

Prayer Practice | Vocation

Purpose

This sheet serves to give ideas on how to practice prayer in correlation with your Vocation. If you want to practice prayer but do not know where to start, simply choose 1 of these and apply it to your daily schedule.

- **Beginning Work // Ending Work Prayer:**
 - We often need bookends for our day of work; something to lead us into the work God has given us and something to help us put work down at the end of the day. As we enter work each day (walking into the office // a meeting // to wake up our children ...) we can stop for a moment to pray to God. We can pray simple words like “Father, empower me to be the hands and feet of Jesus for those I will serve today”.
 - As we end our work each day, we have an opportunity to thank God and to ask him to work through us. We can pray words like “Father, thank you for my work today. I put my work into the trust of your hands and pray that you contributed to the world through me today.”
- **Prayer Walk:**
 - A great form of prayer during your work is a short prayer walk. We often need a quick break from work, no matter what our work is. Set a time during the day to close work for a few minutes and to walk with God. Maybe go outside to reset yourself. Take this time for silence or for prayer over your work. Ask God to bless the work that you have done so far and to equip you for the work you have ahead.
- **Praying over Workspaces:**
 - God is the one that makes environments and spaces Holy (set apart). Space is occupied by presence. Imagine the places that you walk into and feel peace or places you walk into and feel anxiety. Our prayer is that the Spirit of God would occupy our workspace with His presence. One prayer practice is to show up early to your workspace (your office, the floor at the Hospital, your Children’s Bedroom, the classroom you teach in, etc.) and pray that God would occupy that place with His work, His presence, and His peace.
- **Morning, Midday + Bedtime**¹ (*Tip: Set alarms for these prayer times*)
 - You may want to begin by having simple morning, midday, and evening prayers. Here are three you might use:
 - Morning Spirit, I was made for your presence. May this day be one I spend with you in all that I do. Amen.
 - Midday. Jesus, I was made to join your work in the world. Please order the rest of my day in love for the people you have given me to serve. Amen.
 - Bedtime. Father, I was made to rest in your love. May my body rest in sleep and may my mind rest in your love. Amen.

¹ Section from *The Common Rule* by Justin Whitmel Earley