

30

DAY

PRAYER

GUIDE



REDEMPTION CHURCH ARIZONA

*“Prayer is so fundamental to the life of the church...it’s like breathing.
It is not an option. It’s the engine.” - Paul Miller*

INTRODUCTION

Prayer and worship have always been a part of the lives of God's people. The most basic form of this for Christians is on Sunday morning, when believers from all over gather together to sing common songs, pray common prayers, eat the same Lord's Supper, hear the same Word preached, and celebrate the same holy seasons and days. And, for most strands of Christendom, other times of weekly and daily prayer and worship have been seen as vital and necessary for living a faithful life of discipleship.

This guide is an entrance into that experience — of common prayer and worship. Here you will find a daily liturgy for morning and evening prayer. It is a holy and unifying experience to know that you, your local congregation, and the Church of Jesus around the world are worshiping together in a common way at any given time, whether gathered or scattered.

PRACTICALS

So, how is one expected to use this guide? Each week will start with a brief introduction of a common theme, a suggested list of postures and practices, and two prayers to frame the week — one traditional and one that is more modern and meditative.

After this, you will find the daily prayer liturgies. You'll notice that there is no liturgy for Sunday morning, only for Sunday evening. This reminds us to gather with the local congregation for worship on the Lord's Day. If you happen to attend a Sunday evening service, then please use the evening prayer for your morning prayer time.

Each day of liturgy is framed by common elements:

SILENCE OR SONG: We live a loud and chaotic world, internally and externally. Silence is a counter-cultural act. It is good to pause in God's presence, to listen for His voice. This is also a time for singing. You are encouraged to choose companion songs for you and yours to sing at this time, particularly if they remind you of the common theme that week. Consider noting your order of worship from church on Sunday and using those songs for the week; or you are encouraged to consult this streaming playlist to center yourselves around the truth in God's Word — redaz.in/

PSALMS: The psalms are the official prayerbook & songbook of the people of God, given to us in the Scriptures. They have two purposes: first, they give us the words to *express* to God all the different postures and emotions that we experience in human life; second, they help to *form* our loves through the praying/singing of the words.

SCRIPTURE READINGS: The Scriptures give us the God-given script after which we pattern our lives, and contain the very words of life, itself. As John DelHousaye has said, "Look at scripture and you are, essentially, looking at acts of worship frozen into words that are waiting to be warmed by their reading and hearing." May it be so.

CONFESSION & ASSURANCE: This is a time to examine our lives, confess our sins, and receive anew God's love for us.

SPACE FOR REFLECTION: Latin for *divine reading*. This is an ancient form of Christian prayer with four steps: read, meditate, pray, contemplate. The practice here is to let the Scriptures be the means through which we encounter and behold God, and not as the primary instruction or teaching manual from God to be exegeted. We hear and read back over the Scriptures, noticing things that speak to us, we meditate and chew on the words, we pray through those Scriptures in a holy dialogue with the Triune God, and finally, we contemplate, meaning we bask in our communion with God through the Holy Spirit, experiencing what Bernard of Clairvaux called a “kiss” from God that assures us of our union with the Father, Son, and Spirit.

PROMPTED PRAYERS: Prompts that help us respond to the scriptures and remind us to pray for all people in all stations of human life.

TRADITIONAL & MEDITATIVE PRAYERS: There will be a variety of prayers throughout this guide from traditional prayers like the Lord’s Prayer to more modern and meditative prayers taken from a great book by Kari Kristina Reeves called *Canyon Road: A Book of Prayer*. Let these prayers search you out and guide you on. You’ll even find sections of hymn texts to help you pray or sing, which Augustine has reminded us is “praying twice.”

BENEDICTIONS: We close our day with a word of love over lives from God Himself, the Alpha and the Omega, the Beginning and the End.

BIBLIOGRAPHY AND RESOURCES

The layout and format of the daily liturgies are inspired by two chief sources:

- Seeking God’s Face (Baker/CICW/Faith Alive, ©2013) by Phillip Reinders
- The Book of Common Prayer of the Church of England (citations noted with *BCP*).

This prayer guide features many prayers from *Canyon Road: A Book of Prayer* by Kari Kristina Reeves (©2016 Atlas Spiritual Designs), which can be purchased at www.exploreatlas.org (citations noted with *Canyon Road: A Book of Prayer*).

All scripture readings are from the English Standard Version (©2001, Crossway).

Other works cited

- Liturgy of the Ordinary by Tish Harrison Warren (InterVarsity Press, ©2016)
- Living the Christian Year by Bobby Gross (InterVarsity Press, ©2009)
- “Keeping A Holy Lent” by Rev. Craig Higgins of Trinity Presbyterian of Rye, NY.
- The Worship Sourcebook, 2nd Ed. (Baker/CICW/Faith Alive, ©2013)

May we all experience deep communion and transformation over this season as we learn, together, to pray without ceasing.

Let us pray.

WEEK ONE | HUMILITY

He (Jesus) also told this parable to some who trusted in themselves that they were righteous, and treated others with contempt: “Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, prayed thus: ‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.’ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me, a sinner!’ I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.

(Luke 18:9-14)

Let’s focus on humility and its converse: pride. Meditate on this well-known passage above, and notice again how deeply it cuts to the heart. In the parable, the posture of the prideful Pharisee is revealed through *contempt*. Jesus shows us a different way to live. He shows us that true love for God and neighbor springs only out of a heart that is touched by the undeserved mercy of God (“Be merciful to me, a sinner!”). The degree to which we understand our need for God’s grace is the degree that we will be able to truly love others. This is revealed, as the parable shows, in how we love those we perceive to be our enemies, those who hold positions or ways of life that we find disturbing or offensive.

In Christ, we live into the scripture that tells us that we are not to think of ourselves more highly than we ought to think, “but to think with sober judgment, each according to the measure of faith that God has assigned,” (Romans 12:3). May God work sober judgment and humble love into our thoughts, words, and deeds this very week.

POSTURES & PRACTICES

- Fast from food and/or media, but consider practicing Sundays as a day of feasting.
- Practice hospitality: open up your home to those in need.
- Practice a posture of humility in prayer, such as kneeling.
- Serve another in a way that is unseen or unheralded.
- Practice the prayer “God, be merciful to me, a sinner!”

PRAYERS

Traditional Collect: Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ, our Lord; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen. (*BCP*)

Meditative Prayer: Jesus, give me the petition for a humble heart. I barely know how to ask. Say it for me; please speak to the Father on my behalf. You know humility pristinely. Please give me this gift, as I bow before you. (*Canyon Road: A Book of Prayer*)

THE FIRST SUNDAY

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

O LORD, our Lord, how majestic is your name in all the earth! You have set your glory above the heavens. Out of the mouth of babies and infants, you have established strength because of your foes, to still the enemy and the avenger. When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him? Yet you have made him a little lower than the heavenly beings and crowned him with glory and honor... O LORD, our Lord, how majestic is your name in all the earth! (Psalms 8:1-5,9)

A MEDITATIVE PRAYER

Jesus, give me the petition for a humble heart. I barely know how to ask. Say it for me; please speak to the Father on my behalf. You know humility pristinely. Please give me this gift, as I bow before you. (*Canyon Road: A Book of Prayer*)

NEW TESTAMENT READING

Do you not know that you are God's temple and that God's Spirit dwells in you? If anyone destroys God's temple, God will destroy him. For God's temple is holy, and you are that temple. Let no one deceive himself. If anyone among you thinks that he is wise in this age, let him become a fool that he may become wise. For the wisdom of this world is filly with God. For it is written, "He catches the wise in their craftiness," and again, "The Lord knows the thoughts of the wise, that they are futile." So let no one boast in men.

(1 Corinthians 3:16-23)

PROMPTED PRAYER

- For a heart that senses the majesty of God
- For the lonely and despised
- For churches all over the world

THE BENEDICTION

Humble yourselves before the Lord, and he will exalt you.

(James 4:10)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 02

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

For God alone, O my soul, wait in silence, for my hope is from him. He only is my rock and my salvation, my fortress; I shall not be shaken. On God rests my salvation and my glory; my mighty rock, my refuge is God. Trust in him at all times, O people; pour out your heart before him; God is a refuge for us. [*Selah*] Those of low estate are but a breath; those of high estate are a delusion; in the balances they go up; they are together lighter than a breath. Put no trust in extortion; set no vain hopes on robbery; if riches increase, set not your heart on them. Once God has spoken; twice have I heard this: that power belongs to God, and that to you, O Lord, belongs steadfast love. (Psalms 62:5-11)

MORNING HYMN

Thou lovely Source of true delight, whom I unseen adore!
Unveil Thy beauties to my sight, that I may love Thee more.
Thy glory o'er creation shines; but in Thy sacred Word,
I read in fairer, brighter lines, my bleeding, dying Lord.
'Tis here, whene'er my comforts droop, and sins and sorrows rise,
Thy love, with cheerful beams of hope, my fainting heart supplies.
Jesus! my Lord, my Life, my Light — oh, come with blissful ray;
Break radiant through the shades of night, and chase my fears away.
Then shall my soul with rapture trace the wonders of Thy love;
But the full glories of Thy face are only known above.

- *Anne Steele, 1760*

TRADITIONAL PRAYER

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen. (*BCP*)

MEDITATIVE PRAYER

Father, make your Son more beautiful and more believable than anything else I could adore today.

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

God shall arise, his enemies shall be scattered; and those who hate him shall flee before him! As smoke is driven away, so you shall drive them away; as wax melts before fire, so the wicked shall perish before God! But the righteous shall be glad; they shall exult before God; they shall be jubilant with joy! Sing to God, sing praises to his name; lift up a song to him who rides through the deserts; his name is the LORD; exult before him! Father of the fatherless and protector of widows is God in his holy habitation. God settles the solitary in a home; he leads out the prisoners to prosperity, but the rebellious dwell in a parched land. (Psalms 68:1-6)

NEW TESTAMENT READING

For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. For in it the righteousness of God is revealed from faith for faith, as it is written, "The righteous shall live by faith." For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth. For what can be known about God is plain to them, because God has shown it to them. For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So they are without excuse. For although they knew God, they did not honor him as God or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened....Therefore God gave them up in the lusts of their hearts to impurity, to the dishonoring of their bodies among themselves, because they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator, who is blessed forever! Amen. (Romans 1:16-22, 24-25)

SPACE FOR REFLECTION

In response to the scripture readings, spend a few minutes reflecting, praying, or writing.

INTERCESSORY PRAYER

Pray for the known needs of your local and global community: singles, families, widows, orphans, churches, ministries, missionaries, etc.

THE BENEDICTION

Humble yourselves before the Lord, and he will exalt you.
(James 4:10)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 03

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, till the storms of destruction pass by. I cry out to God Most High, to God who fulfills his purpose for me. He will send from heaven and save me; he will put to shame him who tramples on me. (*Selah*) God will send out his steadfast love and his faithfulness! My soul is in the midst of lions; I lie down amid fiery beasts— the children of man, whose teeth are spears and arrows, whose tongues are sharp swords. Be exalted, O God, above the heavens! Let your glory be over all the earth! (Psalms 57:1-5)

A MEDITATIVE PRAYER

Gracious and holy Father, give me wisdom to perceive You, intelligence to fathom You, patience to wait for You, a heart to meditate upon You, and a life to proclaim to You, through the power of the Spirit of Jesus Christ our Lord.

