

# Workday

## Recollected Prayer

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**CHRIST  
CITY  
CHURCH**

Many of us are familiar with the famous Pauline encouragement to “pray without ceasing” (1 Thessalonians 5:17). But we often forget or neglect the fact that Paul writes this in the middle of a short admonition to the believers at Thessalonica *specifically regarding their work, labor, and service* towards others by seeking to *do good*. The prayers collected below are an invitation and a guide to help you do just that: pray without ceasing in the middle of your daily work.

These prayers are for you, no matter what your particular job, career, vocation, occupation, or work consists of. Whether you work at an office, at home, or in the field; whether you work for a large corporation, for yourself, or for your own family; whether you work with your hands or with your mind; whether your daily tasks require soft or hard, administrative or managerial, interpersonal or technical skills, the prayers below are meant to help cultivate a life of prayer which does not disregard what you spend most of your waking life actually doing: *working*.

In addition to the daily habit of praying *before* and *after* work (during your commute, perhaps), set a reminder on your phone or computer to remind you to pray twice a day *during* work (once in the morning and once in the afternoon). That midday meal you eat each day, lunch? That is another great opportunity for prayer. And, finally, while the prayers below have suggested ‘occasions,’ they are *only* suggestions. Pray as you feel led, and whatever the occasion calls for.

Our hope is that these prayers might instill in you a greater awareness of God’s presence as you work, knowing that God delights in your work when it is done well and when it brings truth, goodness, and beauty into the world.

“Let the Church remember this: that every maker and worker is called to serve God *in* his profession or trade—not outside of it... The only Christian work is good work well done. Let the Church see to it that the workers are Christian people and do their work well, as to God: then all the work will be Christian work.” – Dorothy Sayers

### **Additional resources we recommend are:**

[Common Good](#) | [Made to Flourish](#) | [Worship for Workers](#) | [Every Moment Holy](#)

**A Morning Prayer (before work):** Gracious God, as I step into a new workday, I seek your guidance and direction. Open my mind to new ideas, insights, and opportunities. Lead me in the paths of righteousness, and help me make choices that align with your will. Lord, grant me the strength to face challenges with confidence and the humility to seek help when needed. May my work be purposeful, contributing to the well-being of others and to the flourishing of your creation. In moments of decision-making, may your Spirit inspire me with wisdom and discernment. As I interact with colleagues and clients, help me to be an agent of your love and grace. May my words be seasoned with kindness, and may my actions reflect the values of my faith. Heavenly Father, may my workday be a day filled with productivity, creativity, and a deep sense of fulfillment. In Jesus' name, I pray. Amen.<sup>1</sup>

**A Midday Prayer (during work):** Gracious Father, Blessed Son, Holy Spirit, the one and only God, who is my Maker, my Sustainer, and He who prepares and employs every good work: Grant that by today's small stewardship of my gifts, I will bless others, serving them well, in view of that promised day, when in worship and with great joy, I will lay today's modest offering, and the offerings of all my other days, at Your feet. Amen.<sup>2</sup>

**An Afternoon Prayer (after work):** Lord, take all that I have done today, and make it good. Forgive me for my laziness, procrastination, or inattention, for my impatience and frustration with those I work with, for every careless word or thought, every selfish deed or motivation, for all the times I chose to serve myself instead of others. Take my work too, the practical, material, and economic activities of this day, and help them to cultivate goodness and beauty in the world. May the work I have done today become a blessing to others, a work of love, and may it too, in the mystery of your gracious will, be caught up in the creation and redemption of the world. If I have failed today, by either poor work or poor spirit, help me walk in freedom, forgiveness, and newness of life as I step into a new workday tomorrow. If I have done well today, may I receive your blessing, your encouragement, and your affirmation as a beloved son or daughter, rejoicing in your love. May I always remember what you require: to act justly, love faithfulness, and to walk humbly with you—even when I am at work. Amen.

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<sup>1</sup> Mckeown, Jonah. From *Made to Flourish, Common Good Magazine*. "6 Prayers for Work."

<sup>2</sup> Adapted from "Daily Stewardship of Gifts," *Every Moment Holy Vol III*. Rabbit Room Press © 2023

**An Anytime Prayer for Work:** Lord, I bring before you today the fruit of my labor – the work of my hands. I confess that more often than not, I take pride in my work to a fault, doing what I can to draw attention to myself and to my own abilities. I ask that you would re-orient the direction of my praise today, shifting the focus off of my own abilities and onto the one who has enabled me to serve others with my particular *gifts*—all of which come from you.

Lord, take the works of my hands, both big and small, and use them for your kingdom purposes. May my labor bring you glory, and may it lead others to give you glory as well. Thank you that my labor is never in vain and that you work in and through the tasks that I often view as mundane. I ask that you continue to teach me how to be a worker in your Kingdom; ever mindful of the rhythms of grace that you kindly invite me into. I pray these things in the name of the One who is worthy of my work, Amen.<sup>3</sup>

**A Prayer for Domestic Work:** Our Father in Heaven, who is also present in our home, give me strength today as I tend and care for the needs of my family. Grant me the energy which comes from joyful service and the wonder which infuses even the most tedious of tasks with a sense of beauty. Open the eyes of my heart so that I might see that even the most monotonous work before me today—the cleaning, the laundry, the changing of diapers, the sweeping of the floor, the vacuuming, mopping, and preparing of meals and leftovers, taking out the trash—does not go unnoticed by you. May I remember how you make the sun to rise each day, and the rain to fall, the stars to shine, and the seasons to come and go each year; and yet you exult in this monotony because *it is good to care for those you love*.

