

Today's Prayer and Meditation

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Dedication

It is better to light a small candle and pray
than to cast a spotlight on your situation for everyone to see.

To Mom, who inspired my writing of this book

To Peggy, a faithful prayer partner

and

To all daily Prayer Warriors

Introduction

Prayer is one of the greatest gifts bestowed upon man. It is a balm that soothes the deepest hurts and a light in the darkest of times. Prayer is a song that sings in times of highest elation and expresses thanksgiving and gratitude in times of humble appreciation.

Prayers are spoken in desperate times. Some prayers are spoken loudly. Other prayers are said silently. There are short prayers and long prayers. There are prayers that are structured and those that are totally ad lib. Trying to capture and categorize the entire spectrum of prayer is impossible.

Prayer has existed throughout all human experience. Many have tried to create a structure for prayer and have failed. In the end, one realizes that prayer springs from one's heart, mind, and body. It flows from a unity of one's being and expresses that unity to a higher consciousness. Prayer is most often needed when one does not have the time or energy to pray.

Today's Prayer and Meditation is for those times when it is difficult to pray, for those seeking inspiration, and for others who just want a prayer. It is a compilation of 365 prayers that can be used daily across an entire year. It is not organized into specific categories but instead assembled in faith. It is my prayer that the path from Day 1 to Day 365 will touch those who are looking for a prayer at the right time, with the right words.

God bless you as you read through the prayers. Remember that before you pray, He knows your needs and He listens.

Starting the Prayer Journey

Prayers can be long or short. The first prayers in this compilation of a year of daily prayers are longer than the later ones. Each prayer is as much a meditation as it is communication with God. Every morning before I do anything else, I ask, “What would You like me to pray about?” I would then pray.

For many years I shared those prayers with close friends, family, and those who asked via text messages. A few years ago I was moved to share the daily prayers on a blog, then with a website, and finally on a Facebook community page. Each day a prayer, a meditation, and a devotion are added to the pages. These sites have documented my prayer journey and will continue to do so. I invite you to join us on the Facebook page “Today’s Prayer and Meditation” or on our website, www.todaysprayerandmeditation.com.

We walk through life alone, but we pray together. Prayers in their initial stage may address questions and establish a foundation upon which the future prayer life is built. The prayers at the beginning of this journey do the same. Later on, the prayers focus on specific issues common in people’s lives. Some of the prayers address similar topics from a different perspective. It’s not about the specific words; it’s about the prayer.

It is said that tomorrow is created as a result of today’s decisions and by contemplating, through prayer works, to combine one’s physical, spiritual, and mental aspects into a

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powerful triad. Early on, I called prayer communication with God. As important as it is for one to take time to pray and talk to God, it is just as important to listen.

God bless your prayer journey.

Day 1

Today's prayer: Lord . . .

We seek happiness and security and fulfillment, yet all of these desires seem so fleeting. And when we don't get what we want, we fall prey to anger, stress, and depression.

How childish and selfish to do this when things do not happen the way we want. It is then and only then that we finally ask, "Why?"

We do not realize that the answer is clear when we ourselves answer the question "Who are you working for—yourself or God?"

Let us remember that we work for a reason: that reason is always "to be paid for our labor." When we are working for You, we receive the good fruits of labor, and we are paid just what we need. When we work for anyone or anything else, the payment may not be what we wanted—or we may get what we wanted, sadly, with negatives attached.

Herein lies the truth of labor. You have intended our work be fully and completely for You, with every moment by and through Your direction and guidance. Knowing and doing this, we will obtain what we need, rather than what we want, in compensation with those terrible strings attached.

Let what we do bring us satisfaction, happiness, security, and fulfillment because it is done for You. Let us not have to

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be lowered to the pit of despair to fully realize and act on this simple truth. Help us to see that you get not only *what* you work for but *whom* you work for.