- Benedict of Nursia, 6th Century

MORNING HYMN

All creatures of our God and King, lift up your voice and with us sing alleluia, alleluia!
Thou burning sun with golden beam, thou silver moon with softer gleam,
O praise him, O praise him, alleluia, alleluia, alleluia!
Thou rushing wind that art so strong, ye clouds that sail in heav'n along, O praise him, alleluia!
Thou rising morn, in praise rejoice, ye lights of evening, find a voice,
O praise him, O praise him, alleluia, alleluia, alleluia!
Thou flowing water, pure and clear, make music for thy Lord to hear, alleluia, alleluia!
Thou fire so masterful and bright, that givest man both warmth and light,
O praise him, O praise him, alleluia, alleluia, alleluia!
And all ye men of tender heart, forgiving others, take your part, O see ye, alleluia!
Ye who long pain and sorrow bear, praise God and on him cast your care,
O praise him, O praise him, alleluia, alleluia, alleluia!
Let all things their Creator bless, and worship him in humbleness, O praise him, alleluia!
Praise, praise the Father, praise the Son, and praise the Spirit, three in one.
O praise him, O praise him, alleluia, alleluia, alleluia!

- St. Francis of Assisi, 1225

THE LORD'S PRAYER

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

O God, in my complaint; preserve my life from dread of the enemy. Hide me from the secret plots of the wicked, from the throng of evildoers, who whet their tongues like swords, who aim bitter words like arrows, shooting from ambush at the blameless, shooting at him suddenly and without fear. They hold fast to their evil purpose; they talk of laying snares secretly, thinking, "Who can see them?" They search out injustice, saying, "We have accomplished a diligent search." For the inward mind and heart of a man are deep. (Psalms 64:1-6)

CONFESSION & ASSURANCE

Satisfy me with your love, God. Satisfy me and detach my wounded parts from the thrill of wrongdoing, and the delight of lust. I choose your love over lust. I choose your way over the devil's. I choose your pleasure over my own. I choose you, God, above all else. And in my choosing you, choose me all over again. Give me a word of peace. (*Canyon Road: A Book of Prayer*)

The God of peace will soon crush Satan under your feet. The grace of our Lord Jesus Christ be with you. (Romans 16:20)

GOSPEL READING

Meanwhile the disciples were urging him, saying, "Rabbi, eat." But he said to them, "I have food to eat that you do not know about." So the disciples said to one another, "Has anyone brought him something to eat?" Jesus said to them, "My food is to do the will of him who sent me and to accomplish his work. Do you not say, 'There are yet four months, then comes the harvest'? Look, I tell you, lift up your eyes, and see that the fields are white for harvest. Already the one who reaps is receiving wages and gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, 'One sows and another reaps.' I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor." (John 4:31-38)

SPACE FOR REFLECTION

Pause at the end of this day. Enjoy communion with the living God: Father, Son, and Spirit. Listen for the voice of God in the Scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

THE BENEDICTION

Humble yourselves before the Lord, and he will exalt you.
(James 4:10)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 04

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Give the king your justice, O God, and your righteousness to the royal son! May he judge your people with righteousness, and your poor with justice! Let the mountains bear prosperity for the people, and the hills, in righteousness! May he defend the cause of the poor of the people, give deliverance to the children of the needy, and crush the oppressor! May they fear you while the sun endures, and as long as the moon, throughout all generations! May he be like rain that falls on the mown grass, like showers that water the earth! In his days may the righteous flourish, and peace abound, till the moon be no more! (Psalms 72:1-7)

MORNING HYMN

Jesus shall reign where'er the sun does its successive journeys run,
His kingdom stretch from shore to shore, till moons shall wax and wane no more.
To him shall endless prayer be made, and praises throng to crown his head.
His name like sweet perfume shall rise with every morning sacrifice.
People and realms of every tongue dwell on his love with sweetest song,
and infant voices shall proclaim their early blessings on his name.
Blessings about where'er he reigns: the prisoners leap to lose their chains,
the weary find eternal rest, and all who suffer want are blest.
Let every creature rise and bring the highest honors to our King,
angels descend with songs again, and earth repeat the loud amen.

- Isaac Watts, 1719

PROMPTED PRAYER

- For rulers and the flourishing of those under their dominion
- For the peace of God in the midst of a violent world
- For those suffering from violence, abuse, and oppression
- For a faithful, compassionate, and gentle heart

A MEDITATIVE PRAYER

Jesus, give me the petition for a humble heart. I barely know how to ask. Say it for me; please speak to the Father on my behalf. You know humility pristinely. Please give me this gift, as I bow before you. (*Canyon Road: A Book of Prayer*)

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

My soul longs for your salvation; I hope in your word. My eyes long for your promise; I ask, “When will you comfort me?” For I have become like a wineskin in the smoke, yet I have not forgotten your statutes. How long must your servant endure? When will you judge those who persecute me? The insolent have dug pitfalls for me; they do not live according to your law. All your commandments are sure; they persecute me with falsehood; help me! They have almost made an end of me on earth, but I have not forsaken your precepts. In your steadfast love give me life, that I may keep the testimonies of your mouth. (Psalms 119:81-88)

CONFESSION & ASSURANCE

For the things I did that I shouldn't have done. For the things I didn't do that I should've done.

By his wounds you have been healed. (1 Peter 2:24)

GOSPEL READING

After this there was a feast of the Jews, and Jesus went up to Jerusalem. Now there is in Jerusalem by the Sheep Gate a pool, in Aramaic called Bethesda, which has five roofed colonnades. In these lay a multitude of invalids—blind, lame, and paralyzed. One man was there who had been an invalid for thirty-eight years. When Jesus saw him lying there and knew that he had already been there a long time, he said to him, “Do you want to be healed?” The sick man answered him, “Sir, I have no one to put me into the pool when the water is stirred up, and while I am going another steps down before me.” Jesus said to him, “Get up, take up your bed, and walk.” And at once the man was healed, and he took up his bed and walked. (John 5:1-9)

SPACE FOR REFLECTION

Pause at the end of this day. Enjoy communion with the living God: Father, Son, and Spirit. Listen for the voice of God in the Scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

THE BENEDICTION

Humble yourselves before the Lord, and he will exalt you.
(James 4:10)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 05

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

O God, from my youth you have taught me, and I still proclaim your wondrous deeds. So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to another generation, your power to all those to come. Your righteousness, O God, reaches the high heavens. You who have done great things, O God, who is like you? You who have made me see many troubles and calamities will revive me again; from the depths of the earth you will bring me up again. You will increase my greatness and comfort me again. I will also praise you with the harp for your faithfulness, O my God; I will sing praises to you with the lyre, O Holy One of Israel. (Psalms 71:17-22)

MORNING HYMN

This is my Father's world, and to my listening ears
All nature sings, and round me rings the music of the spheres.
This is my Father's world: I rest me in the thought
Of rocks and trees, of skies and seas — His hand the wonders wrought.
This is my Father's world: The birds their carols raise,
The morning light, the lily white, declare their Maker's praise.
This is my Father's world: He shines in all that's fair;
In the rustling grass I hear Him pass, He speaks to me everywhere.
This is my Father's world: O let me ne'er forget
That though the wrong seems oft so strong, God is the Ruler yet.
This is my Father's world: Why should my heart be sad?
The Lord is King: let the heavens ring!
God reigns, let earth be glad!

- *Maltbie D. Babcock, 1901*

TRADITIONAL PRAYER

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen. (BCP)

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Yet God my King is from of old, working salvation in the midst of the earth. You divided the sea by your might; you broke the heads of the sea monsters on the waters. You crushed the heads of Leviathan; you gave him as food for the creatures of the wilderness. You split open springs and brooks; you dried up ever-flowing streams. Yours is the day, yours also the night; you have established the heavenly lights and the sun. You have fixed all the boundaries of the earth; you have made summer and winter. Remember this, O LORD, how the enemy scoffs, and a foolish people reviles your name. (Psalms 74:12-18)

A MEDITATIVE PRAYER

You are beautiful. You are good. You are true. (*Canyon Road: A Book of Prayer*)

NEW TESTAMENT READING

For all who have sinned without the law will also perish without the law, and all who have sinned under the law will be judged by the law. For it is not the hearers of the law who are righteous before God, but the doers of the law who will be justified. For when Gentiles, who do not have the law, by nature do what the law requires, they are a law to themselves, even though they do not have the law. They show that the work of the law is written on their hearts, while their conscience also bears witness, and their conflicting thoughts accuse or even excuse them on that day when, according to my gospel, God judges the secrets of men by Christ Jesus. (Romans 2:12-16)

SPACE FOR REFLECTION

Pause at the end of this day. Enjoy communion with the living God: Father, Son, and Spirit. Listen for the voice of God in the Scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

THE BENEDICTION

Humble yourselves before the Lord, and he will exalt you.
(James 4:10)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 06

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Save me, O God! For the waters have come up to my neck. I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me. I am weary with my crying out; my throat is parched. My eyes grow dim with waiting for my God. More in number than the hairs of my head are those who hate me without cause; mighty are those who would destroy me, those who attack me with lies. What I did not steal must I now restore? O God, you know my folly; the wrongs I have done are not hidden from you. Let not those who hope in you be put to shame through me, O Lord God of hosts; let not those who seek you be brought to dishonor through me, O God of Israel. For it is for your sake that I have borne reproach, that dishonor has covered my face. I have become a stranger to my brothers, an alien to my mother's sons. For zeal for your house has consumed me, and the reproaches of those who reproach you have fallen on me. When I wept and humbled my soul with fasting, it became my reproach....But as for me, my prayer is to you, O LORD. At an acceptable time, O God, in the abundance of your steadfast love answer me in your saving faithfulness. (Psalms 69:1-11, 13)

MORNING HYMN

Father, whate'er of earthly bliss Thy sov'reign will denies,
Accepted at Thy throne of grace, let this petition rise.
Give me a calm, a thankful heart, from every murmur free;
The blessing of Thy grace impart, and let me live to Thee.
Let the sweet hope that Thou art mine
My life and death attend;
Thy presence through my journey shine, and crown my journey's end.
Amen.

- *Anne Steele, 1760*

PROMPTED PRAYER

- For a soft, repentant heart
- For those suffering from mental health issues
- For teachers and those who work in education

THE LORD'S PRAYER

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Truly God is good to Israel, to those who are pure in heart. But as for me, my feet had almost stumbled, my steps had nearly slipped. For I was envious of the arrogant when I saw the prosperity of the wicked. For they have no pangs until death; their bodies are fat and sleek. They are not in trouble as others are; they are not stricken like the rest of mankind... And they say, "How can God know? Is there knowledge in the Most High?" Behold, these are the wicked; always at ease, they increase in riches. All in vain have I kept my heart clean and washed my hands in innocence. For all the day long I have been stricken and rebuked every morning. If I had said, "I will speak thus," I would have betrayed the generation of your children. But when I thought how to understand this, it seemed to me a wearisome task, until I went into the sanctuary of God; then I discerned their end... Whom have I in heaven but you? And there is nothing on earth that I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever. (Psalms 73:1-5, 11-17, 25-26)

MEDITATIVE PRAYER

I believe, Lord. Please help my unbelief.

REMEMBER

From a wandering nomad You created Your family; [Abraham]
for a burdened people You raised up a leader; [Moses]
for a confused nation You chose a king; [David]
for a rebellious crowd You sent Your prophets.
In these last days You have sent us Your son, Your perfect image,
bringing Your kingdom, revealing You will, dying, rising, reigning,
remaking Your people for Yourself.
Through Him You have poured out Your Holy Spirit, filling us with light and life.

