



YpsiFree Hours of Prayer

Join us at the top of each hour, using the following prayer prompts to offer our full selves to God. Use whatever time available to you. Pray as long as you'd like – but more importantly, pray with passion and with a posture of surrender.

7am Lord, I enter your gates with thanksgiving! I enter your courts with praise. This is the day that you have made! It's a new and beautiful gift for me. I am content to rest – truly rest in your love. I commit to living this day in gratitude.

8am I thank you that there is no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set me free from the law of sin and death.

I celebrate that God is for us, so who can be against us? You did not spare your own Son, but gave him up for us all. Your love is great! I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate me from the love of God that is in Christ Jesus our Lord!

9am Fill my soul with your Holy Spirit and remind me that you are able to do immeasurably more than I ask or imagine according to your power that is at work within me.

10am I will live today grateful, open to your leading, and willing to do whatever you ask. Lead me today where you need me most. Holy Spirit, be with me today. I invite you into the very depths of my being. Lead me, protect me, guide me, coach me, encourage me, and challenge me. Direct me in all things.

11am Lord, may I notice those who are lost. May I join those who care about those far from Christ. Open my heart for the lost. Open my eyes to see someone without Christ, that I can befriend. Open my hands that I might serve.

12noon Teach me to become a great decision maker, so that in every moment of every day I can choose what is good, right, noble and just. I acknowledge that whatever good is in us or whatever good we do comes from you, O God. Thank you.

1pm And now make these words of St. Francis my own:
Lord, make me an instrument of Thy peace; Where there is hatred, let me sow love; Where there is injury, pardon; Where there is doubt, the faith; Where there is despair, hope; Where there is darkness, light; And where there is sadness, joy. O Divine Master,

Grant that I may not so much seek to be consoled, as to console; To be understood, as to understand; To be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned. And it is in dying that we are born to eternal life.

2pm God, you surround me with your light and love every day. Thank you.
Please surround these people with your light and love today in a way that they know it is you:
(Name those who may need a special touch from God today).

3pm I am grateful for the abundance and prosperity that I am blessed with at every minute of every hour of every day because globally, I am in the top of the top 1 percent. I have so much more than the majority of souls on this planet. Remind me of my abundance whenever I feel deprived or lacking or when I worry about money. All the earthly possessions I own have no eternal value. Please remind me of this when something breaks, is damaged, or lost or if I covet something that would distract me from you.

4pm God, help me to help others become the best version of themselves.
Let me be content to see my fruit growing on other people's trees.

5pm Eternal God, you are our Rock, you are the firm foundation for everything we build. You give gifts to your people for the good of the church. You equip and train your people to carry out the good works you have prepared for us in advance. Remind me that you are my loving ally, you are my fortress, you are my tower of strength and you are my rescuer. Everything I need is found in you!

6pm I place my palms down to let go of all that is negative and hurtful.
(Silently offer any burdens or worries to God).
And then I turn my palms up to receive all the good that you desire for me today.
(Silently think of how amazing it is that God desires to lavish you with blessings today).

7pm Thank You, Lord, that in your life and death and glorious resurrection, the great enemy has been defeated – sin, death and evil. You have launched a new creation and we are part of it!