

**Take Our
Moments And
Our Days An
Anabaptist
Prayer
Ordinary Time**

**Take Our
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Prayer for
Ordinary Time**

Anabaptism, a radical
reformation movement

emphasizing believer's baptism and separation of church and state, offers a rich spiritual tradition often overlooked in contemporary Christianity. Central to this tradition is a deep appreciation for the sacredness of daily life, a perspective beautifully encapsulated in the prayer, "Take our moments and our days." This phrase, though not a formal liturgical prayer, reflects the Anabaptist emphasis on living a life fully surrendered to God, even amidst the mundane routines of ordinary time. This article explores the meaning, application, and enduring significance of this simple yet profound prayer within the Anabaptist tradition.

Understanding the Anabaptist Perspective on Ordinary Time

Unlike some theological

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traditions that compartmentalize the sacred and the secular, Anabaptists view all of life as a potential space for encountering God. This perspective fundamentally shapes their understanding of "ordinary time"—the periods of the liturgical year outside of major feasts and holidays. Instead of seeing ordinary time as merely a period of waiting or preparation, Anabaptists see it as the very fabric of their existence, a tapestry woven with God's grace and purpose. The prayer, "Take our moments and our days," embodies this conviction, recognizing that God is active not just in grand events but in the smallest details of daily life: the preparation of a meal, the conversation with a neighbor, the challenges of work, the quiet moments of solitude - all are opportunities for spiritual growth and connection with the divine. This understanding directly relates to the **Anabaptist emphasis on discipleship** and

living out one's faith in the
everyday world.

Benefits of Embracing the Prayer in Daily Life

Praying "Take our moments and our days" offers several significant benefits for spiritual growth and wellbeing. Firstly, it cultivates a heightened awareness of God's presence in everyday life. By consciously offering our moments and days to God, we become more attuned to the subtle ways God works in and through us. Secondly, this prayer fosters a spirit of surrender and trust in God's providence. Instead of trying to control every aspect of our lives, we acknowledge our dependence on God and allow him to guide our steps. Thirdly, it provides a framework for intentional living. By considering how each moment can be lived in accordance with God's will, we develop a more

purposeful approach to our daily activities. This intentional living is a key aspect of **Anabaptist pacifism** and their commitment to living peacefully within the world. Finally, it promotes gratitude and contentment. Recognizing God's hand in the ordinary allows us to appreciate the blessings both big and small, leading to a deeper sense of peace and joy.

Practical Application: Integrating the Prayer into Daily Life

The beauty of this prayer lies in its simplicity. It doesn't require elaborate rituals or specific times of day. It can be prayed silently throughout the day, used as a starting point for morning prayer, or incorporated into reflective moments throughout the day. Here are a few practical

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ways to integrate "Take our
moments and our days" into your
daily life:

- **Morning Reflection:**

Begin your day by
intentionally offering your
time to God,
acknowledging his
presence and seeking his
guidance for the day
ahead.

- **Midday Pause:** Take a few
moments during your
workday to pause, breathe,
and silently repeat the
prayer, refocusing your
attention on God.

- **Evening Examen:** Before
bed, reflect on your day,
giving thanks for blessings
received and seeking
forgiveness for
shortcomings. This
provides a powerful
opportunity to examine
how God worked
throughout your day and to
bring your whole self
before God, including

acknowledging any
Anabaptist values that
weren't fully expressed.

- **Mindful Living:** Practice mindfulness throughout your day, paying attention to your thoughts, feelings, and actions. Each moment can become a prayer as you surrender to God's presence.

The Enduring Legacy: Connecting to Anabaptist Spirituality

The prayer, "Take our moments and our days," is not just a pious sentiment; it's a powerful tool for cultivating a deep and abiding relationship with God. It connects us to the rich spiritual heritage of Anabaptism, reminding us that faith is not confined to the walls of a church building but lived out in the entirety of our lives. By

embracing this prayer, we participate in a centuries-old tradition that emphasizes the radical simplicity of faith, the importance of community, and the transformative power of living a life surrendered to God.

This connects deeply to the **history of Anabaptism** and its continued relevance today.

Frequently Asked Questions

Q1: Is this prayer specifically mentioned in Anabaptist writings?

A1: While not found in a formal liturgical setting, the sentiment expressed in “Take our moments and our days” accurately reflects the core Anabaptist belief that all of life is sacred and should be lived in devotion to God. This is expressed through their daily actions, testimonies and writings on various topics. The essence of the prayer is found in their

emphasis on living out faith in
the everyday.

**Q2: How does this prayer
relate to other Anabaptist
practices?**

A2: This prayer aligns with
various Anabaptist practices such
as simple living, community
engagement, and pacifism. By
surrendering our moments and
days to God, we are more likely
to live in accordance with these
values. For example, mindful
living, a practice often associated
with this prayer, can guide one to
make choices that align with
peacemaking in all areas of life.