- Kenyan Liturgy

THE BENEDICTION

Humble yourselves before the Lord, and he will exalt you.
(James 4:10)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 07

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

We give thanks to you, O God; we give thanks, for your name is near. We recount your wondrous deeds. "At the set time that I appoint I will judge with equity... I say to the boastful, 'Do not boast,' and to the wicked, 'Do not lift up your horn; do not lift up your horn on high, or speak with haughty neck.'" For not from the east or from the west and not from the wilderness comes lifting up, but it is God who executes judgment, putting down one and lifting up another. For in the hand of the LORD there is a cup with foaming wine, well mixed, and he pours out from it, and all the wicked of the earth shall drain it down to the dregs. But I will declare it forever; I will sing praises to the God of Jacob. (Psalms 75:1-2, 4-9)

MORNING HYMN

I will sing of my Redeemer and his wondrous love to me;
on the cruel cross he suffered, from the curse to set me free.
Sing, O sing of my Redeemer! With his blood he purchased me;
on the cross he sealed my pardon, paid the debt, and made me free.
I will tell the wondrous story, how my lost estate to save,
in his boundless love and mercy, he the ransom freely gave.
I will praise my dear Redeemer, his triumphant power I'll tell:
how the victory he gives me over sin and death and hell.
I will sing of my Redeemer and his heavenly love for me;
he from death to life has brought me, Son of God, with him to be.
Sing, O sing of my Redeemer! With his blood he purchased me;
on the cross he sealed my pardon, paid the debt, and made me free.

- *Phillip P. Bliss, 1876*

MEDITATIVE PRAYER

You said, O my Christ, "Whoever believes in Me shall live and never die."
If then, faith in You saves the lost, then save me...
O Lord, from now on let me love You as intensely as I have loved sin."

- *John Chrysostom, 4th Century*

PROMPTED PRAYER

- For growth in holiness
- For racial justice, equity, and reconciliation
- For those who care for creation

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever. (Psalms 23:0-6)

CONFESSION & ASSURANCE

God, you truly are the very best thing for me. I will never be in want as long as you're with me. Forgive me when I don't feel I need anything from you or when I'm running. I'm so tired.

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” (Matthew 11:28-30)

NEW TESTAMENT READING

Now we know that whatever the law says it speaks to those who are under the law, so that every mouth may be stopped, and the whole world may be held accountable to God. For by works of the law no human being will be justified in his sight, since through the law comes knowledge of sin. But now the righteousness of God has been manifested apart from the law, although the Law and the Prophets bear witness to it— the righteousness of God through faith in Jesus Christ for all who believe. For there is no distinction: for all have sinned and fall short of the glory of God, and are justified by his grace as a gift, through the redemption that is in Christ Jesus, (Romans 3:19-24)

MEDITATIVE PRAYER

Here dies another day
During which I have had eyes, ears, hands,
And the great world around me;
And with tomorrow begins another.
Why am I allowed two?

- *G.K. Chesterton, 20th Century*

THE BENEDICTION

Humble yourselves before the Lord, and he will exalt you.
(James 4:10)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

WEEK TWO | TEMPTATION

“And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry. The devil said to him, “If you are the Son of God, command this stone to become bread.” And Jesus answered him, “It is written, ‘Man shall not live by bread alone.’” And the devil took him up and showed him all the kingdoms of the world in a moment of time, and said to him, “To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. If you, then, will worship me, it will all be yours.” And Jesus answered him, “It is written, “‘You shall worship the Lord your God, and him only shall you serve.’” And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, “If you are the Son of God, throw yourself down from here, for it is written, “‘He will command his angels concerning you, to guard you,’ and “‘On their hands they will bear you up, lest you strike your foot against a stone.’” And Jesus answered him, “It is said, ‘You shall not put the Lord your God to the test.’” And when the devil had ended every temptation, he departed from him until an opportune time.” (Luke 4:1-13)

In his famous sermon *Being the Beloved*, Henry Nouwen once summarized the three temptations by exposing the three lies that Satan tempted Jesus with: (1) *You are what you do* (“turn these stones into bread), (2) *You are what you have* (“to you I will give this authority and their glory...it will all be yours), and (3) *You are what other people say about you* (if you are the Son of God, throw yourself down — i.e. “Prove it.”)

Temptation is the moment when we are told one of these lies and have the choice to believe what God says or what the great Liar says. Think on these three lies and then think about the sin in your life. Do you find any correlation? This week, let’s examine ourselves in this way and put away the lies to remember the truth of God that defines this reality: in Christ, you are freely loved.

POSTURES & PRACTICES

- Take a prayer walk in your neighborhood or in nature
- Remove something from your life that causes the temptation to sin
- Name the “three lies” and reject them out loud

PRAYERS

Traditional Collect: Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly and help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord; who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen. (*BCP*)

Meditative Prayer: Protect us, Jesus. From the world. The flesh. And the devil. I pray in your name, Amen. (*Canyon Road: A Book of Prayer*)

THE SECOND SUNDAY

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory. Because your steadfast love is better than life, my lips will praise you. So I will bless you as long as I live; in your name I will lift up my hands. My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips, when I remember you upon my bed, and meditate on you in the watches of the night; for you have been my help. (Psalms 63:1-7)

A MEDITATIVE PRAYER

Uncover the things I hide. (*Canyon Road: A Book of Prayer*)

NEW TESTAMENT READING

For since, in the wisdom of God, the world did not know God through wisdom, it pleased God through the folly of what we preach to save those who believe. For Jews demand signs and Greeks seek wisdom, but we preach Christ crucified, a stumbling block to Jews and folly to Gentiles, but to those who are called, both Jews and Greeks, Christ the power of God and the wisdom of God. For the foolishness of God is wiser than men, and the weakness of God is stronger than men. (1 Corinthians 1:21-25)

PROMPTED PRAYER

- For the preaching and believing of Christ crucified
- For refugees and those who care for them
- For churches all over the world

THE BENEDICTION

He who began a good work in you will bring it to completion at the day of Jesus Christ.
(Philippians 1:6)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 09

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Blessed is the one who considers the poor! In the day of trouble the LORD delivers him; the LORD protects him and keeps him alive; he is called blessed in the land; you do not give him up to the will of his enemies. The LORD sustains him on his sickbed; in his illness you restore him to full health. As for me, I said, "O LORD, be gracious to me; heal me, for I have sinned against you!" My enemies say of me in malice, "When will he die, and his name perish?" But you, O LORD, be gracious to me, and raise me up, that I may repay them! By this I know that you delight in me: my enemy will not shout in triumph over me. But you have upheld me because of my integrity, and set me in your presence forever. Blessed be the LORD, the God of Israel, from everlasting to everlasting! (Psalms 41:1-5, 10-13)

MORNING HYMN

Guide me, O my great Redeemer, pilgrim through this barren land;
I am weak, but you are mighty; hold me with your powerful hand.
Bread of heaven, bread of heaven, feed me now and evermore,
feed me now and evermore.
Open now the crystal fountain, where the healing waters flow.
Let the fire and cloudy pillar lead me all my journey through.
Strong Deliverer, strong Deliverer, ever be my strength and shield,
ever be my strength and shield.
When I tread the verge of Jordan, bid my anxious fears subside.
Death of death, and hell's Destruction, land me safe on Canaan's side.
Songs of praises, songs of praises I will ever sing to you,
I will ever sing to you.

- *William Williams, 1745*

PROMPTED PRAYER

- For humility and dependency on God
- For those who suffer with addiction, and those who support them
- For a remembrance of and increased love for the poor and marginalized

THE LORD'S PRAYER

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

O God, we have heard with our ears, our fathers have told us, what deeds you performed in their days, in the days of old: you with your own hand drove out the nations, but them you planted; you afflicted the peoples, but them you set free; for not by their own sword did they win the land, nor did their own arm save them, but your right hand and your arm, and the light of your face, for you delighted in them. You are my King, O God; ordain salvation for Jacob! Through you we push down our foes; through your name we tread down those who rise up against us. For not in my bow do I trust, nor can my sword save me. But you have saved us from our foes and have put to shame those who hate us. In God we have boasted continually, and we will give thanks to your name forever. [*Selab*] (Psalms 44:1-8)

CONFESSION & ASSURANCE

Eternal God, you are truth. I have been deceived; Misguided by lies, and disoriented by darkness. In my error, correct me. In my repentance, forgive me. In my ignorance, illuminate me. Jesus, your name is above every other name: I worship you. (*Canyon Road: A Book of Prayer*)

“In the world you will have tribulation. But take heart; I have overcome the world.” (John 16:33)

GOSPEL READING

On the third day there was a wedding at Cana in Galilee, and the mother of Jesus was there. Jesus also was invited to the wedding with his disciples. When the wine ran out, the mother of Jesus said to him, “They have no wine.” And Jesus said to her, “Woman, what does this have to do with me? My hour has not yet come.” His mother said to the servants, “Do whatever he tells you.” Now there were six stone water jars there for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to the servants, “Fill the jars with water.” And they filled them up to the brim. And he said to them, “Now draw some out and take it to the master of the feast.” So they took it. When the master of the feast tasted the water now become wine, and did not know where it came from (though the servants who had drawn the water knew), the master of the feast called the bridegroom and said to him, “Everyone serves the good wine first, and when people have drunk freely, then the poor wine. But you have kept the good wine until now.” (John 2:1-10)

THE BENEDICTION

He who began a good work in you will bring it to completion at the day of Jesus Christ.
(Philippians 1:6)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 10

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Your throne, O God, is forever and ever. The scepter of your kingdom is a scepter of uprightness; you have loved righteousness and hated wickedness. Therefore God, your God, has anointed you with the oil of gladness beyond your companions; your robes are all fragrant with myrrh and aloes and cassia. From ivory palaces stringed instruments make you glad; daughters of kings are among your ladies of honor; at your right hand stands the queen in gold of Ophir. Hear, O daughter, and consider, and incline your ear: forget your people and your father's house, and the king will desire your beauty. Since he is your lord, bow to him. The people of Tyre will seek your favor with gifts, the richest of the people. (Psalms 45:6-12)

MORNING HYMN

Guide me, O my great Redeemer, pilgrim through this barren land;
I am weak, but you are mighty; hold me with your powerful hand.
Bread of heaven, bread of heaven, feed me now and evermore,
feed me now and evermore.
Open now the crystal fountain, where the healing waters flow.
Let the fire and cloudy pillar lead me all my journey through.
Strong Deliverer, strong Deliverer, ever be my strength and shield,
ever be my strength and shield.
When I tread the verge of Jordan, bid my anxious fears subside.
Death of death, and hell's Destruction, land me safe on Canaan's side.
Songs of praises, songs of praises I will ever sing to you,
I will ever sing to you.

