

CHAPTER TWELVE

Prayers That Can Be Prayed in Five Seconds (or Less)

Toward Moment by Moment Communion

1 - How can we pray throughout the day while negotiating the responsibilities of life? We need ways of repeatedly returning our thoughts to God.

2 - Most of us can hit the pause button in the midst of normal activities for five seconds or less. Below are prayers that can be prayed in that time frame.

3 - Remember—prayer is more than asking. It is communicating with God. It is practicing his Presence. We speak to him. We listen for what he might say.

4 - There is also worshipful prayer. We declare before God truths about him. We praise him. We thank him. We are simply with him.

5 - This list of prayers is only a beginning. In case it is helpful, there is one for each day of the month.

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1. Our Father, who art in heaven, hallowed be your name. (Matthew 6:9)
2. Lord Jesus, teach me to pray. (Luke 11:1)
3. Come Holy Spirit.
4. Thy kingdom come, thy will be done, on earth as it is in heaven. (Matthew 6:10)
5. Lord, have mercy. Christ, have mercy. Lord, have mercy.
6. Holy Spirit, I rely on you. (Galatians 5:16)
7. Create in me a clean heart, O God (Psalm 51:10).
8. Lord Jesus, teach me how to abide in you 24/7. (John 15:4)
9. Holy Spirit, lead me in prayer. (Romans 8:26)
10. My soul magnifies the Lord. (Luke 1:46)
11. Blessed is he who comes in the name of the Lord. (Psalm 118:28)
12. Come Holy Spirit; fill my heart (my soul ... mind ... body ... relationships).
13. My soul waits for the Lord more than watchmen for the morning. (Psalm 130:6a)
14. Lord Jesus, give me your grace to forgive my enemy. (Luke 6:27-28)
15. Glory be to the Father, and to the Son, and to the Holy Spirit.
16. Give us this day our daily bread. (Matthew 6:11)

17. Lord, you make known to me the path of life. Thank you. (Psalm 16:11)
18. Father, in your presence there is fullness of joy. (Psalm 16:11)
19. For God alone my soul waits in silence. (Psalm 62:1)
20. Lord, I can do nothing of spiritual benefit without you. (John 15:5)
21. Unless the LORD builds the house, those who build it labor in vain. (Psalm 127:1)
22. Lord Jesus, please heal me. (Luke 5:17)
23. Lord, I do not know the way. But I know you. You are the Way. (John 14:6)
24. The LORD is my shepherd; I shall not want. (Psalm 23:1)
25. O Lord, how majestic is your name in all the earth. (Psalm 8:1)
26. Lord Jesus, grant me your peace. (John 14:27)
27. Search me, O God, and know my heart. (Psalm 139:23a)
28. Heavenly Father (Lord Jesus ... Holy Spirit), thank you for your love.
29. Heavenly Father (Lord Jesus ... Holy Spirit), I love you.
30. Heavenly Father (Lord Jesus ... Holy Spirit), I trust you.

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6 - These are only to get us started. Soon we will be formulating prayers using our own words to express what is on our hearts at a given moment.

7 - We might set the timer on our watch or phone to sound at pre-chosen intervals. Hearing the sound, we pause for a few seconds—and pray silently.

8 - In learning to practice God's Presence, there is another way we can use five second prayers. It can be called the "three times four" (3 x 4) approach.

9 - The "three" here refers to the three Persons of the Trinity. We pray first to the Father, then to the Son, then to the Holy Spirit.

10 - The "four" refers to how many times we are going to pray our prayer to each Person.

11 - Why four? No special reason—it just seems to work well. If another rhythm works better for you, by all means use it.

12 - So, for example, we could pray, "Father, I love you. Father, I love you. Father, I love you. Father, I love you."

13 - Then we could pray four times to the Son. We may choose to use the same words, or we may choose different ones.

14 - Then we could pray four times to the Holy Spirit.

15 - Of course we may pray each prayer less than four times, or more. The more deeply a habit is formed the more freedom we find to deviate from it.

16 - So we might pray, "Father, I love you. Lord Jesus, I love you. Holy Spirit, I love you."

17 - The point of course is not the numbers, or even the prayer. It is learning habits of coming into the Lord's Presence and remaining there.

18 - The inner life is opened up to God. He is invited in. This will surely in time yield beautiful fruit: peace, insight, healing, meaning, transformation, joy.

19 - And then there is the quiet listening for the words our Father may be wanting to speak to us.

20 - I find “three times four” praying to be a wonderful way to pray myself to sleep.

21 - And now a longer prayer which embraces much of what we have been learning in *Maturing toward Wholeness in the Inner Life*:

Lord Jesus, I bring my sin, and the guilt and destructive behaviors it has caused, to you on the cross. Thank you Lord! On the cross you made provision for my guilt to be removed, my wounds to be healed and the power of sin in my behavior to be broken. Lead me now into the faith, expressed by obedience, which enables me to access this provision of your grace.