

## Rhythm of Prayer

Many of you have stayed with us. Perhaps, it would be helpful for you to join us in prayer wherever you are at 8.00a.m. every morning and then again turn to God with us at 7.00p.m. every evening. Essentially, our morning prayer is praise and thanksgiving, listening to God's word in Scripture and intercession. Our evening prayer is also thanksgiving but it includes confession and forgiveness, intercession and yielding ourselves to the Lord. A gentle turning to God wherever you are and whatever you are doing may be all that is possible. On the other hand you may be able to spend a longer time in prayer.

Even turning our mind quietly to the Lord in the midst of whatever we have to do at that moment will in time begin to change us. Most important of all, it will begin to establish a rhythm of prayer. If you join with us you will know that you are not praying alone. This gives strength and encouragement. It is like a little prop.



Prayer bring strength  
and encouragement