- William Williams, 1745

PROMPTED PRAYER

- For an increased love of the Kingdom of God
- For those who are persecuted for their faith
- For family members and friends who do not have faith

TRADITIONAL PRAYER

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord; who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen. (BCP)

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Clap your hands, all peoples! Shout to God with loud songs of joy! For the LORD, the Most High, is to be feared, a great king over all the earth. He subdued peoples under us, and nations under our feet. He chose our heritage for us, the pride of Jacob whom he loves. [*Selah*] God has gone up with a shout, the LORD with the sound of a trumpet. Sing praises to God, sing praises! Sing praises to our King, sing praises! For God is the King of all the earth; sing praises with a psalm! God reigns over the nations; God sits on his holy throne. The princes of the peoples gather as the people of the God of Abraham. For the shields of the earth belong to God; he is highly exalted! (Psalms 47)

MEDITATIVE PRAYER

Uncover the things I hide. (*Canyon Road: A Book of Prayer*)

NEW TESTAMENT READING

Therefore, holy brothers, you who share in a heavenly calling, consider Jesus, the apostle and high priest of our confession, who was faithful to him who appointed him, just as Moses also was faithful in all God's house. For Jesus has been counted worthy of more glory than Moses—as much more glory as the builder of a house has more honor than the house itself. (For every house is built by someone, but the builder of all things is God.) Now Moses was faithful in all God's house as a servant, to testify to the things that were to be spoken later, but Christ is faithful over God's house as a son. And we are his house, if indeed we hold fast our confidence and our boasting in our hope. Therefore, as the Holy Spirit says, "Today, if you hear his voice, do not harden your hearts as in the rebellion, on the day of testing in the wilderness, where your fathers put me to the test and saw my works for forty years. Therefore I was provoked with that generation, and said, 'They always go astray in their heart; they have not known my ways.' As I swore in my wrath, 'They shall not enter my rest.'" (Hebrews 3:1-11)

THE BENEDICTION

He who began a good work in you will bring it to completion at the day of Jesus Christ. (Philippians 1:6)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 11

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

You have dealt well with your servant, O LORD, according to your word. Teach me good judgment and knowledge, for I believe in your commandments. Before I was afflicted I went astray, but now I keep your word. You are good and do good; teach me your statutes. The insolent smear me with lies, but with my whole heart I keep your precepts; their heart is unfeeling like fat, but I delight in your law. It is good for me that I was afflicted, that I might learn your statutes. The law of your mouth is better to me than thousands of gold and silver pieces. (Psalms 119:65-72)

MORNING HYMN

Abide with me: fast falls the eventide;
the darkness deepens; Lord, with me abide.
When other helpers fail and comforts flee,
Help of the helpless, O abide with me.
Swift to its close ebbs out life's little day;
earth's joy grows dim, its glories pass away.
Change and decay in all around I see.
O thou who changes not, abide with me.
I need thy presence every passing hour.
What but thy grace can foil the tempter's power?
Who like thyself my guide and strength can be?
Through cloud and sunshine, O abide with me.
I fear no foe with thee at hand to bless,
ills have no weight, and tears no bitterness.
Where is death's sting? Where, grave, thy victory?
I triumph still, if thou abide with me.
Hold thou thy cross before my closing eyes.
Shine through the gloom and point me to the skies.
Haven's morning breaks and earth's vain shadows flee;
in life, in death, O Lord, abide with me.

- Henry Francis Lyte, 1847

PROMPTED PRAYER

- For a love of God's Word that exceeds the love of money
- For a sober-minded humility
- For those in prison

THE LORD'S PRAYER

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

This is the path of those who have foolish confidence; yet after them people approve of their boasts. [*Selab*] Like sheep they are appointed for Sheol; death shall be their shepherd, and the upright shall rule over them in the morning. Their form shall be consumed in Sheol, with no place to dwell. But God will ransom my soul from the power of Sheol, for he will receive me. [*Selab*] Be not afraid when a man becomes rich, when the glory of his house increases. For when he dies he will carry nothing away; his glory will not go down after him. (Psalms 49:13–17)

CONFESSION & ASSURANCE

For the ways I have treated You (Silence).

For the ways I have treated others (Silence).

For the ways I have treated myself (Silence).

By his wounds you have been healed. (1 Peter 2:24)

NEW TESTAMENT READING

Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. But exhort one another every day, as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin. For we have come to share in Christ, if indeed we hold our original confidence firm to the end. As it is said, “Today, if you hear his voice, do not harden your hearts as in the rebellion.” For who were those who heard and yet rebelled? Was it not all those who left Egypt led by Moses? And with whom was he provoked for forty years? Was it not with those who sinned, whose bodies fell in the wilderness? And to whom did he swear that they would not enter his rest, but to those who were disobedient? So we see that they were unable to enter because of unbelief. (Hebrews 3:12–19)

MEDITATIVE PRAYER

You give to Your faithful people without counting the cost,
and You promise even greater things in the future.

Indeed, nothing is greater than Yourself, and You have given Yourself to mankind on the Cross.
I pray You will give Yourself to me.

- *Columbanus, 7th century*

THE BENEDICTION

He who began a good work in you will bring it to completion at the day of Jesus Christ.
(Philippians 1:6)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 12

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

The Mighty One, God the LORD, speaks and summons the earth from the rising of the sun to its setting. Out of Zion, the perfection of beauty, God shines forth. Our God comes; he does not keep silence; before him is a devouring fire, around him a mighty tempest. He calls to the heavens above and to the earth, that he may judge his people: "Gather to me my faithful ones, who made a covenant with me by sacrifice!" The heavens declare his righteousness, for God himself is judge! [*Selah*] (Psalms 50:1-6)

MORNING HYMN

Jesus, Lord of life and glory, bend from heav'n thy gracious ear;
while our waiting souls adore thee, friend of helpless sinners, hear:
[REFRAIN] By thy mercy, O deliver us, good Lord.
From the depths of nature's blindness, from the hard'ning pow'r of sin,
from all malice and unkindness, from the pride that lurks within: [REFRAIN]
When temptation sorely presses in the day of Satan's pow'r,
in our times of deep distresses, in each dark and trying hour: [REFRAIN]
When the world around is smiling, in the time of wealth and ease,
earthly joys our hearts beguiling, in the day of health and peace: [REFRAIN]
In our weary hours of sickness, in our times of grief and pain,
when we feel our mortal weakness, when the creature's help is vain: [REFRAIN]
In the solemn hour of dying, in the awful Judgment Day,
may our souls, on thee relying, find thee still our rock and stay: [REFRAIN]

- J.J. Cummins, 1839

PROMPTED PRAYER

- For the fear of the Lord and a lack of stubbornness
- For your enemies
- For those who work in manufacturing

TRADITIONAL PRAYER

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord; who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen. (*BCP*)

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Hear this, all peoples! Give ear, all inhabitants of the world, both low and high, rich and poor together! My mouth shall speak wisdom; the meditation of my heart shall be understanding. I will incline my ear to a proverb; I will solve my riddle to the music of the lyre. Why should I fear in times of trouble, when the iniquity of those who cheat me surrounds me, those who trust in their wealth and boast of the abundance of their riches? This is the path of those who have foolish confidence; yet after them people approve of their boasts. [*Selab*] Like sheep they are appointed for Sheol; death shall be their shepherd, and the upright shall rule over them in the morning. Their form shall be consumed in Sheol, with no place to dwell. But God will ransom my soul from the power of Sheol, for he will receive me. [*Selab*] Be not afraid when a man becomes rich, when the glory of his house increases. For when he dies he will carry nothing away; his glory will not go down after him. (Psalms 49:1-6, 13-17)

MEDITATIVE PRAYER

Protect us, Jesus, From the world, The flesh, And the devil. I pray in your name, Amen.

(Canyon Road: A Book of Prayer)

GOSPEL READING

For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him. Whoever believes in him is not condemned, but whoever does not believe is condemned already, because he has not believed in the name of the only Son of God. And this is the judgment: the light has come into the world, and people loved the darkness rather than the light because their works were evil. For everyone who does wicked things hates the light and does not come to the light, lest his works should be exposed. But whoever does what is true comes to the light, so that it may be clearly seen that his works have been carried out in God. (John 3:16-21)

INTERCESSORY PRAYER

Pray for the known needs of your local and global community: singles, families, widows, orphans, churches, ministries, missionaries, etc.

THE BENEDICTION

He who began a good work in you will bring it to completion at the day of Jesus Christ.

(Philippians 1:6)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 13

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Oh come, let us worship and bow down; let us kneel before the LORD, our Maker! For he is our God, and we are the people of his pasture, and the sheep of his hand. Today, if you hear his voice, do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness, when your fathers put me to the test and put me to the proof, though they had seen my work. For forty years I loathed that generation and said, "They are a people who go astray in their heart, and they have not known my ways." Therefore I swore in my wrath, "They shall not enter my rest." (Psalms 95:6-11)

MORNING HYMN

Our God, as merciful as just, kindly remembers man is dust.
His ear is open to our cries; His grace will meet our lifted eyes.
He reads the language of a tear, listens to sighs from hearts sincere;
He marks the dawn of virtuous aim, and fans the smoking flax to flame.
Set us from earthly bondage free, still every wish that strays from thee;
Bid, Lord, our vain disquiets ease, and point our path to endless peace.
With joy, my soul, thy lot receive, resigned alike to die or live;
Kissing the scepter or the rod, see God in all, and all in God.
And when the closing hour draws nigh, when earth recedes before our eyes,
From cares and gloomy terrors free, and point our path to endless peace.

- *Anna Barbauld, 1832*

PROMPTED PRAYER

- For spiritual rest
- For justice for the fatherless and the widow
- For those who live in nursing homes and those who are for them

MEDITATIVE PRAYER

Gracious and holy Father, give me wisdom to perceive You,
intelligence to fathom You, patience to wait for You,
a heart to meditate upon You, and a life to proclaim You,
through the power of the Spirit of Jesus Christ our Lord.

- *Benedict of Nursia, 6th century*

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin! For I know my transgressions, and my sin is ever before me. Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment. Behold, I was brought forth in iniquity, and in sin did my mother conceive me. Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Let me hear joy and gladness; let the bones that you have broken rejoice. Hide your face from my sins, and blot out all my iniquities. Create in me a clean heart, O God, and renew a right spirit within me. (Psalms 51:1-10)

THE MEMORIAL ACCLAMATION

Christ has died. Christ has risen. Christ will come again.

NEW TESTAMENT READING

Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience. For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account. Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. (Hebrews 4:11-16)

SPACE FOR REFLECTION

Pause at the end of this day. Enjoy communion with the living God: Father, Son, and Spirit. Listen for the voice of God in the Scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

THE BENEDICTION

He who began a good work in you will bring it to completion at the day of Jesus Christ. (Philippians 1:6)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 14

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

I will extol you, O LORD, for you have drawn me up and have not let my foes rejoice over me. O LORD my God, I cried to you for help, and you have healed me. O LORD, you have brought up my soul from Sheol; you restored me to life from among those who go down to the pit. Sing praises to the LORD, O you his saints, and give thanks to his holy name. For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning. As for me, I said in my prosperity, "I shall never be moved." By your favor, O LORD, you made my mountain stand strong; you hid your face; I was dismayed. (Psalms 30:1-7)

MORNING HYMN

To God be the glory, great things he has done!
So loved he the world that he gave us his Son,
who yielded his life an atonement for sin,
and opened the life-gate that we may go in.
[REFRAIN] Praise the Lord, praise the Lord, let the earth hear his voice!
Praise the Lord, praise the Lord, the people rejoice!
O come to the Father through Jesus the Son,
and give him the glory, great things he has done!
O perfect redemption, the purchase of blood!
To ev'ry believer the promise of God;
the vilest offender who truly believes,
that moment from Jesus forgiveness receives. [REFRAIN]
Great things he has taught us, great things he has done,
and great our rejoicing through Jesus the Son;
but purer and higher and greater will be
our wonder, our transport, when Jesus we see. [REFRAIN]

- *Fanny Crosby, 1875*

PROMPTED PRAYER

- For those who suffer with physical illness, and those who care for them
- For a deep awareness of the love of God
- For those suffering from war

TRADITIONAL PRAYER

Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord; who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen. (*BCP*)

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Vindicate me, O God, and defend my cause against an ungodly people, from the deceitful and unjust man deliver me! For you are the God in whom I take refuge; why have you rejected me? Why do I go about mourning because of the oppression of the enemy? Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling! Then I will go to the altar of God, to God my exceeding joy, and I will praise you with the lyre, O God, my God. Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. (Psalms 43)

CONFESSION & ASSURANCE

Lord Jesus, you taught us that in Your kingdom:

Blessed are the poor in spirit. **But we have been rich in pride.**

Blessed are those who mourn. **But we have not known much sorrow for our sin.**

Blessed are the meek. **But we are rebellious by nature.**

Blessed are those who hunger and thirst for righteousness.

