

1 In the same way that Moslems pray several times a day, many Christians feel the need to call to mind several times a day that they really are in the Presence of God. They remind themselves, for instance, that some of Jesus' last words after his Resurrection were:

"I will be with you until the end of time."

2 Some people find it helpful to learn a couple of lines of a prayer, and simply repeat them slowly a few times a day. That is a way of reminding themselves that they are in the Presence of God who calls them by name and loves them.

3 *Let us pray, using some words from one of the psalms in the Bible:*

**I thank you, Lord,
for the wonder of myself,
and for the wonders of all your creation.**


(Psalm 139)

4 This prayer is so short that it can be memorised and simply repeated at odd moments during the day, and no-one else would ever know that you were praying. Some people find it's helpful to do this with a very short prayer, simply repeating it slowly a few times throughout the day. It is a way that many people use to grow in the awareness that God is with them. They realise that, if they really live in God's presence, they can only be positive and joyful and loving.

**I thank you, Lord,
for the wonder of myself,
and for the wonders of all your creation.**

(Psalm 139)



 *Some examples of short phrases to memorise and use as occasional prayers:*

***I thank you
for your faithfulness and love.
You stretch out your hand
and save me.***

(Psalm 137/138)

***Jesus, remember me
when you come into your kingdom.***

(Luke 23⁴²)

Lord, you know that I love you.

(John 17)

***The things, good Lord, that we pray for,
give us your grace to work for.***

(St Thomas More)

***Let us remember
that we are in the presence of God.
And let us adore him.***

This is an excerpt from the page of this date in
'Praying Each Day of the Year',
a 3-volume book
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine
to research this topic further.

This material is part of
the prayer and education website
of the De La Salle Brothers
in Great Britain:
www.prayingeachday.org