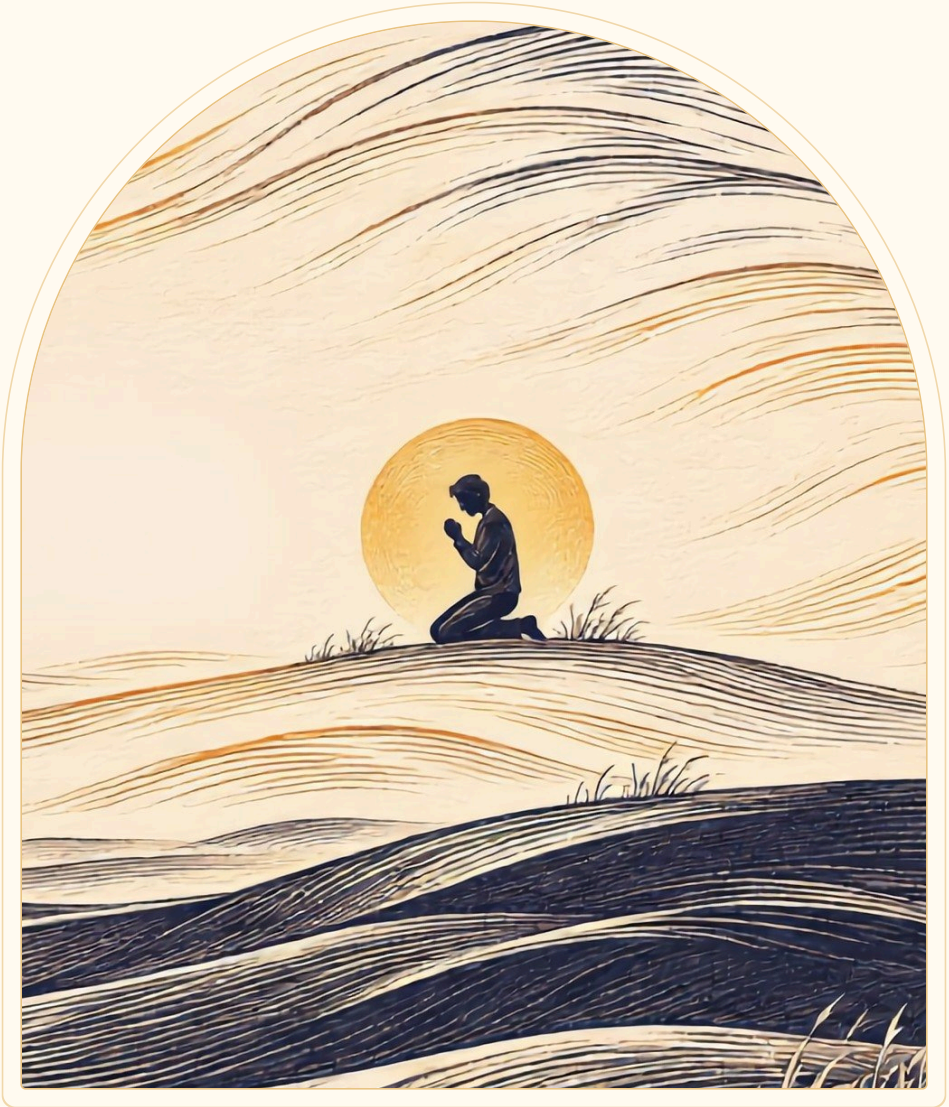
ONE CLEAR PRAYER

Seven days back to prayer

For anyone finding their way back to God. One small step a day.



HOW TO USE THIS

Before you start

This is for you if you used to pray and stopped. Or never really started. Or still pray a little, and want it to feel less like talking to the ceiling.

You don't need to be ready. You don't need the right words, a quiet house or a good week behind you. You need about ten minutes and the page for today.

Each day has one verse from the Bible, a few lines about it, a short prayer you can say just as it is, and one small thing to do. There's room at the bottom to write, if you want to. You don't have to.

Miss a day? Pick up where you are. Nobody's counting. Prayer was never a test you could fail.

A pen, if you like. Ten minutes. That's all.

One verse
From the Bible, word for word.

A few words
On what it meant then, and what it means today.

A prayer
Short enough to say just as it is.

One small thing
To do today, and a line to write on.

THE SEVEN DAYS

DAY ONE	Say you're here	*Matthew 11:28*
DAY TWO	You're not too far	*Luke 15:20*
DAY THREE	Tell him how it is	*Psalm 62:8*
DAY FOUR	Ask for what you need	*Philippians 4:6*
DAY FIVE	Say thank you	*Psalm 103:2*
DAY SIX	Borrow the words	*Matthew 6:9-13*
DAY SEVEN	Start again tomorrow	*Lamentations 3:22-23*

DAY ONE

1 Say you’re here

> *Come unto me, all ye that labour and are heavy laden, and I will give you rest.*
>
> MATTHEW 11:28

If it’s been years, you might feel you have to explain yourself first. Where you went. Why you stopped. Jesus doesn’t ask for any of that here. He says come.

That’s the whole invitation. Tired counts. Unsure counts. Coming back with nothing but yourself counts.

A PRAYER

God, I’m here.
It’s been a long time.
I don’t know what to say yet,
but I came.

Amen.