But we have great desire for evil and little longing for Your true goodness.

Blessed are the merciful. **But we are harsh and impatient.**

Blessed are the pure in heart. **But we have impure hearts.**

Blessed are the peacemakers. **But we have not sought reconciliation.**

Blessed are those who are persecuted because of righteousness.

But our lives do not challenge the world. (based on the Beatitudes from Matthew 5:3-11)

For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many. (Mark 10:45)

GOSPEL READING

The next day Jesus decided to go to Galilee. He found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, "We have found him of whom Moses in the Law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." (John 1:43-46)

MEDITATIVE PRAYER

Uncover the things I hide. (*Canyon Road: A Book of Prayer*)

THE BENEDICTION

He who began a good work in you will bring it to completion at the day of Jesus Christ.

(Philippians 1:6)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

WEEK THREE | HEALING

While he was in one of the cities, there came a man full of leprosy. And when he saw Jesus, he fell on his face and begged him, “Lord, if you will, you can make me clean.” And Jesus stretched out his hand and touched him, saying, “I will; be clean.” And immediately the leprosy left him. And he charged him to tell no one, but “go and show yourself to the priest, and make an offering for your cleansing, as Moses commanded, for a proof to them.” But now even more the report about him went abroad, and great crowds gathered to hear him and to be healed of their infirmities. But he would withdraw to desolate places and pray. (Luke 5:12–16)

On this third week, let’s focus together on healing. As we take the time to examine ourselves and our spiritual health in this season of prayer, we will inevitably find the illnesses and wounds that harden our hearts and keep us from vulnerability and love. That language might sound a little “emotional” for book of prayer, but a prayer life that does not engage the deep emotional life will never result in the holistic communion with God that we crave. It will never result in spiritual maturity. This is what the Psalms are showing us daily; this is what the emotional prayer life of Christ displays vividly throughout the Gospels. As John Chrysostom once said: “Find the door of your heart, you will discover it is the door of the kingdom of God.” Pain and shame do not discriminate. They wound everyone. But, as Kari Kristina Reeves reminds us, “As we encounter God’s presence and love... even the most painful experiences are miraculously intertwined with hope. With God’s help, our sufferings become opportunities for transformation, ultimately leading us into deeper levels of healing— often in this life, and certainly in the next. Whether our injuries are inflicted by others, ourselves, or circumstances beyond our control, God wants to touch our inner beings, where we carry emotional and spiritual wounds, through the work of his Spirit,” (Canyon Road: A Book of Prayer, 88). May we all yield ourselves to the healing touch of Jesus during this third week.

POSTURES & PRACTICES

- Practice a posture of opening up or stretching out your hands in prayer
- Explore a painful or shameful memory with a trusted listener
- Visit someone who is sick, and pray for their healing
- Practice the prayer “Lord, if you will, you can make me clean”

PRAYERS

Traditional Collect: Heavenly Father, you made us for yourself, and our hearts are restless until they rest in you: Look upon the heartfelt desires of your humble servants, and stretch forth the strong hand of your Majesty to be our defense against our enemies; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, world without end. Amen. (BCP)

Meditative Prayer: Lord God, I need your help. I ask for healing. As I ask, I wait for you to shine light. Please reveal your truth. In this memory, Where were you? In this place, Where were you? In this time, Where were you? Speak, Jesus, for I wait. I listen. (Canyon Road: A Book of Prayer)

THE THIRD SUNDAY

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

The LORD reigns; he is robed in majesty; the LORD is robed; he has put on strength as his belt. Yes, the world is established; it shall never be moved. Your throne is established from of old; you are from everlasting. The floods have lifted up, O LORD, the floods have lifted up their voice; the floods lift up their roaring. Mightier than the thunders of many waters, mightier than the waves of the sea, the LORD on high is mighty! Your decrees are very trustworthy; holiness befits your house, O LORD, forevermore. (Psalms 93)

A MEDITATIVE PRAYER

Lord Jesus, You are my righteousness.
I am Your sin.
You took on You what was mine;
You set on me what was Yours.
You became what You were not,
that I might become what I was not.

- Martin Luther, 16th century

GOSPEL READING

Some of the people of Jerusalem therefore said, "Is not this the man whom they seek to kill? And here he is, speaking openly, and they say nothing to him! Can it be that the authorities really know that this is the Christ? But we know where this man comes from, and when the Christ appears, no one will know where he comes from." So Jesus proclaimed, as he taught in the temple, "You know me, and you know where I come from. But I have not come of my own accord. He who sent me is true, and him you do not know. I know him, for I come from him, and he sent me." So they were seeking to arrest him, but no one laid a hand on him, because his hour had not yet come. Yet many of the people believed in him. They said, "When the Christ appears, will he do more signs than this man has done?" (John 7:25-31)

PROMPTED PRAYER

- For an assurance of God's love
- For purity of mind, body, and soul
- Those who are homeless, unemployed, or underemployed

THE BENEDICTION

He heals the brokenhearted and binds up their wounds. (Psalms 147:3)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 16

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Give ear, O Shepherd of Israel, you who lead Joseph like a flock. You who are enthroned upon the cherubim, shine forth. Before Ephraim and Benjamin and Manasseh, stir up your might and come to save us! Restore us, O God; let your face shine, that we may be saved! O LORD God of hosts, how long will you be angry with your people's prayers? You have fed them with the bread of tears and given them tears to drink in full measure. You make us an object of contention for our neighbors, and our enemies laugh among themselves. Restore us, O God of hosts; let your face shine, that we may be saved! (Psalms 80:1-7)

MORNING HYMN

Heal me, hands of Jesus, and search out all my pain;
restore my hope, remove my fear, and bring me peace again.
Cleanse me, blood of Jesus, take bitterness away;
let me forgive as one forgiven and bring me peace today.
Know me, mind of Jesus, and show me all my sin;
dispel the memories of guilt and bring me peace within.
Fill me, joy of Jesus; anxiety shall cease,
and heaven's serenity be mine, for Jesus brings me peace!

- Michael A. Perry, 1982

PROMPTED PRAYER

- For God to give his justice to the marginalized, the orphan, and the poor
- For openness and honesty in the presence of God
- For those who work in social services

THE LORD'S PRAYER

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Do not remember against us our former iniquities; let your compassion come speedily to meet us, for we are brought very low. Help us, O God of our salvation, for the glory of your name; deliver us, and atone for our sins, for your name's sake! Why should the nations say, "Where is their God?" Let the avenging of the outpoured blood of your servants be known among the nations before our eyes! Let the groans of the prisoners come before you; according to your great power, preserve those doomed to die! Return sevenfold into the lap of our neighbors the taunts with which they have taunted you, O Lord! But we your people, the sheep of your pasture, will give thanks to you forever; from generation to generation we will recount your praise. (Psalms 79:8–13)

CONFESSION & ASSURANCE

Uncover the things I hide. (*Canyon Road: A Book of Prayer*)

By his wounds you have been healed. (1 Peter 2:24)

GOSPEL READING

Some of the people of Jerusalem therefore said, "Is not this the man whom they seek to kill? And here he is, speaking openly, and they say nothing to him! Can it be that the authorities really know that this is the Christ? But we know where this man comes from, and when the Christ appears, no one will know where he comes from." So Jesus proclaimed, as he taught in the temple, "You know me, and you know where I come from. But I have not come of my own accord. He who sent me is true, and him you do not know. I know him, for I come from him, and he sent me." So they were seeking to arrest him, but no one laid a hand on him, because his hour had not yet come. Yet many of the people believed in him. They said, "When the Christ appears, will he do more signs than this man has done?" (John 7:25–31)

MEDITATIVE PRAYER

Come and make all things new;
Build up this ruined earth;
Restore our faded Paradise, creation's second birth.
Come, and begin Thy reign of everlasting peace;
Come, take the kingdom to Thyself, great King of Righteousness.

- *Horatius Bonar, 19th century*

THE BENEDICTION

He heals the brokenhearted and binds up their wounds. (Psalms 147:3)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 17

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

In spite of all this, they still sinned; despite his wonders, they did not believe. So he made their days vanish like a breath, and their years in terror. When he killed them, they sought him; they repented and sought God earnestly. They remembered that God was their rock, the Most High God their redeemer. But they flattered him with their mouths; they lied to him with their tongues. Their heart was not steadfast toward him; they were not faithful to his covenant. Yet he, being compassionate, atoned for their iniquity and did not destroy them; he restrained his anger often and did not stir up all his wrath. He remembered that they were but flesh, a wind that passes and comes not again. (Psalms 78:32–39)

MORNING HYMN

Heal us, Emmanuel, hear our prayer — we wait to feel thy touch;
Deep-wounded souls to thee repair, and Savior, we are such.
Our faith is feeble, we confess
we fairly trust thy word;
but wilt thou pity us the less? Be that far from thee, Lord!
Remember him who once applied with trembling for relief;
“Lord, I believe,” with tears he cried; “O help my unbelief!”
She, too, who touched thee in the press and healing virtue stole,
was answered, “Daughter, go in peace: thy faith hath made thee whole.”
Like her, with hopes and fears we come to touch thee if we may;
O send us not despairing home; send none unhealed away.

- *William Cowper, 1779*

PROMPTED PRAYER

- For a sense of God as our Rock
- For emotionally-healthy spirituality
- For friends and family members who do not profess faith in Christ

TRADITIONAL PRAYER

Heavenly Father, you made us for yourself, and our hearts are restless until they rest in you: Look upon the heartfelt desires of your humble servants, and stretch forth the strong hand of your Majesty to be our defense against our enemies; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, world without end. Amen. (*BCP*)

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

They did not remember his power or the day when he redeemed them from the foe, when he performed his signs in Egypt and his marvels in the fields of Zoan. He turned their rivers to blood, so that they could not drink of their streams. He sent among them swarms of flies, which devoured them, and frogs, which destroyed them. He gave their crops to the destroying locust and the fruit of their labor to the locust. He destroyed their vines with hail and their sycamores with frost. He gave over their cattle to the hail and their flocks to thunderbolts. He let loose on them his burning anger, wrath, indignation, and distress, a company of destroying angels. He made a path for his anger; he did not spare them from death, but gave their lives over to the plague. He struck down every firstborn in Egypt, the firstfruits of their strength in the tents of Ham. Then he led out his people like sheep and guided them in the wilderness like a flock. He led them in safety, so that they were not afraid, but the sea overwhelmed their enemies. (Psalms 78:42–53)

MEDITATIVE PRAYER

You are beautiful. You are good. You are true. (*Canyon Road: A Book of Prayer*)

NEW TESTAMENT READING

That is why it depends on faith, in order that the promise may rest on grace and be guaranteed to all his offspring—not only to the adherent of the law but also to the one who shares the faith of Abraham, who is the father of us all, as it is written, “I have made you the father of many nations”—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. In hope he believed against hope, that he should become the father of many nations, as he had been told, “So shall your offspring be.” He did not weaken in faith when he considered his own body, which was as good as dead (since he was about a hundred years old), or when he considered the barrenness of Sarah’s womb. No unbelief made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God... (Romans 4:16–21a)

INTERCESSORY PRAYER

Pray for the known needs of your local and global community: singles, families, widows, refugees, orphans, churches, ministries, missionaries, etc.