Today we commit our work to You, trusting that we will do the right things at the right time, always in Your name. Keep us ever conscious of the question “Is what we are saying and doing our will in Your name or Your will in Your name?” Isn’t it strange how that one simple letter, “y,” can make all the difference?

Let us add that one simple letter to our work mission, rather than having to ask why.

Amen.

Day 2

Today's prayer: Lord . . .

We have a saying: "And that's a promise!"

Of all the promises made since the beginning, You have kept every one.

The laws of the universe are absolutely consistent. Every word ever spoken by You has rung true. Thank You for this consistency, for in those promises and the inevitability of them, we can have unwavering faith.

Bring to mind and let us not forget the promise You made to us: "For what I have started in you, I will finish."

This is an amazing thing. We will become what You intended, not in our time but in Yours. Your plan is perfect.

We hear and see only in part, and this often plays into our stress and frustration. Help us to see that we can have Your entire vision for us with this simple recipe: one part Your promise, one part what we see and hear, and a liberal amount of faith.

The picture becomes entirely clear when we see that we are the bread of life and that, like bread, we are instilled with the yeast of faith. Give us this faith, for it causes our life to rise, and we will become just what You promised, as You promised.

Amen.

Day 3

Today's prayer: Lord . . .

As we ponder the universe, we realize that we are no more important than a single grain of sand on a vast beach, and that the true effect we have in this world is no more substantial.

This thought is mind-boggling. It often stops us there without another more important realization: Every grain of sand is on the beach for a purpose. Without each grain fulfilling its purpose, there would be no beach!

Each grain of sand may desire to be a mountain or a boulder, but if that desire were to be granted, the inviting beauty and comfort of the beach would disappear, only to be replaced with a craggy and violent shore.

Help us to see our role in this world with a humble spirit, realizing that we are but grains of sand, yet with the critical value that each grain has. Each of us is but one of billions, of no greater or lesser importance than the others. Let us not desire to be anything other than what we are, for the other desires are futile.

And most of all, help us to see that the grains of sand upon which we walk were once majestic mountains that broke into boulders and, over the course of time, came to their appointed purpose through the elimination of everything that wasn't them.

TODAY'S PRAYER AND MEDITATION

For it is in this realization that we find the true amazement and wonder of living in this world and that we can change the world, or at least the part that matters, by simply being who we fully are.

Amen.

Day 4

Today's prayer: Lord . . .

We have been told that it is “what’s inside that counts.”

It doesn't stop there. That is just the beginning. What's inside is the foundation and wellspring from which all great and wonderful things can and do happen.

But what's inside is lifeless unless it becomes “what's outside.” Let us not be deceived that it's enough to simply have what's inside. Help us to see that what's inside is ever present in our world today.

And help us to be ever mindful of the fact that what's inside ultimately finds its way out and shows us as we truly are; there is no hiding who we are from ourselves and the world.

Make us aware of who we truly are “inside” so that we can, together, change those things that work quietly and diligently to control us and keep us in our place of mediocrity—and less of who we are meant to be, for who we are ultimately shows in our thoughts, words, and deeds.

“Create in us a clean heart” and help us to see those thoughts, desires, emotions, aspirations, fears, needs, addictions—anything that controls us and binds us from being fully who we are and are meant to be.

TODAY'S PRAYER AND MEDITATION

Give us the moment-by-moment strength to overcome the challenges and obstacles and grow through internal transformation that is only possible through You and Your loving, gentle kindness.

Amen.

Day 5

Today's prayer: Lord . . .

Let us ever be full of wonder and amazement at the world around us.

Sadly, we are no longer surprised by many of nature's wonders because we are able to predict them before they happen: the exact rising and setting of the sun, the ebb and wane of the tides, the phases of the moon, the locations of the stars and planets in the night sky, and many more. Our knowledge of the order and timing has blinded us from seeing the true majesty of the consistency of the universe.

Today we stand in awe of the creation and all that it holds for us. It truly is a wonder to behold.

We thank You for the absolute consistency that it possesses, because it is through that order and lack of chaos that we can live and can learn of Your plan for us.

