

Practice: Fixed-hour prayer

Fixed Hour prayer allows us to establish a rhythm of daily life that gives us set times to stop and pray. Stopping at various times of the day to pray helps us weave connection and awareness of God's presence throughout our entire day.

Fixed-hour prayer gives us a way to anchor our daily lives in rhythms of prayer, ensuring that we do not get too far into any day without orienting or reorienting ourselves to the presence of God in our lives. **-Ruth Haley Barton**

This rhythm will allow you to interrupt your daily routines and provide opportunities to connect with God.

1. In addition to your normal time of prayer, establish 1-2 new times of prayer during the day. If you pray in the morning and to the rest of the day. If you pray at night add a time for earlier in the day. (i.e.- 8a, 12p, 8p or 9a, 12p, 3p, etc.)
2. Set a timer on your computer or watch to remind you to stop for anywhere from 1 to 15 minutes to pray at your chosen times. Talk to God and offer him whatever you are thinking, feeling or experiencing, good or bad, with honesty and transparency.
3. Use one of the times you choose to stop and pray with a friend, your kids, as a family, or with someone you do life with. Use a CL prayer card as a starter or pray spontaneously.