THE BENEDICTION

He heals the brokenhearted and binds up their wounds. (Psalms 147:3)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 18

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Your word is a lamp to my feet and a light to my path. I have sworn an oath and confirmed it, to keep your righteous rules. I am severely afflicted; give me life, O LORD, according to your word! Accept my freewill offerings of praise, O LORD, and teach me your rules. I hold my life in my hand continually, but I do not forget your law. The wicked have laid a snare for me, but I do not stray from your precepts. Your testimonies are my heritage forever, for they are the joy of my heart. I incline my heart to perform your statutes forever, to the end. (Psalms 119:104–112)

MORNING HYMN

I asked the Lord that I might grow in faith and love and ev'ry grace;
might more of his salvation know, and seek more earnestly his face.
'Twas he who taught me thus to pray, and he, I trust, has answered pray'r,
but it has been in such a way as almost drove me to despair.
I hoped that in some favored hour at once he'd answer my request,
and by his love's constraining pow'r subdue my sins and give me rest.
Instead of this he made me feel the hidden evils of my heart,
and let the angry pow'rs of hell assault my soul in ev'ry part.
Yea more, with his own hand he seemed intent to aggravate my woe,
crossed all the fair designs I schemed, humbled my heart, and laid me low.
"Lord, why is this," I, trembling, cried; "Wilt thou pursue thy worm to death?"
"Tis in this way," the Lord replied, "I answer prayer for grace and faith.
"These inward trials I employ from self and pride to set thee free,
and break thy schemes of earthly joy that thou may'st find thy all in me."

- *John Newton, 1779*

PROMPTED PRAYER

- For all of our life to be lived to the glory of God
- For those mourning a death
- For those who live as single persons
- For those who are unable to have children

THE LORD'S PRAYER

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

God has taken his place in the divine council; in the midst of the gods he holds judgment: “How long will you judge unjustly and show partiality to the wicked? [*Selab*] Give justice to the weak and the fatherless; maintain the right of the afflicted and the destitute. Rescue the weak and the needy; deliver them from the hand of the wicked.” They have neither knowledge nor understanding, they walk about in darkness; all the foundations of the earth are shaken. I said, “You are gods, sons of the Most High, all of you; nevertheless, like men you shall die, and fall like any prince.” Arise, O God, judge the earth; for you shall inherit all the nations! (Psalms 82)

CONFESSION & ASSURANCE

For the things I did that I shouldn't have done. For the things I didn't do that I should've done.

Blessed is the one whose transgression is forgiven, whose sin is covered. (Psalms 32:1)

GOSPEL READING

Again Jesus spoke to them, saying, “I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.” So the Pharisees said to him, “You are bearing witness about yourself; your testimony is not true.” Jesus answered, “Even if I do bear witness about myself, my testimony is true, for I know where I came from and where I am going, but you do not know where I come from or where I am going. You judge according to the flesh; I judge no one. Yet even if I do judge, my judgment is true, for it is not I alone who judge, but I and the Father who sent me. (John 8:12–16)

THE GLORIA

Glory be to the Father, and to the Son: and to the Holy Ghost; As it was in the beginning, is now, and ever shall be: world without end. Amen.

SPACE FOR REFLECTION

Pause at the end of this day. Enjoy communion with the living God: Father, Son, and Spirit. Listen for the voice of God in the Scriptures. Read. Meditate. Pray. Contemplate. Seek God's face.

THE BENEDICTION

He heals the brokenhearted and binds up their wounds. (Psalms 147:3)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 19

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God. When shall I come and appear before God? My tears have been my food day and night, while they say to me all the day long, "Where is your God?" These things I remember, as I pour out my soul: how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival. Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God. My soul is cast down within me; therefore I remember you (Psalms 42:1-6)

MORNING HYMN

My Maker and my King, to thee my all I owe;
Thy constant goodness is the spring whence all my blessings flow.
The creature of thy hand, on thee alone I live;
Thy countless benefits demand more praise than I can give.
O let thy grace inspire my soul with strength divine!
Let all my powers to thee aspire, and all my days be thine.

- *Anne Steele, 1760*

PROMPTED PRAYER

- For a servant's heart
- For God to reveal to us the idols of our hearts and of our culture
- For those who are homeless, and those who care for them

TRADITIONAL PRAYER

Heavenly Father, you made us for yourself, and our hearts are restless until they rest in you: Look upon the heartfelt desires of your humble servants, and stretch forth the strong hand of your Majesty to be our defense against our enemies; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, world without end. Amen. (*BCP*)

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

LORD, you were favorable to your land; you restored the fortunes of Jacob. You forgave the iniquity of your people; you covered all their sin. [*Selab*] You withdrew all your wrath; you turned from your hot anger. Restore us again, O God of our salvation, and put away your indignation toward us! Will you be angry with us forever?... Will you not revive us again, that your people may rejoice in you? Show us your steadfast love, O LORD, and grant us your salvation. Let me hear what God the LORD will speak, for he will speak peace to his people, to his saints; but let them not turn back to folly. (Psalms 85:1-5a, 6-8)

MEDITATIVE PRAYER

Lord God, I need your help. I ask for healing. As I ask, I wait for you to shine light. Please reveal your truth. In this memory, Where were you? In this place, Where were you? In this time, Where were you? Speak, Jesus, for I wait. I listen. (*Canyon Road: A Book of Prayer*)

NEW TESTAMENT READING

Therefore, just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned— for sin indeed was in the world before the law was given, but sin is not counted where there is no law. Yet death reigned from Adam to Moses, even over those whose sinning was not like the transgression of Adam, who was a type of the one who was to come. But the free gift is not like the trespass. For if many died through one man's trespass, much more have the grace of God and the free gift by the grace of that one man Jesus Christ abounded for many. And the free gift is not like the result of that one man's sin. For the judgment following one trespass brought condemnation, but the free gift following many trespasses brought justification. For if, because of one man's trespass, death reigned through that one man, much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ. (Romans 5:12-17)

INTERCESSORY PRAYER

Pray for the known needs of your local and global community: singles, families, widows, orphans, churches, ministries, missionaries, etc.

THE BENEDICTION

He heals the brokenhearted and binds up their wounds. (Psalms 147:3)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 20

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Oh come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation! Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise! For the LORD is a great God, and a great King above all gods. In his hand are the depths of the earth; the heights of the mountains are his also. The sea is his, for he made it, and his hands formed the dry land. Oh come, let us worship and bow down; let us kneel before the LORD, our Maker! For he is our God, and we are the people of his pasture, and the sheep of his hand. (Psalms 95:1-7)

MORNING HYMN

How sad our state by nature is, our sin, how deep it stains;
and Satan binds our captive minds fast in his slavish chains.
But there's a voice of sov'reign grace — sounds from the sacred Word,
“Ho, ye despairing sinners, come, and trust up on the Lord.”
My soul obeys h'almighty call, and runs to this relief;
I would believe Thy promise, Lord, O help my unbelief.
Unto the fountain of Thy blood, Incarnate God, I fly;
here let me wash my spotted soul, from crimes of deepest dye.
Stretch out Thine arm, victorious King, my reigning sins subdue;
and drive the dragon from his seat, with all his hellish crew.
A guilty, weak, and helpless worm, on Thy kind arms I fall;
be thou my strength and righteousness, my Jesus and my all.

- Isaac Watts, 1707

PROMPTED PRAYER

- For a heart that finds its all in God
- For the public, collective witness of the Church
- For those who are engaged or who are newly married
- For celibate Christians who struggle with same-sex attraction

THE LORD'S PRAYER

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, “My refuge and my fortress, my God, in whom I trust.” For he will deliver you from the snare of the fowler and from the deadly pestilence. He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, nor the arrow that flies by day, nor the pestilence that stalks in darkness, nor the destruction that wastes at noonday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. You will only look with your eyes and see the recompense of the wicked. (Psalms 91:1–8)

THE APOSTLE’S CREED

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

GOSPEL READING

They answered him, “We are offspring of Abraham and have never been enslaved to anyone. How is it that you say, ‘You will become free’?” Jesus answered them, “Truly, truly, I say to you, everyone who practices sin is a slave to sin. The slave does not remain in the house forever; the son remains forever. So if the Son sets you free, you will be free indeed. I know that you are offspring of Abraham; yet you seek to kill me because my word finds no place in you. I speak of what I have seen with my Father, and you do what you have heard from your father.” They answered him, “Abraham is our father.” Jesus said to them, “If you were Abraham’s children, you would be doing the works Abraham did, but now you seek to kill me, a man who has told you the truth that I heard from God. This is not what Abraham did. You are doing the works your father did.” They said to him, “We were not born of sexual immorality. We have one Father—even God.” Jesus said to them, “If God were your Father, you would love me, for I came from God and I am here. I came not of my own accord, but he sent me. Why do you not understand what I say? It is because you cannot bear to hear my word. (John 8:33–43)

THE BENEDICTION

He heals the brokenhearted and binds up their wounds. (Psalms 147:3)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 21

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Lord, you have been our dwelling place in all generations. Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God. You return man to dust and say, "Return, O children of man!" For a thousand years in your sight are but as yesterday when it is past, or as a watch in the night.... You have set our iniquities before you, our secret sins in the light of your presence. For all our days pass away under your wrath; we bring our years to an end like a sigh. The years of our life are seventy, or even by reason of strength eighty; yet their span is but toil and trouble; they are soon gone, and we fly away. Who considers the power of your anger, and your wrath according to the fear of you? So teach us to number our days that we may get a heart of wisdom. (Psalms 90:1-4, 8-12)

MORNING HYMN

On Jordan's stormy banks I stand, and cast a wishful eye
to Canaan's fair and happy land, where my possessions lie.
[REFRAIN] I am bound for the promised land, I am bound for the promised land;
oh, who will come and go with me? I am bound for the promised land.
O'er all those wide extended plains shines one eternal day;
there God the Son forever reigns, and scatters night away. [Refrain]
No chilling winds or poisonous breath can reach that healthful shore;
sickness and sorrow, pain and death, are felt and feared no more. [Refrain]
When I shall reach that happy place, I'll be forever blest,
for I shall see my Father's face, and in his bosom rest. [Refrain]

- *Samuel Stennett, 1787*

PROMPTED PRAYER

- For wisdom
- For those fostering or adopting children
- For musicians and artists

TRADITIONAL PRAYER

Heavenly Father, you made us for yourself, and our hearts are restless until they rest in you: Look upon the heartfelt desires of your humble servants, and stretch forth the strong hand of your Majesty to be our defense against our enemies; through Jesus Christ our Lord; who lives and reigns with you and the Holy Spirit, world without end. Amen. (BCP)

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Give thanks to the LORD, for he is good, for his steadfast love endures forever. Give thanks to the God of gods, for his steadfast love endures forever. Give thanks to the Lord of lords, for his steadfast love endures forever; to him who alone does great wonders, for his steadfast love endures forever; to him who by understanding made the heavens, for his steadfast love endures forever; to him who spread out the earth above the waters, for his steadfast love endures forever; to him who made the great lights, for his steadfast love endures forever; (Psalms 136:1-7)

CONFESSION & ASSURANCE

For the things I did that I shouldn't have done. For the things I didn't do that I should've done.

Blessed is the one whose transgression is forgiven, whose sin is covered. (Psalms 32:1)

NEW TESTAMENT READING

For when you were slaves of sin, you were free in regard to righteousness. But what fruit were you getting at that time from the things of which you are now ashamed? For the end of those things is death. But now that you have been set free from sin and have become slaves of God, the fruit you get leads to sanctification and its end, eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord. (Romans 6:19-23)

MEDITATIVE PRAYER

There is no place where earth's sorrows are more felt than up in heaven; there is no place where earth's failings have such kindly judgment given. There is plentiful redemption in the blood that has been shed; there is joy for all the members in the sorrows of the Head.