The lesson that nature shares through its consistency is that our lives too should function with absolute consistency. As You ordered nature, so order our lives.

Order our lives as You have ordered the universe. In the beginning Your hand took absolute chaos and turned it into this work of wonder, and You looked at it and saw that it was good.

TODAY'S PRAYER AND MEDITATION

Order our lives. We are part of this universe and not part of the chaos. We are no less than any part of creation—no less than the sun, the moon, the stars—and we look to remove any and all chaos from our lives.

Order our lives and let us stand in awe and wonder at the consistency that they hold for us.

Let today be as it was in the beginning, and as You look upon us, remove all that chaos. Order our lives and see that we are the work of Your hands, and we are good.

Amen.

Day 6

Today's prayer: Lord . . .

The Internet and our social networks are full of pictures that we have taken of ourselves. We call them “selfies.”

It has become one of the most prevalent phenomena on the Internet, and experts have found that we are doing this because the virtual world has put physical distance between us.

We have an innate need to let others know we are real. We use selfies to convey our feelings and to send messages to the world at large without having to say a word. Selfies fulfill a basic need that resides in all of us. We are “selfies.”

Open our eyes to a deeper understanding of ourselves and allow that insight to bring us closer to You. And open our eyes to a deeper understanding of You that also brings You into our world.

We often feel a vast distance between You and us. We feel detached from Your presence. Have you ever taken a selfie? Amazingly, the answer is yes! You have made an image that we can see at any moment if we just look, for we are made in Your image. We are Your selfie and can bring You into this world in a real way.

We are more than Your feet and hands. We are Your heart and emotions. We see the fulfillment of Your need and our need for You to be ever present in this world.

TODAY'S PRAYER AND MEDITATION

When we feel that You are distant or when we feel that You do not care, open our minds to Your selfie and let us see that You are truly beside us and inside us, for we are created in Your image and are Your selfie. Let us act that way

Amen.

Day 7

Today's prayer: Lord . . .

Does it really matter?

Our talk is filled with clichés such as “I only get upset by the things that matter, and nothing really matters.” You have advised to “put aside the petty and focus on what really matters.” As we contemplate our lives in the perspective of the universe, it's all petty. Does anything really matter?

Your advice is perfect, yet we live with anger, hurt, sorrow, fear, insecurity, jealousy, and many other negative and destructive emotions.

Help us to see what our petty feelings are doing to us and those around us, for any negative emotion has a negative outcome and is not truly the fault of the other person. It is most often a personal problem that can be likened to “taking poison and expecting the other person to die.”

Make “putting aside” an integral part of our being and of how we live, for every moment lost in ill will is a chance for happiness that, sadly, is lost forever.

Heal the wounds caused by anger, hurt, ego, greed, and entitlement—any and all emotions and thoughts that do not matter. Let us see that these feelings automatically open the door to loss: loss of friends, loss of family, and most of all loss of a chance to live in the abundance of happiness and forgiveness.

TODAY'S PRAYER AND MEDITATION

We ask again, "Does it matter?" And the answer is it does!

But what matters is not what we think or feel, but what we do! Help us to do it right!

Amen.

Day 8

Today's prayer: Lord . . .

You are the author of our lives. You have not only placed our names in the book of life, You have written our entire life story.

As we ponder our lives, Your attention to every word is amazing. More amazing is Your use of punctuation.

Today we see Your use of the semicolon. Good authors know when to stop writing. They end the sentence and start another.

Great authors always have a little more to say and use the semicolon at the end of the first sentence so that they can add more clarity and refinement, not unlike the way You have written our life stories.

“Be patient; God is not finished with me yet” could never be more true!

Thank You for using the semicolon in our lives, for we seek clarity, definition, and more direction. Like a great writer, You give us just what we need in every chapter of our lives and add the critical clarity at exactly the right time.

At times we may be at a loss for words, other times we say too much, and still others we say the wrong things.

