

# *Awakenings Prayer Institute*

CONTACT US AT  
DrWes@AwakeningsPrayer.org



VISIT US ONLINE AT  
and [www.AwakeningsPrayer.org](http://www.AwakeningsPrayer.org)

PHOTOGRAPHY BY WES JOHNSON

Front cover: Haleakala, Maui | Page 2-3: St David's Church, Shelton, WA | Page 4-5: Seaside, Oregon  
Page 6-7: Haleakala, Maui | Page 8-9: Grand Tetons, Wyoming | Page 10-11: Study in Idaho  
Page 12-13: Song Bird at Lake Stevens, WA Page 14-15: Kathryn at Seaside, Oregon  
Back Cover: Cedar Springs, Sumas, WA

# *Awakenings Prayer Institute*



# Morning, Noon and Night

**A Trinitarian Devotional**



# MORNING PRAYER

† In the name of the Father,  
And of the Son,  
And of the Holy Spirit. Amen.

† make the sign of the cross  
(especially if you worship at a  
non-liturgical community).

## THE FELLOWSHIP OF THE HOLY TRINITY

I live in communion with the Holy Trinity.  
The Father searches my heart; the Son  
intercedes for me; the Spirit calls out within me.

In the same way, the Spirit helps us in our  
weakness. We do not know what we ought to  
pray for, but the Spirit himself intercedes for us  
through wordless groans. And he who searches  
our hearts knows the mind of the Spirit, because  
the Spirit intercedes for God's people in  
accordance with the will of God....

Who then is the one who condemns? No one.  
Christ Jesus who died—more than that, who was  
raised to life—is at the right hand of God and is  
also interceding for us.

(Romans 8:26, 27; 34)

## CONCLUDING PRAYER

*May my prayer be set before you like incense; may  
the lifting up of my hands be like the evening  
sacrifice. (Psalm 141:2)*

*With open hands, lift up your prayer to the Lord.*



## LECTIO

*A song of ascents. Of David.*

- <sup>1</sup> *My heart is not proud, LORD,  
my eyes are not haughty;  
I do not concern myself with great matters  
or things too wonderful for me.*
- <sup>2</sup> *But I have calmed and quieted myself,  
I am like a weaned child with its mother;  
like a weaned child I am content.*
- <sup>3</sup> *Israel, put your hope in the LORD  
both now and forevermore. (Psalm 131)*

*Choose a word, a phrase, or a picture that  
emerges from the passage. Meditate and be  
still in God's presence.*

## HOPE

*And hope does not put us to shame, because  
God's love has been poured out into our  
heart through the Holy Spirit, who has  
been given to us. (Romans 5:5)*

*Consider a word that expresses your hope for the  
coming day. Offer that word in prayer to the God  
who has poured out his love to you through the  
Holy Spirit. Write that word and reflect on it in  
your journal.*

## FATHER, SEARCH WITHIN

**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.**

(Psalm 139:23, 24)

## SAVIOR, PRAY FOR ME

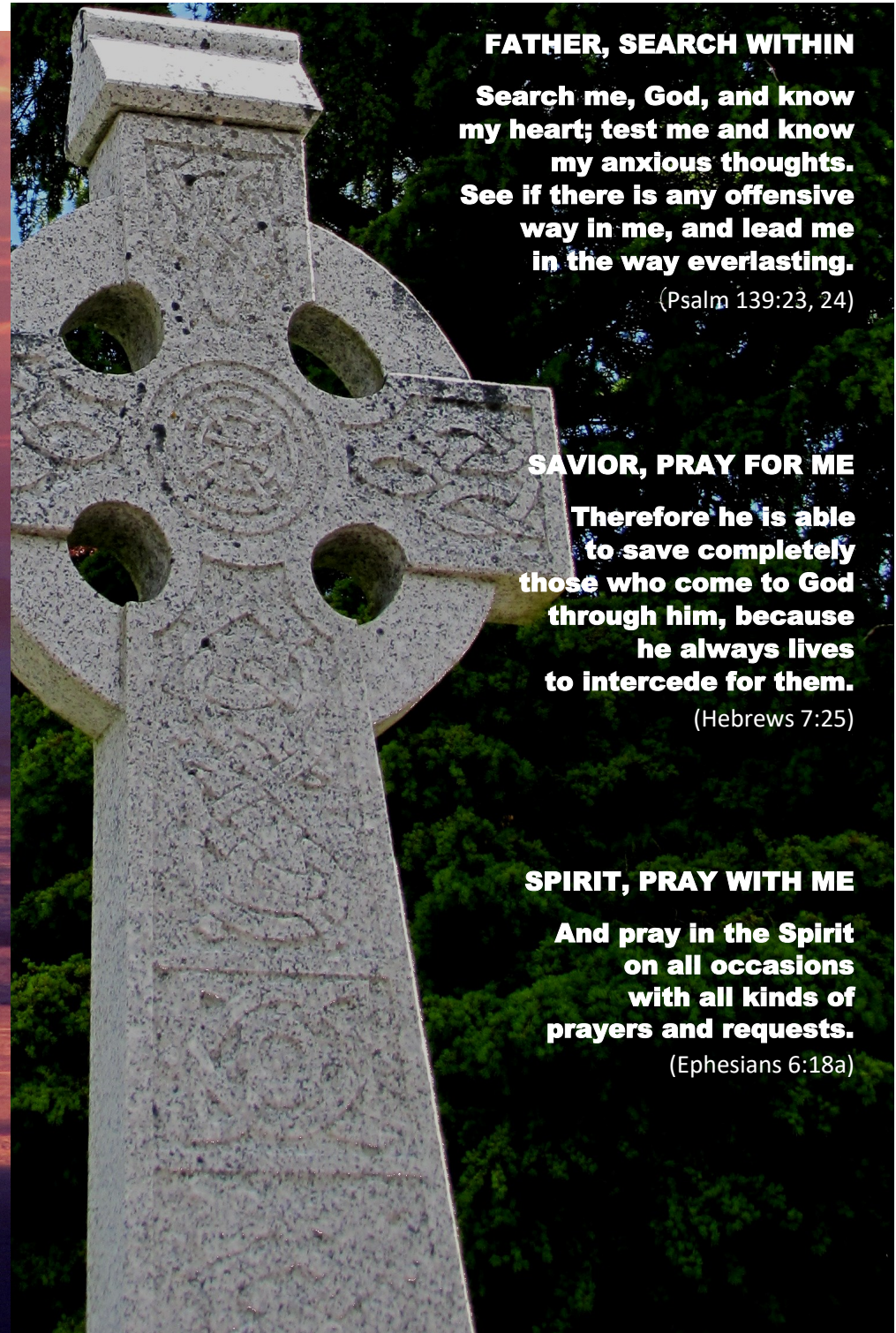
**Therefore he is able  
to save completely  
those who come to God  
through him, because  
he always lives  
to intercede for them.**

