



everyday faith

Reflections and prayers to help you
find and follow God in everyday life



Everyday Faith Prayers

Your journey through #EverydayFaith will be rooted in prayer. Where and how you use these prayers is up to you. It will depend on whether you are woken at 5 a.m. by a crying baby, or at 6 p.m. by an alarm clock before a night shift. The next few pages give you some ways to start, pause, and end each day by asking, noticing, and reflecting upon where you find God in your everyday life. Whenever you use these prayers, we do encourage you to try to establish a pattern of praying them at similar times each day.



Prayers to start each day

Start the day looking for God in your everyday life.

Use this prayer in the morning, first thing after waking with a cup of tea, taking time over breakfast, walking to school, waiting for a bus to work or wherever your day is about to take you.

GIVE THANKS FOR A NEW DAY

**As we rejoice in the gift of this new day,
so may the light of your presence, O God,
set our hearts on fire with love for you;
now and for ever.
Amen.**

REFLECT ON GOD'S PRESENCE WITH YOU

God is with you, wherever you may be and whatever you may choose to do. When might you most need to keep this in mind?

Creator God,

**you made us all in your image:
may we discern you in all that we see,
and serve you in all that we do;
through Jesus Christ our Lord.
Amen.**

PRAY THAT CHRIST MAY BE REVEALED

Offer to God the places of your day, the people you will meet, and the ways you will spend your time, that God may be glorified, and Christ revealed, in all you are and all that you do.

**Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me.
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger.
Amen.**



Living faith-fully in everyday life

WEEK 1

Reflections by Nick Shepherd

Day 1



An invitation to everyday faith

READING

“Christ is the image of the invisible God, the firstborn of all creation; for in him all things in heaven and on earth were created, things visible and invisible, whether thrones or dominions or rulers or powers – all things have been created through him and for him. He himself is before all things, and in him all things hold together.”

Colossians 1.15–17

REFLECTION

Our daily lives are often very full. Full of places to be. Full of people to meet, things to do. For some, they may be full of time on our hands. Full of the hopes we would like to fulfil, things we don't want to face.

How do we find God in the fullness of life, and how in our every day do we find full-ness – abundance – of life? These reflections are designed to help us explore what our faith, our trust in Christ, means to us, and how we live this out in the whole of our lives. The beliefs we hold are a core part of our faith, but

faith is also a lived experience. There are points in life when we notice a need to rely on God more than at other times. The good news is that God is with us all the time, not only in crisis moments.

Today's reading from Colossians underlines this. Faith is connecting with the God who holds all things together. So, faith is found in our joys and cares, in our challenges and conflicts as we lean into God's presence and guidance. Faith informs our thinking and our actions as we discern how God might be using us in his work. Faith is an ongoing encounter with God. Faith is our everyday existence with the God who holds all things together.

RESPONSE

Take a moment to reflect on the fullness of your life.

Jot down areas of life that come to mind where you want to experience the fullness of God with you.

the one about...

Victoria's secret

Victoria is an apprentice hairdresser. She's 19 and she's been in the job just over a month. It's a busy salon so there's always something to do and it's almost always got to be done quickly. She's enjoying it – the people are upbeat, friendly – but she's been feeling the pressure. Three weeks into the job, and her vicar prays for her as part of commissioning her for this role.

Commissioned to wash people's hair? What difference does being a Christian make to the way you wash someone's hair? I wonder what you might say if someone asked you what difference does being a Christian make. When asked this question, Victoria didn't miss a beat: "I pray for them as I massage in the conditioner."



Victoria's praying is an invisible gift to her clients – soothing conditioner for the soul, not just the hair. Learning the pressure points that relax individual clients. Offering points for prayer for each individual created by God. Still, behind her actions lie a whole set of beliefs.

Victoria believes that her work – in a hairdressing salon – is important to God. And why shouldn't she? Isn't God present in all places? She knows that whatever she does she can do for God (Colossians 3.17) and that this work can be done in a distinctive way, that massaging in conditioner into someone's scalp is a way to bless someone, a way to love her neighbour as herself (Matthew 22.39).

Victoria believes in the power of prayer and in God's freedom to respond in the way that God chooses. She doesn't need to see the results of those prayers. But it's still worth praying – God will be listening to her. ●

