

Calvin's times in the day to pray
when we wake in the morning
before we begin work
at midday meal
after the meal (or after the day's work)
when we are getting ready for bed at night

Tim Keller used Calvin's prayers to frame his own as recorded in the redeemer report on www.reddemer.com

Upon Rising: For Love

Father, thank you for the grace that has preserved my life to this moment. Now give me enough love for this day—a sense of love from you (so I'm not scared or driven), a welling up of love for you (so I'm not proud or selfish), and a resulting love for others (so I am not cold or distracted). Let your Spirit illumine my mind and enlarge my heart for that. And because it means nothing to begin well if one does not persevere, I ask that you would continue and increase your grace in me until you have led me into full communion with your Son Jesus Christ our Lord, that I may see his beautiful and great glory. And as I laid down in sleep and rose this morning only by your grace, keep me in a joyful, lively remembrance that whatever happens, I will someday know my final rising—the resurrection—because Jesus Christ laid down in death for me, and rose for my justification. In Jesus's name.

Before Workday: For Perseverance

Lord, all day may you give me an awareness of your presence, fruitfulness yet patience with your appointments, wisdom and compassion in my dealings, and Fatherly protection against dangers and adversities. Let me accept whatever degree of success or difficulty in my work you give me this day, and especially make me compassionate and ready to be interrupted in order to do good to others. In Jesus's name.

Midday: For Presence and Recollection

O Lord God, thank you for sustaining my physical life through food and shelter; for giving me new life through the gospel; for the assurance that my bad things will turn out for good, and that my good things cannot be taken from me; and for the certainty of the best and perfect life, which is yet to come. Now give me a joyful sense of your presence, and freedom from my characteristic sins of perfectionistic works-righteousness, fear of criticism, and self-comfort. Don't allow my affections to be tangled in inordinate desires for the things of this world, but let me set my heart on things above, where Christ, my life, is seated at your right hand. In Jesus's name. (Recollect morning Bible insights.)

End of Workday: For People I've Met or Dealt with Today

Lord, send down your blessings, temporal and spiritual, on my family, friends, and neighbours. Bless those who have done us good today, and pardon all those who have done or wished us ill, and give them repentance and better minds. Be merciful to those who are in any trouble or suffering, and minister to them according to their needs. Do this for the sake of the One who went about doing good, the Man of Sorrows, your Son and our Savior, Jesus Christ. In his name.

Upon Sleep: For Rest

O Lord, defend us from all dangers and also from the fear of them tonight. Grant us grace, not only to rest our bodies, but to have spiritual repose, in soul and conscience, in your grace and love, so we might be comforted and eased in all ways. And since no day passes that I do not sin in so many ways, please bury all my offenses in your mercy, that I might not lose your presence. Forgive me for Jesus's sake. Finally, grant us grace always to live in such a state that we may never be afraid to die; so that, living and dying, we may be yours, through the merits and satisfaction of your Son Christ Jesus, in whose name we offer up these our imperfect prayers. Amen.

John Stott's daily morning prayer as recorded in "Basic Christianity" by Stott;

"Good morning heavenly Father,
good morning Lord Jesus,
good morning Holy Spirit.

Heavenly Father, I worship you as the creator and sustainer of the universe.

Lord Jesus, I worship you, Saviour and Lord of the world.

Holy Spirit, I worship you, sanctifier of the people of God.

Glory to the Father, and to the Son and to the Holy Spirit.

Heavenly Father, I pray that I may live this day in your presence
and please you more and more.

Lord Jesus, I pray that this day I may take up my cross and follow you.

Holy Spirit, I pray that this day you will fill me with yourself and cause your fruit to ripen in my life:
love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Holy, blessed and glorious Trinity, three persons in one God,
have mercy upon me. Amen."