(Hebrews 7:25)

## SPIRIT, PRAY WITH ME

**And pray in the Spirit  
on all occasions  
with all kinds of  
prayers and requests.**

(Ephesians 6:18a)







FATHOMLESS DEEP,  
CALL OUT TO ME.

*My soul is downcast within me;  
therefore I will remember you  
from the land of the Jordan,  
the heights of Hermon—from Mount Mizar.*

*Deep calls to deep  
in the roar of your waterfalls,  
all your waves and breakers  
have swept over me. (Psalm 42:6-7)*

*BREATH PRAYER— God's name for our need*

*The Name of the Lord is a strong tower;  
The righteous run in and they are safe.  
(Proverbs 18:10)*

*What do you need most from God today?*

*What name of the Lord tells you he is  
sufficient for that need?*

*Turn that into a short prayer.*



## **LOVE**

**There is no fear in love. But perfect love drives out fear.** (1 John 4:18a)

**Consider the events of the day. Take note of the ways in which the Lord has directed his love to you. Ponder and give thanks.**



# EVENING PRAYER

## OPENING MEDITATION

**By day the LORD directs his love,  
at night his song is with me—  
a prayer to the God of my life.** (Psalm 42:8)

## A SONG IN THE NIGHT

**Loved with everlasting love,  
Led by grace that love to know;  
Spirit, breathing from above,  
Thou hast taught me it is so.  
Oh, this full and perfect peace!  
Oh, this transport all divine!  
In a love which cannot cease,  
I am His, and He is mine.**

Lyrics: [George Wade Robinson](#) (1838-1877)

Music: [James Mountain](#) (1844-1933)

Source: <http://www.hymnal.net/en/hymn/h/284#ixzz2zibZS1ZY>

*Reflect on a Psalm  
and pray a breath prayer based upon it.*

*Reflect on an Old Testament passage  
and pray a breath prayer based upon it.*

*Reflect upon a New Testament passage  
and pray a breath prayer based upon it.*

## LECTIO

*The Sovereign LORD has given  
me a well-instructed tongue,  
to know the word that sustains the weary.  
He wakens me morning by morning,  
wakens my ear to listen  
like one being instructed.*

*<sup>5</sup> The Sovereign LORD has opened my ears;  
I have not been rebellious,  
I have not turned away. (Isaiah 50:4-5)*

*Choose a phrase, a word, or a picture that emerges  
from the passage. Be still and aware of God's presence.*





**LISTENING**

**Pause to hear what the Lord is saying to you.**

**JOURNALING**

**Reflect in your journal.**

**PRAYERS OF THANKS**

**But thanks be to God! He gives us the victory  
through our Lord Jesus Christ.**

(1 Corinthians 15:57)

**PRAYERS FOR OTHERS**

**With this in mind, be alert and always keep on  
praying for all the Lord's people.**

(Ephesians 6:18b)



**CONCLUDING PRAYER**  
**Use a simple breath prayer  
to call upon the Name of the Lord.**



A photograph of a study desk with an open book and a lamp. The desk is dark wood with a light-colored top. An open book lies flat on the desk. A lamp with a brown shade is positioned above the desk. The background is a plain wall.

### **DAILY READING**

**Choose a brief reading from a book on Christian prayer (perhaps from the Awakenings Prayer book list), or review a recent entry from your journal.**

### **CONCLUDING PRAYER**

**Our Father in Heaven,  
Let Your name be holy  
Let Your kingdom come  
And let Your will be done  
On earth as it is heaven.  
Give us today our daily bread.  
Forgive us our debts as we forgive our debtors.  
Lead us not into temptation  
But deliver us from the evil one.  
For the kingdom and the power  
And the glory belong to You!  
Amen!**

(Matthew 6:9-13, Dennis Fuqua translation; Living Prayer)





# *NOONTIME PRAYER*

## **OPENING MEDITATION**

**...if you spend yourselves in behalf of the hungry  
and satisfy the needs of the oppressed,  
then your light will rise in the darkness,  
and your night will become like the noonday.**

(Isaiah 58:10)

## **REFLECT AND PRAY**

**'Love the Lord your God with all your heart  
and with all your soul and with all your mind  
and with all your strength.'**

**The second is this:**

**'Love your neighbor as yourself.'**

(Mark 12:30-31)

**Pray that love for God will overflow the  
heart of someone who has shared part of  
the day with you.**