- Frederick William Faber, 19th century

THE BENEDICTION

He heals the brokenhearted and binds up their wounds. (Psalms 147:3)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

MOVEMENT FOUR | WORSHIP

Jean-Jacques von Allmen, a 20th century liturgical theologian, presents the image of worship as the beating heart of the Church.

“The life of the Church pulsates like the heart by systole and diastole. As the heart is for the animal body, so [worship] is for the church life a pump which sends into circulation and draws it in again, it claims and it sanctifies. It is from the life of worship ... that the Church spreads itself abroad into the world to mingle with it like leaven in the dough, to give it savour like salt, to irradiate it like light, and it is toward [worship]—toward the Eucharist—that the Church returns from the world, like a fisherman gathering up his nets or a farmer harvesting his grain.”

Words like *systole* and *diastole* aren't the most commonly used terms in and around the church. They're important to know, though. Both terms define the two movements of a beating heart — systole being the phase of the heartbeat when the heart muscle contracts, pumping blood from the chambers into the arteries and diastole being the phase of the heartbeat when the heart muscle relaxes, allowing the chambers to fill with blood. It's clear that you can't have one happening without the other and expect to live, and it's no different for the Church. She needs this heart to be oriented to God in the diastole and to the world in systole.

You see, worship is at the heart of what the Church is and does. It's the defining movement that sets the tone for all the Church's life. And prayer is the very heart of that worship. It's a two-way, back and forth communication by which love flows between God's people and their Maker — the LORD, the maker of heaven and earth, their only help. Let's make every effort to claim all that God intended for us in prayer — not to get prayer, itself, but to get God, himself, saying, “God, Your name, Your kingdom, You will be exalted, not my will, not my kingdom, not my name.” It's the chief means by which we maintain and grow our relationship with God and to partner with God in his ministry of reconciliation. We'll focus our evenings on the Person of Jesus.

POSTURES & PRACTICES

- Take time to pray silently before gathered worship on Sunday. Pray for those around you, visitors who will be attending, lukewarm members, unsaved attenders, those who are experiencing difficulties in life, and so on.
- Augustine said that singing is praying twice. Increase your time of singing to God. Perhaps try to sing His Word as you read it, coming up with ways to help you memorize it.

PRAYERS

Traditional Collect: Almighty God, who pours out on all who desire it the spirit of grace and of duplication: Deliver us, when we draw near to you, from coldness of heart and wanderings of mind, that with steadfast thoughts and kindled affections we may worship you in spirit and in truth; through Jesus Christ our Lord. Amen. (BCP)

The Gloria: Glory be to the Father, and to the Son: and to the Holy Ghost; As it was in the beginning, is now, and ever shall be: world without end. Amen.

THE FOURTH SUNDAY

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

JESUS | HE IS GOD

He is the image of the invisible God, the firstborn of all creation. For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. And he is before all things, and in him all things hold together. And he is the head of the body, the church. He is the beginning, the firstborn from the dead, that in everything he might be preeminent. For in him all the fullness of God was pleased to dwell, and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross. (Colossians 1:15-20)

EVENING HYMN

All hail the power of Jesus' name! Let angels prostrate fall.
Bring forth the royal diadem, and crown him Lord of all.
Bring forth the royal diadem, and crown him Lord of all!
O seed of Israel's chosen race now ransomed from the fall,
hail him who saves you by his grace, and crown him Lord of all.
Hail him who saves you by his grace, and crown him Lord of all!
Let every tongue and every tribe responsive to his call,
to him all majesty ascribe, and crown him Lord of all.
To him all majesty ascribe, and crown him Lord of all!
Oh, that with all the sacred throng we at his feet may fall!
We'll join the everlasting song and crown him Lord of all.
We'll join the everlasting song and crown him Lord of all.

- Edward Perronet, 1780

PROMPTED PRAYER

- For Jesus to be more beautiful and more believable than anything else
- For purity of mind, body, and soul
- For a gospel-intentionality in your vocation

THE BENEDICTION

Be exalted, O LORD, in your strength! We will sing and praise your power. (Psalms 21:13)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 23

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Lord, you have been our dwelling place in all generations. Before the mountains were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God. You return man to dust and say, "Return, O children of man!" For a thousand years in your sight are but as yesterday when it is past, or as a watch in the night.... You have set our iniquities before you, our secret sins in the light of your presence. For all our days pass away under your wrath; we bring our years to an end like a sigh. The years of our life are seventy, or even by reason of strength eighty; yet their span is but toil and trouble; they are soon gone, and we fly away. Who considers the power of your anger, and your wrath according to the fear of you? So teach us to number our days that we may get a heart of wisdom. (Psalms 90:1-4, 8-12)

MORNING HYMN

Praise to the Lord, the Almighty, the King of creation!
O my soul, praise him, for he is your health and salvation!
Come, all who hear; now to his temple draw near, join me in glad adoration.
Praise to the Lord, above all things so wondrously reigning;
sheltering you under his wings, and so gently sustaining!
Have you not seen all that is needful has been sent by his gracious ordaining?
Praise to the Lord, who will prosper your work and defend you;
surely his goodness and mercy shall daily attend you.
Ponder anew what the Almighty can do, if with his love he befriends you.
Praise to the Lord! O let all that is in me adore him!
All that has life and breath, come now with praises before him.
Let the Amen sound from his people again; gladly forever adore him.

- *Joachim Neander, 1680*

PROMPTED PRAYER

- For wisdom
- For those who find themselves impoverished
- For those who are crushed in spirit

THE LORD'S PRAYER

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

JESUS | HE WAS A PERSON

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through him, and without him was not any thing made that was made. In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it.

The true light, which gives light to everyone, was coming into the world. He was in the world, and the world was made through him, yet the world did not know him. He came to his own, and his own people did not receive him. But to all who did receive him, who believed in his name, he gave the right to become children of God, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God. And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth. (John bore witness about him, and cried out, "This was he of whom I said, 'He who comes after me ranks before me, because he was before me.'") For from his fullness we have all received, grace upon grace. For the law was given through Moses; grace and truth came through Jesus Christ. No one has ever seen God; the only God, who is at the Father's side, he has made him known. (John 1:1-5, 9-18)

EVENING HYMN

How sweet the name of Jesus sounds in a believer's ear!
It soothes our sorrows, heals our wounds, and drives away our fear.
It makes the wounded spirit whole and calms the troubled breast;
'tis manna to the hungry soul, and to the weary, rest.
O Jesus, shepherd, guardian, friend, my Prophet, Priest, and King,
my Lord, my Life, my Way, my End, accept the praise I bring.
How weak the effort of my heart, how cold my warmest thought;
but when I see you as you are, I'll praise you as I ought.
Till then I would your love proclaim with every fleeting breath;
and may the music of your name refresh my soul in death.

- *John Newton, 1779*

PROMPTED PRAYER

- For an increased desire to affirm others in pointing out the Jesus we see in them
- For pastors and all those they shepherd

THE BENEDICTION

Be exalted, O LORD, in your strength! We will sing and praise your power. (Psalms 21:13)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 24

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Oh come, let us worship and bow down; let us kneel before the LORD, our Maker! For he is our God, and we are the people of his pasture, and the sheep of his hand. Today, if you hear his voice, do not harden your hearts, as at Meribah, as on the day at Massah in the wilderness, when your fathers put me to the test and put me to the proof, though they had seen my work. For forty years I loathed that generation and said, "They are a people who go astray in their heart, and they have not known my ways." Therefore I swore in my wrath, "They shall not enter my rest."

(Psalms 95:6-11)

MORNING HYMN

Holy, holy, holy! Lord God Almighty!

Early in the morning our song shall rise to thee.

Holy, holy, holy! Merciful and mighty! God in three Persons, blessed Trinity!

Holy, holy, holy! All the saints adore thee,

casting down their golden crowns around the glassy sea;

cherubim and seraphim falling down before thee,

who wert, and art, and evermore shalt be.

Holy, holy, holy! Though the darkness hide thee,

though the eye of sinful man thy glory may not see,

only thou art holy; there is none beside thee

perfect in pow'r, in love, and purity.

Holy, holy, holy! Lord God Almighty!

All thy works shall praise thy name in earth and sky and sea.

Holy, holy, holy! Merciful and mighty! God in three Persons, blessed Trinity!

- *Reginald Heber, 1826*

PROMPTED PRAYER

- For a soft heart
- For those who work in healthcare and medicine
- For those who are in groaning and distress this morning

TRADITIONAL PRAYER

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen. (*BCP*)

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

JESUS | HE CAN SYMPATHIZE WITH OUR STRUGGLES

Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. (Hebrews 4:15-16)

EVENING HYMN

Come, ye souls by sin afflicted, bowed with fruitless sorrow down;
By the broken law convicted, through the cross behold the crown;
Look to Jesus; mercy flows through him alone.
Take his easy yoke and wear it; love will make obedience sweet;
Christ will give you strength to bear it, while his wisdom guides your feet
Safe to glory, where his ransomed captives meet.
Blessed are the eyes that see him, blest the ears that hear his voice;
Blessed are the souls that trust him, and in him alone rejoice:
His commandments then become their happy choice.
Sweet as home to pilgrim's weary, light to newly opened eyes,
Or full springs in deserts dreary, is the rest the cross supplies:
All who taste it shall to rest immortal rise.

- Joseph Swain, 1792

PROMPTED PRAYER

- For an increased desire to run to Jesus with a repentant heart when we sin
- For an increased desire to share the good news of the gospel to others

THE BENEDICTION

Be exalted, O LORD, in your strength! We will sing and praise your power. (Psalms 21:13)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 25

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

I will extol you, O LORD, for you have drawn me up and have not let my foes rejoice over me. O LORD my God, I cried to you for help, and you have healed me. O LORD, you have brought up my soul from Sheol; you restored me to life from among those who go down to the pit. Sing praises to the LORD, O you his saints, and give thanks to his holy name. For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning. As for me, I said in my prosperity, "I shall never be moved." By your favor, O LORD, you made my mountain stand strong; you hid your face; I was dismayed. (Psalms 30:1-7)

MORNING HYMN

God moves in a mysterious way, his wonders to perform;
he plants his footsteps in the sea, and rides upon the storm.
Deep in unfathomable mines of never-failing skill
he treasures up his bright designs, and works his sov'reign will.
Ye fearful saints, fresh courage take; the clouds ye so much dread
are big with mercy, and shall break in blessings on your head.
Judge not the Lord by feeble sense, but trust him for his grace;
behind a frowning providence he hides a smiling face.
His purposes will ripen fast, unfolding ev'ry hour;
the bud may have a bitter taste, but sweet will be the flow'r.
Blind unbelief is sure to err, and scan his work in vain;
God is his own interpreter, and he will make it plain.

