

Wallingford Baptist Church - Midday Prayer



Each day we will use the model of:

Pause – a moment of quiet to focus on God

Rejoice – reading a Psalm together and praising God

Ask -sharing our concerns for our world

Yield – recognising afresh the need to trust ourselves to God

Begin by saying out loud!

Gracious God,

I come before you now,

apart yet together with others from Wallingford Baptist Church,

separated yet united with them

in our love and worship of our Lord Jesus

Pause - You may want to light a candle or just sit quietly.

Read a Psalm each time beginning at Psalm 1

Rejoice - Take a moment to speak out your praise to God or write a list of your blessings.

Ask - **Bring to Jesus your needs and the needs of our community**, praying your 5 fingers beginning with thumb pray for – those closest to your heart, those who lead, those who have authority, those in my family, myself.

Lord Jesus, you have promised to give us each day, the things that we need and so I offer these prayers in your precious name, Amen

Just as Jesus prayed “Not my will but yours be done” so I too submit my desires, my hopes to God, trusting that he is merciful and loving. I do this by being honest with God about the times I have got it wrong.

Yield –silently bring those wrong thoughts and actions before God

Lord Jesus, I know that no sin is bigger than your forgiving love. Thank you that your Word promises me that, if I confess my sins, you are faithful and just and will forgive me my sins and purify me.


In gratitude I receive your forgiveness. Amen


Read a chapter of a gospel each time beginning at Mark 1


Listen - Sit quietly together in the presence of God, listening for his voice as you meditate on this gospel passage, asking God to fill you afresh with the Holy Spirit.


A template you can use for Bible study

BIBLE PASSAGE:









Finish by saying the Lord's Prayer together

*Our Father, who art in heaven,
hallowed be your name;
Your kingdom come;
Your will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For yours is the kingdom,
the power and the glory,
for ever and ever.
Amen.*

Share: Use your other 5 fingers and pray for 5 of your friends and family to find peace and life in Jesus. Is there anything you can share or do for any of them today?