ONE SMALL THING TODAY

Say that prayer once, out loud or under your breath. In the car, at the sink, before you get out of bed. That’s day one done.

If you want to: what kept you away, or what brought you back?

2

DAY TWO

You’re not too far

> *And he arose, and came to his father. But when he was yet a great way off, his father saw him, and had compassion, and ran, and fell on his neck, and kissed him.*
>
> LUKE 15:20

Jesus told a story about a son who took his share of the family money, left home and spent every cent. When he finally turned back, he had a speech ready about how sorry he was.

His father saw him a long way off and ran to him before he’d said a word. However far away you feel, this is the picture Jesus gave of God: watching the road.

A PRAYER

Father,
I’ve been a long way off.
Some of it I chose.
Some of it just happened.
Thank you for watching the road.
I’m coming home slowly.
Meet me where I am.

Amen.

ONE SMALL THING TODAY

Think of one place where God once felt close: a church, a kitchen table, a stretch of road, a grandparent’s porch. Picture it for a minute, as clearly as you can. Then say the prayer.

Where were you the last time God felt close?

DAY THREE

3 Tell him how it is

> *Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us. Selah.*
>
> PSALM 62:8

Pour out your heart. Not tidy it up first. The Psalms are full of people who were angry, scared, worn out and confused, and they said so to God.

You're allowed to do the same. Prayer isn't a performance. It's being honest with someone who already knows and is still listening.

A PRAYER

Lord,
here's how it really is today.
(Tell him, in your own words.)
I'm not going to dress it up.
You already know,
and you're still here.

Amen.

ONE SMALL THING TODAY

Set a timer for three minutes. Tell God what's true right now, even the things you wouldn't post and might not say to a friend. When the timer goes, stop. You did it.

One true thing I told God today:

4

DAY FOUR

Ask for what you need

> *Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.*
>
> **PHILIPPIANS 4:6**

"Be careful for nothing" is old English for "don't worry about anything." Paul wrote this letter while he was in chains. He wasn't pretending life was easy.

He was saying: whatever it is, bring it. The big things and the small ones. Asking isn't greedy. Asking is a way of trusting.

A PRAYER

God,
here's what I need today:
(name it, whatever size it is).
I'm bringing it to you
instead of carrying it alone.
Thank you for listening.

Amen.

ONE SMALL THING TODAY

Write down one thing you need, however small, and one thing someone you love needs. Pray for both, by name. Leave the list where you'll see it tomorrow.

What I'm asking for:

5

DAY FIVE

Say thank you

> *Bless the LORD, O my soul, and forget not all his benefits:*
>
> PSALM 103:2

"Forget not." Even the man who wrote this psalm needed reminding. On a hard day the good things are still there. They're just quiet.

Thank you is one of the oldest prayers there is, and one of the easiest to start with. It turns your head, just a little, toward what you've been given.

A PRAYER

Thank you, God,
for this day, whatever it was like.
For the people who put up with me.
For the small things I nearly missed.
Teach me to notice.

Amen.

ONE SMALL THING TODAY

Before bed, name three things from today you're grateful for. Keep them small: hot coffee, a kind text, five quiet minutes. Say thank you for each one.

Three things from today:

DAY SIX

6 Borrow the words

> *After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done in earth, as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.*
>
> MATTHEW 6:9-13

Some days your own words run out. Jesus knew that, so he gave the people listening a prayer to use. Christians have prayed it for close to two thousand years.

You may remember it from childhood. If you don't, today's a good day to learn it. Borrowed words are still your prayer when you mean them.

A PRAYER

Lord,
thank you for words
that have held so many people.
Let them hold me today.

Amen.

ONE SMALL THING TODAY

Pray the Lord's Prayer slowly, once in the morning and once at night. When a line catches you, stop there for a moment before you go on.

Which line caught you?

7

DAY SEVEN

Start again tomorrow

> *It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness.*
>
> LAMENTATIONS 3:22-23

Lamentations was written in grief, after Jerusalem had fallen. Right in the middle of all that sorrow is this line: new every morning.

Not new once. New every morning. You never have to make up for lost days. Tomorrow you can simply start again, and the day after that.

A PRAYER

God,
thank you for this week.
I don't have to get it right
to come back to you.
Tomorrow I'll start again.
Meet me there.

Amen.

ONE SMALL THING TODAY

Choose one small moment to keep praying after this week: the first sip of coffee, the drive to work, the minute after the light goes off. Tie a one-sentence prayer to it.

My time to pray:

AFTER DAY SEVEN

Where to go from here

You've had seven days. Some of them may have been easy and some hard to begin. Either way, you came back. That matters more than how well it went.

There's more waiting for you at oneclearprayer.com: short prayers for real moments, for mornings and nights, for worry, and for the people you love. Read one, pray it, keep the page for the day you need it.

And if you'd like a prayer to come to you, there's the weekly prayer. One prayer, one passage of Scripture and a few quiet minutes with God, in your inbox once a week. It's free.



Get the weekly prayer

Free, once a week, at **oneclearprayer.com**

FOUR PRAYERS TO START WITH

- The night your mind won't settle
- The day you can't find the words
- The week you're running on empty
- The person you nearly walked past

You'll find them all at oneclearprayer.com/prayers/

Whether prayer is part of your day or you're finding your way back to God, you're welcome here.