**Q3: Can non-Anabaptists use
this prayer?**

A3: Absolutely. The underlying
message of surrendering one's
life to God is a universal spiritual
principle, applicable to people of
all faiths and backgrounds. The
prayer simply offers a concise
and meaningful way to express
this surrender.

**Q4: How can I adapt this
prayer to my own spiritual
journey?**

A4: You can personalize this prayer by adding specific requests or intentions. For example, you could pray, "Take my moments and my days, Lord, and guide me to live in accordance with your will, and to show your love to others."

**Q5: What if I struggle to find
God's presence in ordinary
moments?**

A5: This is a common experience. Begin by focusing on gratitude for the small blessings in your life. Practice mindfulness to cultivate greater awareness of your surroundings and your inner self. Remember that God's presence isn't always experienced as a dramatic revelation but rather as a gentle, persistent presence in the ordinary.

Q6: How does this prayer

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**differ from a traditional daily
prayer?**

A6: Traditional daily prayers often focus on specific requests or petitions. This prayer emphasizes a broader surrender of one's entire life to God, acknowledging His presence and guidance in every aspect of the day, not just specific events or issues.

**Q7: How can this prayer help
with managing stress and
anxiety?**

A7: By surrendering your anxieties to God, you release the burden of trying to control everything. Trusting in God's providence can bring a sense of peace and calm, even amidst challenging circumstances. The mindful aspect helps you to be more present in each moment, rather than dwelling on worries about the future or regrets about the past.

Q8: Can this prayer be used in

a group setting?

A8: Yes, this prayer can be a powerful part of group worship or reflection. It could be used as a communal prayer or as a starting point for sharing personal experiences and reflections on God's presence in daily life. Sharing these reflections connects with Anabaptist values of community and shared faith.

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The everyday rhythm of life – the relentless march of ordinary time – can often cause us convinced overwhelmed, lost. We hurry through our days, chasing elusive objectives, often neglecting the quiet sanctity nestled within the apparently trivial moments. An Anabaptist perspective, however,

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offers a refreshing viewpoint through which to re-examine these seemingly unnoticeable moments, transforming them into opportunities for profound divine maturation. This article will explore the essence of an Anabaptist prayer for ordinary time, focusing on how we can appropriate our moments and our days, changing the ordinary into the sacred.

The Anabaptist tradition, known for its emphasis on personal faith, society, and simple living, provides a strong framework for comprehending the significance of ordinary time. Unlike some theological traditions that concentrate primarily on significant events or holy days, Anabaptists understand the divine presence within the texture of everyday being. Each moment, however small, becomes an opportunity for encountering God.

This opinion is grounded in the

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belief that God is not confined to particular times or sites, but rather actively involved in every element of creation. The Anabaptist prayer, "Take our moments and our days," is not merely a dormant petition, but an active affirmation of this fact. It's a deliberate decision to include God into the rhythm of everyday life, admitting His presence in both the pleasures and the challenges.

Concretely, this translates into a dedication to executing mindful presence. Instead of being carried away by the whirlwind of tasks, we intentionally choose to take part in each moment with consciousness. Washing dishes becomes a reflection on gratitude, a basic task altered into an act of worship. The discussion with a colleague becomes an opportunity for empathy and bond. The fight with frustration becomes a space for humility and reliance on divine power.

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This doesn't imply a rejection of successful work or achievement. Rather, it suggests a realignment of our priorities, a change in our focus from outer validation to internal peace. The Anabaptist grasp of work is one of service, a calling to contribute to the shared good, permeated with affection and compassion.

Putting into practice this prayer in our lives requires restraint and purposefulness. We can begin by including brief moments of prayer or meditation throughout the day, halting to admit God's presence. Keeping a diary can help us consider on our experiences and identify areas where we can develop greater mindfulness. Engaging in plain acts of service, such as helping at a local institution, can additionally strengthen our connection to God and our neighbours human beings.

In conclusion, the Anabaptist prayer, "Take our moments and

our days," offers a potent invitation to re-conceptualize our relationship with time, shifting our focus from outer achievements to intrinsic spiritual maturation. By embracing mindful presence and integrating God into the texture of everyday life, we can alter the usual into the divine, finding the profound beauty and mercy that are present in each and every moment.

Frequently Asked Questions (FAQs):

1. How is this prayer different from other prayers? This prayer emphasizes the *present* moment and the sacredness of ordinary time, unlike prayers focused solely on specific events or requests. It's about actively claiming God's presence in the mundane.

2. Is this prayer only for religious people? No. The principles of mindfulness and

finding the sacred in everyday life are applicable to anyone, regardless of their religious affiliation. It's about cultivating a deeper appreciation for life's moments.

3. How can I overcome distractions while practicing this prayer? Start small. Choose one or two specific moments each day to focus on. Gentle reminders (e.g., alarms, notes) can help. Over time, mindfulness will become more natural.

4. What if I struggle to see the sacred in difficult moments? Recognize that even difficult times offer opportunities for growth, faith, and learning. Focus on finding gratitude in small things and seeking support when needed. Your struggles are a part of your journey.

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