- *William Cowper, 1774*

PROMPTED PRAYER

- For those who suffer with physical illness, and those who care for them
- For an increased awareness of the love of God

TRADITIONAL PRAYER

Almighty God, whose loving hand has given us all that we possess:
Grant us grace that we may honor you with our substance, and, remembering the account which
we must one day give, may be faithful stewards of thy bounty, through Jesus Christ our
Lord. Amen. (BCP)

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

JESUS | HE CAN SYMPATHIZE WITH OUR STRUGGLES

Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. (Hebrews 4:15-16)

EVENING HYMN

Come, ye sinners, poor and needy, weak and wounded, sick and sore!
Jesus ready stands to save you, full of pity, love and power.
He is able, He is able, He is able, He is willing, doubt no more!
Let not conscience let you linger, nor of fitness fondly dream;
All the fitness he requireth is to feel your need of him.
This he gives you, This he gives you, This he gives you: 'Tis the Spirit's glimmering beam.
Come ye weary, heavy laden, bruised and mangled by the fall;
If you tarry till you're better, you will never come at all.
Not the righteous, Not the righteous, Not the righteous; sinners Jesus came to call.
Agonizing in the garden, Lo! your Maker prostrate lies!
On the bloody tree behold Him: Hear Him cry, before He dies:
"It is finished!" "It is finished!" "It is finished!" Sinner, will this not suffice?
Lo! The incarnate God ascending, pleads the merit of His blood;
Venture on Him, venture freely; let no other trust intrude.
None but Jesus, None but Jesus, None but Jesus can do helpless sinners good.

- *Joseph Hart, 1759*

PROMPTED PRAYER

- For those who doubt
- For those caught up in legalism or licentiousness
- For those we know who are Atheists

THE BENEDICTION

Be exalted, O LORD, in your strength! We will sing and praise your power. (Psalms 21:13)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 26

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

I will extol you, O LORD, for you have drawn me up and have not let my foes rejoice over me. O LORD my God, I cried to you for help, and you have healed me. O LORD, you have brought up my soul from Sheol; you restored me to life from among those who go down to the pit. Sing praises to the LORD, O you his saints, and give thanks to his holy name. For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning. As for me, I said in my prosperity, "I shall never be moved." By your favor, O LORD, you made my mountain stand strong; you hid your face; I was dismayed. (Psalms 30:1-7)

MORNING HYMN

God moves in a mysterious way, his wonders to perform;
he plants his footsteps in the sea, and rides upon the storm.
Deep in unfathomable mines of never-failing skill
he treasures up his bright designs, and works his sov'reign will.
Ye fearful saints, fresh courage take; the clouds ye so much dread
are big with mercy, and shall break in blessings on your head.
Judge not the Lord by feeble sense, but trust him for his grace;
behind a frowning providence he hides a smiling face.
His purposes will ripen fast, unfolding ev'ry hour;
the bud may have a bitter taste, but sweet will be the flow'r.
Blind unbelief is sure to err, and scan his work in vain;
God is his own interpreter, and he will make it plain.

- *William Cowper, 1774*

PROMPTED PRAYER

- For those who suffer with physical illness, and those who care for them
- For an increased awareness of the love of God

TRADITIONAL PRAYER

Almighty God, whose loving hand has given us all that we possess:
Grant us grace that we may honor you with our substance, and, remembering the account which
we must one day give, may be faithful stewards of thy bounty, through Jesus Christ our
Lord. Amen. (BCP)

DAY 27

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit. For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. [*Selab*] I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin. [*Selab*] (Psalms 32:1-5)

CONFESSION & ASSURANCE

Eternal God, you are truth. I have been deceived; Misguided by lies, And disoriented by darkness. In my error, correct me. In my repentance, forgive me. In my ignorance, illuminate me. Jesus, your name is above every other name: I worship you. (*Canyon Road: A Book of Prayer*)

In the world you will have tribulation. But take heart; I have overcome the world. (John 16:33)

NEW TESTAMENT READING

The next day he saw Jesus coming toward him, and said, "Behold, the Lamb of God, who takes away the sin of the world! This is he of whom I said, 'After me comes a man who ranks before me, because he was before me.' I myself did not know him, but for this purpose I came baptizing with water, that he might be revealed to Israel." And John bore witness: "I saw the Spirit descend from heaven like a dove, and it remained on him. I myself did not know him, but he who sent me to baptize with water said to me, 'He on whom you see the Spirit descend and remain, this is he who baptizes with the Holy Spirit.' And I have seen and have borne witness that this is the Son of God." (John 1:29-34)

PROMPTED PRAYER

- For an adoration toward God above any idol
- For purity of mind, body, and soul
- For a gospel-intentionality in your vocation

THE LORD'S PRAYER

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

JESUS | HE HEALED THE SICK

And he went throughout all Galilee, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction among the people. So his fame spread throughout all Syria, and they brought him all the sick, those afflicted with various diseases and pains, those oppressed by demons, those having seizures, and paralytics, and he healed them. And great crowds followed him from Galilee and the Decapolis, and from Jerusalem and Judea, and from beyond the Jordan. (Matthew 4:23-25)

EVENING HYMN

Dear refuge of my weary soul, on thee when sorrows rise;
On thee, when waves of trouble roll, my fainting hope relies.
While hope revives, though pressed with fears, and I can say, "My God,"
Beneath thy feet I spread my cares, and pour my woes abroad.
To thee I tell each rising grief, for thou alone canst heal;
Thy word can bring a sweet relief, for every pain I feel.
But oh! when gloomy doubts prevail, I fear to call thee mine;
The springs of comfort seem to fail and all my hopes decline.
Yet gracious God, where shall I flee? Thou art my only trust;
And still my soul would cleave to thee, though prostrate in the dust.
Hast thou not bid me seek thy face? And shall I seek in vain?
And can the ear of sovereign grace be deaf when I complain?
No, still the ear of sovereign grace attends the mourner's prayer;
O may I ever find access, to breathe my sorrows there.
Thy mercy-seat is open still; here let my soul retreat,
With humble hope attend thy will, and wait beneath thy feet.

- *Anne Steele, 1791*

PROMPTED PRAYER

- For women who are barren
- For those diagnosed with cancer
- For those with dementia

THE BENEDICTION

Be exalted, O LORD, in your strength! We will sing and praise your power. (Psalms 21:13)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Turn away from evil and do good; so shall you dwell forever. For the LORD loves justice; he will not forsake his saints. They are preserved forever, but the children of the wicked shall be cut off. The righteous shall inherit the land and dwell upon it forever. The mouth of the righteous utters wisdom, and his tongue speaks justice. The law of his God is in his heart; his steps do not slip. The wicked watches for the righteous and seeks to put him to death. The LORD will not abandon him to his power or let him be condemned when he is brought to trial. Wait for the LORD and keep his way, and he will exalt you to inherit the land; you will look on when the wicked are cut off.

(Psalms 37:26–34)

CONFESSION & ASSURANCE

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent, for the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

By his wounds you have been healed. (1 Peter 2:24)

NEW TESTAMENT READING

The next day he saw Jesus coming toward him, and said, “Behold, the Lamb of God, who takes away the sin of the world! This is he of whom I said, ‘After me comes a man who ranks before me, because he was before me.’ I myself did not know him, but for this purpose I came baptizing with water, that he might be revealed to Israel.” And John bore witness: “I saw the Spirit descend from heaven like a dove, and it remained on him. I myself did not know him, but he who sent me to baptize with water said to me, ‘He on whom you see the Spirit descend and remain, this is he who baptizes with the Holy Spirit.’ And I have seen and have borne witness that this is the Son of God.” (John 1:29–34)

THE LORD’S PRAYER

Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

THE FIFTH SUNDAY

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

JESUS | HE DIED, ROSE FROM THE DEAD, AND LIVES FOREVER

But in fact Christ has been raised from the dead, the firstfruits of those who have fallen asleep. For as by a man came death, by a man has come also the resurrection of the dead. For as in Adam all die, so also in Christ shall all be made alive. But each in his own order: Christ the firstfruits, then at his coming those who belong to Christ. Then comes the end, when he delivers the kingdom to God the Father after destroying every rule and every authority and power. For he must reign until he has put all his enemies under his feet. The last enemy to be destroyed is death. For “God has put all things in subjection under his feet.” But when it says, “all things are put in subjection,” it is plain that he is excepted who put all things in subjection under him. When all things are subjected to him, then the Son himself will also be subjected to him who put all things in subjection under him, that God may be all in all. (1 Corinthians 15:20-28)

EVENING HYMN

Christ the Lord is risen again; Christ has broken every chain!
Hark, the angels shout for joy, singing evermore on high: Alleluia.
Christ who gave for us his life, who for us endured the strife,
Is our Paschal Lamb today. We, too, sing for joy and say: Alleluia.
Christ who bore all pain and loss, comfortless upon the cross,
Lives in glory now on high, pleads for us and hears our cry: Alleluia.
He who slumbered in the grave is exalted now to save,
Now through Christendom it rings that the Lamb is King of kings. Alleluia.
Now he bids us tell abroad, how the lost may be restored, how the penitent forgiv'n,
How we, too, may enter heav'n. Alleluia.
You, our Paschal Lamb indeed, Christ, today your people feed,
Take our sins and guilt away, that we all may sing for joy: Alleluia.

- *Michael Weisse, 1531*

MEDITATIVE PRAYER

You are beautiful. You are good. You are true. (*Canyon Road: A Book of Prayer*)

THE BENEDICTION

Be exalted, O LORD, in your strength! We will sing and praise your power. (Psalms 21:13)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

DAY 30

MORNING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

THE PSALM

Praise the LORD, all nations! Extol him, all peoples!

For great is his steadfast love toward us, and the faithfulness of the Lord endures forever.

Praise the LORD! (Psalms 117)

CONFESSION & ASSURANCE

For the things I did that I shouldn't have done. For the things I didn't do that I should've done.

Blessed is the one whose transgression is forgiven, whose sin is covered. (Psalms 32:1)

NEW TESTAMENT READING

The next day Jesus decided to go to Galilee. He found Philip and said to him, "Follow me." Now Philip was from Bethsaida, the city of Andrew and Peter. Philip found Nathanael and said to him, "We have found him of whom Moses in the Law and also the prophets wrote, Jesus of Nazareth, the son of Joseph." Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see." (John 1:43-46)

MEDITATIVE PRAYER

O God,

Who wilt consume at the last day the heavens and the earth with all the creatures they contain, to show all mankind that nothing subsists save Thee.

O God,

Who wilt destroy all these vain idols and all these fatal objects of our passions!

I praise Thee, my God, and I will bless Thee all the days of my life.

- Blaise Pascal, 17th century

PROMPTED PRAYER

- For racial injustices and reconciliation
- For those who serve in law enforcement
- For those who serve in our nation's government

EVENING PRAYER

SILENCE [2 min]

Silence, stillness, and centering before the God of our salvation.

JESUS | HE LOVES US

For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. (Ephesians 3:14-19)

EVENING HYMN

The love of God is greater far than tongue or pen can ever tell;
It goes beyond the highest star, and reaches to the lowest hell;
The guilty pair, bowed down with care, God gave His Son to win;
His erring child He reconciled, and pardoned from his sin.

[Refrain] **Oh, love of God, how rich and pure!**

How measureless and strong! It shall forevermore endure

The saints' and angels' song.

When hoary time shall pass away, and earthly thrones and kingdoms fall;
When men who here refuse to pray, on rocks and hills and mountains call;
God's love, so sure, shall still endure, all measureless and strong;
Redeeming grace to Adam's race, the saints' and angels' song. [Refrain]
Could we with ink the ocean fill, and were the skies of parchment made;
Were ev'ry stalk on earth a quill, and ev'ry man a scribe by trade;
To write the love of God above would drain the ocean dry;
Nor could the scroll contain the whole, tho' stretched from sky to sky. [Refrain]

- *Frederick M. Lehman, 1917*

MEDITATIVE PRAYER

You are beautiful. You are good. You are true. (*Canyon Road: A Book of Prayer*)

THE BENEDICTION

Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen. (Ephesians 3:20-21)

SILENCE [2 min]

Silence and stillness, as God has the last word to finish the day. He labors while you sleep.

