

Morning Prayer

“Thy Kingdom Come”

Thank you for joining in morning prayer. This is a short step by step guide.

It is great to talk to God first thing in the morning. You can take as little as two minutes, or as much time as you like, but it helps start the day as you mean to go on.

Find a space where you are comfortable and then begin. You can stand, sit, walk, or kneel, and you don't have to have your eyes shut.

1. Focus on God
2. Take one deep breath
3. Simply say the words “thy kingdom come”
4. Pause and look around you
5. Think about the things you want to be different
6. Look out on the world and ask that God may bless it
7. Say again “thy kingdom come”
8. You might want to consider signing the words as you say them. Our website has a video to show you how:

<https://www.light-wave.org/rhythm-of-prayer>

Thank you so much for starting your day with us
Please share this with your friends

If you have any requests for prayer that you want to share,
please go to our website page – say one for me:

<https://www.light-wave.org/prayer-request>