Gracious Father, in those moments when my work is overlooked and receives no thanks, when the unseen labor of my day is taken for granted or even disrespected, give me abounding grace to endure the insult and the disregard. Help me to remember that I am called to serve those whom I love *even when it goes ignored*, just as Jesus did. May I give and forgive with the same love I have been given and the same forgiveness I have received, trusting that my daily sacrifice, however small, will bear eternal fruit in the lives of those I care for—that they will know you in how I love them. (John 13:35) May I never grow weary in doing good but serve today with a gentle and generous spirit. Thank you, Father, for this family, for this home, and for the privilege to steward and care for these souls, this place, and this season of our lives. May my work today be for the good of my family and the glory of your blessed name, Amen.

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<sup>3</sup> Adapted from Cook, Jared. <https://worshipforworkers.com/resources/prayers/a-prayer-for-the-offering-of-work/>

**A Prayer of Gratitude for Work:** O Christ who supplies my every need, I praise you for all provisions and for the means by which they are provided. For my current employment, in this season of life, I give you thanks. By it, may I meet my own needs, and contribute to the needs of others. Let me work and serve in this position with mindfulness, creativity, and kindness, loving you well by loving all whom I encounter here.

Jesus, be ever present as mediator between me and my employer, between me and my supervisors and co-workers, and in all my dealings with others in this work, reminding me that my treatment of them is the strongest evidence of my affection for you. Grant me therefore the patience to listen to others, the humility to learn from them, the compassion to consider their needs as my own, and the grace to wear well in this place the name of my Lord, remembering that I arrive here each day as an emissary of your kingdom.

Let me be an asset to my employer and superiors, working for their flourishing without resentment. Let me be a support to my peers, contributing to their advancement without jealousy. Let me be an encouragement to any I train or lead, affirming and equipping them without disdain. May the days of my employment here be meaningful. Use this chapter in my life to accomplish your ends, whatever they might be. May my presence here daily suggest your presence here.

And may the outworking of the gospel be always evident in this my work, that my service as an employee might be ever reckoned and received as service first rendered unto you, O Christ. Amen.<sup>4</sup>

**A Prayer When Weary or Tired from Work:** O Lord, you are as the shadow of a great rock in a weary land, who beholds your weak creatures, weary of labor, weary of pleasure, weary of hope deferred, weary of self. In your abundant compassion and unutterable tenderness, bring us we pray, into your rest. Amen<sup>5</sup>

**A Prayer When Anxious or Overwhelmed by Work:** Jesus, you are my peace. I trust you and I need you. Like the waters of the sea, bid my anxious mind “Cease! Be still!” Calm my restless spirit. Comfort me, care for me, and return to me the joy of your salvation. To the extent that I have given myself too much work, help me let it go. To the extent that too much work has been put on me by others, may I gracefully disappoint. May your Holy Spirit descend, and indwell my every thought, Amen.

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<sup>4</sup> From “A Liturgy for One Who is Employed,” *Every Moment Holy Vol I*. Rabbit Room Press © 2020

<sup>5</sup> Christina Rossetti, “Weariness,” From *Prayers Ancient and Modern*.

**A Prayer for a Long Commute:** Lord Jesus, help me redeem this time. Holy Spirit, call to mind those who I might pray for... Heavenly Father, remind me that even this commute can become sacred time so long as I allow myself to become aware of your presence and attuned to your peace. You know my every need Lord: If there is traffic, grant me patience; if there is poor weather, grant me protection; if my mind is racing, slow me down and calm my restless soul; if my heart feels weak or empty, fill me with delight and anticipation; if I am worried about the day ahead, comfort my anxiousness and remind me of your steadfast love.

Each day, as I make this commute, guard my heart from bitterness or resentment, either towards you, God, for the circumstances of this season of life; or, towards my family for whom this commute, and the work I travel to, provides for. Lord, keep me from allowing this time to simply follow the natural inertia of mindless consumption or self-centered rumination, de-forming my soul. Motivate me, instead Lord, to fill this time with *good things*: either edifying audiobooks or podcasts; playlists which draw me into worship; or the gift of silence and solitude, knowing you and being known by you. For every hour is yours, oh God, even rush hour, so I give this time to you, Amen.

**A Prayer for Your Profession or Industry:** Our Lord, Jesus Christ, who during Your earthly life shared our toil and dignified the work of our hands: May all who labor as [your profession/industry/company] today cultivate goodness and beauty in the world. May their good work be done well, not to please man, or for mere monetary reward, but diligently in the eyes of God as His workers. Give to each a spirit of cooperation and collaboration so that there may be no strife among them. Grant that all will seek only what is right, working in concord with one another, and working for the good of themselves and their neighbors, near and far—all for Your sake. May they find joy in serving others and in serving You, Lord Jesus, who with the Father and the Holy Spirit live and reign forever, world without end. Amen.<sup>6</sup>

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<sup>6</sup> Adapted from *The Book of Common Prayer*, “For Industry” & “For Right Relations in Industry.”