

## From Morning to Night

Throughout the next week, try different forms of morning prayer; anytime, anywhere prayer; and evening prayer. After seven days of experimenting with different practices, complete this sheet and return it to your teacher. Below each sentence starter, write the name of the traditional or familiar prayer you have chosen, or write the words of the original or less familiar prayer you have created or selected. Also respond to the questions about the TRAP form of evening prayer.

1. My preferred morning prayer is . . .
  
2. My chosen anytime, anywhere prayer is . . .
  
3. My preferred evening prayer is . . .
  
4. The TRAP way of prayer is a guide for looking back on your day, learning its lessons, and thanking God for it. Try this way of prayer some evening, using the following questions to help focus your thoughts:
  - a. *Thank.* Looking back on the day, for what are you most thankful?
  
  - b. *Review.* Think about your thoughts, feelings, and behavior through the day. How did you follow Jesus? How did you not follow Jesus?
  
  - c. *Ask.* As you look ahead to tomorrow and beyond, what do you see that you will need most? What will your friends and family need most?
  
  - d. *Promise to change.* What words will you use to ask for God's grace and to make a commitment to live even more as a disciple of Jesus?

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