

# *The Rule of Daily Prayer*

"...So that we might exist  
for the Praise of His Glory."  
Ephesians 1:12

The interior life ( which animates **every** moment of your life ) begins by having regular times of prayer. The first step in the interior life is to establish a **Rule** of daily prayer.

" Let the following conviction become deeply impressed upon your mind: namely, that a soul cannot lead an interior life without a **schedule**... and without a **firm resolution** to keep it all the time." Dom Chautard - The Soul of the Apostolate

So that we might "exist for the praise of His glory" the prayers of the **Children of the Divine Indwelling, Book of Prayer & Reflections** have been arranged according to the biblical practice of daily prayer at the third, sixth and ninth 'Hours' of the day, ie: Morning, Daytime and Evening Prayer...

# The Rule

Morning Prayer

The Heart of Mary Beads

Daytime Prayer

The Bridal Walk

Evening Prayer

The Chaplet of the  
Indwelling Holy Trinity