SUNDAY



knees

read

‘Come, let us bow down in worship,
let us kneel before the Lord our Maker;
for he is our God and we are the people of his pasture,
the flock under his care.’

Psalms 95:6-7

‘Pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.’

Ephesians 6:18

think

Bowing and kneeling in corporate worship reminds us to be humble before God, and to trust in His care for us. Where will you spend time worshipping today? And how will you choose to engage your whole body in worship?

Are there people in the church who the Spirit is leading you to pray for today? For example, friends, family, leaders, children, people from different services or churches, or those you don’t know well.

speak

Heavenly Father,
I surrender my knees to you today.

As I gather with your people today,
would you remind us of your love and care for us.

As I kneel and bow, giving my body to you in worship,
would you in turn give me your Holy Spirit.

As I kneel before you in prayer and petition,
would you hear my requests, and bless your people.

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

Amen

listen

Rivers & Robots *Discovery*

christchurchlondon.org/prayer

