HOLY PLACES GUIDE

Morning Light, Evening Peace

A Daily Prayer Companion

A gentle rhythm of prayer at the beginning and end of the day.

THIS JOURNAL BELONGS TO

A rhythm you can return to

Use the morning and evening guides whenever you wish. The seven themed pairs can fill a week or be revisited in any order. There is no need to catch up after a missed day.

01 PAUSE

Take a comfortable moment of quiet. Read the Scripture reference in your preferred translation if time allows.

02 PRAY IN YOUR OWN WORDS

Use the original prayers as a beginning. You can change the words, sit in silence or write a single honest sentence.

03 KEEP IT GENTLE

This is a devotional companion, not a promise of a particular feeling or outcome. Adapt the rhythm to your needs.

A simple morning prayer

Pause. Notice how you are arriving. Read a short passage, give thanks and choose one realistic intention for the day.

DATE _____

- *How I am beginning this morning*

- *One person or concern I bring to prayer*

- *One intention I can practice today*

A PRAYER

God, meet me in this new day. Give me attention for what matters, patience for what is difficult and kindness for the people I encounter. Amen.

A simple evening prayer

Pause. Look back without turning the day into a score. Name gratitude, acknowledge difficulty and let tomorrow remain tomorrow.

DATE _____

- *One moment of gratitude*

- *A difficulty, regret or need for repair*

- *What I am ready to entrust to God tonight*

A PRAYER

God, receive this day as it was. Thank you for its gifts. Help me learn from its difficulties and rest with what remains unfinished. Amen.

Trust: morning

Proverbs 3:5-6

Begin with a quiet moment. Read the reference, pray slowly and choose one achievable intention.

DATE _____

- *How I am arriving and one thing I am grateful for*
- *What responsibility can I meet with care today?*
- *People, concerns and my own prayer*

A PRAYER

God of wisdom, help me meet this day with trust and thoughtful attention. Guide the choices that are mine to make.

Trust: evening

Psalm 4:8

Return gently to the day. Notice what happened without requiring a neat conclusion.

DATE _____

- *A moment of goodness and a moment of difficulty*

- *What can I release, and what needs attention tomorrow?*

- *My prayer as I set down the day*

A PRAYER

God of peace, receive the unfinished parts of this day. Help me rest without needing to control tomorrow.

Patience: morning

James 1:19

Begin with a quiet moment. Read the reference, pray slowly and choose one achievable intention.

DATE _____

- *How I am arriving and one thing I am grateful for*

- *Where will attentive listening matter today?*

- *People, concerns and my own prayer*

A PRAYER

God, slow my words when I am hurried. Help me listen fully and respond with patience.

Patience: evening

Psalm 131:1-2

Return gently to the day. Notice what happened without requiring a neat conclusion.

DATE _____

- *A moment of goodness and a moment of difficulty*

- *When did I listen well, and where might I make amends?*

- *My prayer as I set down the day*

A PRAYER

God, receive the moments when I was impatient. Show me what needs repair, and grant me a gentler beginning.

Courage: morning

Psalm 27:1

Begin with a quiet moment. Read the reference, pray slowly and choose one achievable intention.

DATE _____

- *How I am arriving and one thing I am grateful for*
- *What small, supported step can I take?*
- *People, concerns and my own prayer*

A PRAYER

God of mercy, be with me in what feels difficult. Help me seek support and take the next responsible step.

Courage: evening

Psalm 56:3-4

Return gently to the day. Notice what happened without requiring a neat conclusion.

DATE _____

- *A moment of goodness and a moment of difficulty*
- *What was difficult, and what helped me through it?*
- *My prayer as I set down the day*

A PRAYER

God, receive the courage and the fear I carried today. Help me acknowledge both without judging myself harshly.

Kindness: morning

Colossians 3:12-14

Begin with a quiet moment. Read the reference, pray slowly and choose one achievable intention.

DATE _____

- *How I am arriving and one thing I am grateful for*

- *Who might welcome a simple act of care?*

- *People, concerns and my own prayer*

A PRAYER

God, make me attentive to the person in front of me. Let kindness become a practical action, not only a good intention.

Kindness: evening

Ephesians 4:32

Return gently to the day. Notice what happened without requiring a neat conclusion.

DATE _____

- *A moment of goodness and a moment of difficulty*

- *What kindness did I notice or offer?*

- *My prayer as I set down the day*

A PRAYER

God, thank you for kindness received and shared. Help me remember the needs of others without carrying what is not mine to solve.

Wisdom: morning

James 1:5

Begin with a quiet moment. Read the reference, pray slowly and choose one achievable intention.

DATE _____

- *How I am arriving and one thing I am grateful for*
- *What decision needs careful thought or counsel?*
- *People, concerns and my own prayer*

A PRAYER

God of wisdom, help me distinguish facts from assumptions and haste from clarity. Teach me to ask for help when I need it.

Wisdom: evening

Psalm 139:23-24

Return gently to the day. Notice what happened without requiring a neat conclusion.

DATE _____

- *A moment of goodness and a moment of difficulty*

- *What did I learn, and which question remains?*

- *My prayer as I set down the day*

A PRAYER

God, help me look back honestly and gently. Show me what I can learn and what I need to leave open.

Gratitude: morning

Psalm 92:1-2

Begin with a quiet moment. Read the reference, pray slowly and choose one achievable intention.

DATE _____

- *How I am arriving and one thing I am grateful for*

- *What specific gift can I notice this morning?*

- *People, concerns and my own prayer*

A PRAYER

God, open my attention to ordinary gifts. Let gratitude widen my care for others while leaving room for honest sorrow.

Gratitude: evening

Psalm 103:1-5

Return gently to the day. Notice what happened without requiring a neat conclusion.

DATE _____

- *A moment of goodness and a moment of difficulty*

- *What small moment do I want to remember?*

- *My prayer as I set down the day*

A PRAYER

God, thank you for the gifts of this day. Receive also what was hard, and help me rest in your care.

Rest: morning

Matthew 11:28-30

Begin with a quiet moment. Read the reference, pray slowly and choose one achievable intention.

DATE _____

- *How I am arriving and one thing I am grateful for*

- *What boundary or pause would support me today?*

- *People, concerns and my own prayer*

A PRAYER

God of gentleness, help me honor my limits. Show me a rhythm of work, care and rest that can be sustained.

Rest: evening

Psalm 23:1-3

Return gently to the day. Notice what happened without requiring a neat conclusion.

DATE _____

- *A moment of goodness and a moment of difficulty*

- *What can wait, and what would help me rest?*

- *My prayer as I set down the day*

A PRAYER

God, I bring you my tiredness and my unfinished work. Help me accept the rest available tonight and seek support where I need it.

A week of returning

Look for a rhythm that supports attention rather than pressure. Some days a short pause may be enough.

DATE _____

- *What helped me begin or end the day?*

- *Which theme deserves more attention?*

- *What would make this practice easier to sustain?*

Continuing in peace

Choose a simple rhythm for the next week. Keep the practices that help, and adapt those that do not fit your circumstances.

DATE _____

- *My preferred time and place for prayer*

- *A passage or prayer I want to revisit*

- *A gentle intention for the days ahead*