

Day and Night: The Discipline of Daily Prayer

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Tuesday Morning Men's Bible Study

Park Cities Presbyterian Church

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Deuteronomy 6:4-7: "Hear, O Israel: The Lord our God is one; and you shall love the Lord your God with all your heart, and with all your soul, and with all your might. And these words which I command you this day shall be upon your heart; and you shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise."

Psalm 1:2: "... but his delight is in the law of the Lord, and on his law he meditates day and night."

Psalm 22:2: "O my God, I cry by day, but you do not answer, and by night, but I find no rest."

Psalm 42:8: "By day the Lord commands his steadfast love, and at night his song is with me, a prayer to the God of my life."

Psalm 61:8: "So I will ever sing praises to your name, as I perform my vows day after day."

Psalm 71:8: "My mouth is filled with your praise, and with your glory all the day."

Psalm 88:1: "O Lord, God of my salvation, I cry out day and night before you."

Psalm 119:164: "Seven times a day I praise you for your righteous rules."

Psalm 141:2: "Let my prayer be counted as incense before you, and the lifting up of my hands as the evening sacrifice."

Daniel 6:10: "When Daniel knew that the document had been signed, he went to his house where he had windows in his upper chamber open toward Jerusalem. He got down on his knees three times a day and prayed and gave thanks before his God, as he had done previously."

Acts 2:42-47: "And they devoted themselves to the apostles' teaching, and the fellowship, to the breaking of bread and the prayers."

Acts 3:1: “Now Peter and John were going up to the temple at the hour of prayer, the ninth hour.”

Acts 10:9: “The next day, as they were on their journey and approaching the city, Peter went up on the housetop about the sixth hour to pray.”

Luke 5:16: “But Jesus would withdraw to desolate places and pray.”

Table Discussion Questions:

1. What times of the day do you like to pray? What is important to you about that particular time or times?
2. How do you remind yourself throughout the day that there is more to life than work, tasks, and transactions?
3. What might be some of the benefits of using the Psalms as a guide for daily prayer?
4. If you have children, do you have specific times that you pray with them? What do you want these fixed times of prayer to do in their lives?
5. What makes prayer authentic?
6. If you could add one more time of "fixed prayer" (e.g., night prayer, waking-up prayer, prayers for the beginning of work, noon-day prayer of commitment, going-to-sleep prayer of trust to your daily routine), what would you choose? Why?

Weekly Challenges:

1. In addition to your normal time(s) of prayer (or for the first time), establish one new time of prayer during the day. Set a timer on your computer to remind you to stop for a few minutes to pray.
2. Adopt a plan to read and pray the Psalms regularly. Consider reading through all of them once-a-year, or more ambitiously, once-a-month.