

PRAYER GUIDE

EPIPHANY SEASON
2021



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Apart, but Growing Together

Introduction. The church, or liturgical, calendar invites us to mark the passage of time through the redemptive story of God's love in Jesus Christ. The new church year has already started, and it began with Advent. During Advent, we turned our attention to the promises of God to send a Messiah. At Christmas, we celebrated the fulfillment of God's promises, past and present. Now in Epiphany, we are called to contemplate the life and teachings of Jesus Christ. In doing so, this season calls us to be *incarnational*; just as God took on flesh to make his dwelling among us and to redeem us, we are to take on the Good News of Jesus Christ and proclaim it in all we do and say.

The Epiphany. Some of you may be asking, "What is the Epiphany." The 12-day Christmas season starts on December 25th and ends the evening of January 5th, the eve of the Epiphany. Celebrated on January 6th, Epiphany Day commemorates the visitation of Jesus Christ by the three Magi. This moment is recorded in Matthew 2:1-12. The Church has long observed the Epiphany, and different Christian traditions and cultures influenced by them celebrate the day with great fanfare; it is sometimes called Three Kings Day or Little Christmas. But, here in America, many of us let the Epiphany be swallowed up by Christmas and New Year's Day, as well as neglect the following season. Perhaps it is time to change.

The Meaning. So, why is the Epiphany important? Why should we detach the Epiphany from our Christmas celebrations? Let's start with Scripture. We learn about the Epiphany in Matthew 2:1-12. Right away, Matthew tells us that the Magi made their way to Jerusalem in search of Jesus after he was born. Later in verses 9-11, we learn the miraculous Christmas star led the Magi to a house, not a manger. Scripture does not tell us how old Jesus was at the time of the visit, but context tells us Jesus could have been as old as two at the time of the visit. The liturgical calendar takes all of this into account and places the Epiphany well after Christmas Day.

More important than the timing of the Epiphany is its meaning and significance. The word means revelation, manifestation, or showing. When the Magi visit Jesus and worship him, Jesus is *revealed* or *manifested* or *shown* as the Messiah of both Israel and the rest of the world. Recall that the Magi are from the East, which means they are Gentiles, or non-Jews.

Their visit is confirmation of what we see all throughout the Old Testament: Israel's promised Messiah is also be a saving light to the entire world. Isaiah puts it beautifully:

*"Arise, shine, for your light has come,
and the glory of the Lord has risen upon you.
For behold, darkness shall cover the earth,
and thick darkness the peoples;
but the Lord will arise upon you,
and his glory will be seen upon you.
And nations shall come to your light,
and kings to the brightness of your rising." (Isaiah 60:3)*

The Epiphany reminds us that Jesus Christ is truly the hope of the nations. In Jesus Christ, the hostilities, or sin, that separate us from God and from one another are made null. In Jesus Christ, Jews and Gentiles come together and are made a new people. (Colossians 3:11) In Christ, there is true peace and it is available to all. This good news of the Epiphany amplifies the hope of Christmas and it affirms the hope of Easter: Christ comes for all and dies for all! Indeed, joy to the world!

The Good News of the Epiphany is further amplified by two other events observed with the Magis' visitation: the baptism of Jesus and the wedding feast of Cana. Philip Reinders writes: *"Each event unveils the fuller dimensions of the man we call Jesus. He is the worshiped King of kings, the dearly loved Son of God, and the miracle working Lord of the feast."* Epiphany reminds us that Jesus is more than a good man and teacher. Jesus is God incarnate.

Being Shaped by the Epiphany. The season of Epiphany starts on January 6 and ends on Ash Wednesday, the eve of Lent (or Mardi Gras or Fat Tuesday). A relatively short season, some traditions refer to this period of time as Ordinary Time. The color of the season is green, symbolizing the new life Jesus makes possible. Celebrating the Epiphany and observing the season that follows not only amplifies the Good News of Jesus, but it also shapes our love of God and one another in vital ways:

- It helps locate our very selves in the story of God's love. We are Christian—we can be counted as children of God—because Jesus is the Light to the entire world, not just a few specific people. No matter our backgrounds, Jesus gives himself to us because of love.
- As the Epiphany draws us more deeply into the Good News of Jesus Christ, it challenges us to be peacemakers. Just as Christ takes away

the walls of hostility between peoples, we are called to do then same. (Matthew 5:9) In this light, many Christian traditions spend the weeks between the Epiphany and Ash Wednesday to reflect on the ministry, and teachings of Jesus, observing the way he embodied peace.

So, how do we observe the Epiphany? We continue to cultivate and strengthen habits and practices that keep us rooted in God's great love for us in Jesus Christ. As in seasons past, we encourage you to:

- Continue to make Sunday worship and City Groups top priorities. Our common life starts in worship and is nurtured through City Groups. Information about both can be found on our website, as can information about other groups like our Marriage Group and Women's 4th Friday. When Sunday Vespers resumes, take advantage of the opportunity.
- Take up and nurture a daily habit of prayer. Use this guide to fill your hearts, minds, souls, and bodies with the words of our God. Be filled and then reflect these words back to God and to those around you. Though the Epiphany begins on January 6, the guide starts on January 10.
- If you are not in the habit of journaling, make an effort to write down prayers, responses to the passages, and any promptings you feel from the Holy Spirit. We are called to remember and remember well.
- Starting January 15, a different meditation on a spiritual habit will be offered Fridays via email for you to consider. (It will also be on the website.) Use this guide in conjunction with the meditations to nurture deeper spiritual rhythms. Questions? Reach out to Pastor Marc.
- Use this guide with others. It can be easily adapted for families, roommates, prayer groups, etc. If time allows, pray through one of the Daily Offices together. Or simply read a few verses from the daily readings together and let those verses shape your prayers for one another.
- As a season remembering the Incarnation, make an effort to join the work of the Mercy Ministry. Also consider taking up Grace Pasadena's self-study guide on justice and reconciliation or joining the monthly round table discussion. Ask the Holy Spirit how you can embody the love of God to your neighbors.

Final Encouragements. Use this guide as you are able and adapt it as needed. Start where you are and build the habits of love slowly. As we walk through Epiphany to Lent, may Jesus reveal himself and his love for you in deeper and tangible ways, and may our God draw us closer to one another.

With great love for you all, the Pastors and Leaders of Grace Pasadena.

Sunday Mornings

January 10

Psalms 146, 147
Heb. 1:1-12
Jn 1:1-7

January 17

Ps. 148, 149, 150
Heb. 6:17-7:10
John 4:27-42

January 24

Psalms 63:1-11, 98
Heb. 10:19-31
John 5:2-18

January 31

Psalms 24, 29
Heb. 11:8-16
John 7:14-31

February 7

Psalms 93, 96
Heb. 12:1-6
John 7:37-46

February 14

Psalms 148, 149, 150
Heb. 12:18-29
John 12:24-32

The Invitation

Jesus says: “Come to me, all who labor and are heavy laden, and I will give you rest.” — *from Mt. 11:28*

How is the Holy Spirit inviting you to rest today?

The Song of Response

Lift up your hearts through the morning Psalm (or Psalms). Pray the whole Psalm or focus on a part.

The Confession

O God, our guide, who once used a star to lead people to Christ, we confess our poor sense of direction. We let ourselves become confused, easily distracted, and lose our way. We reject your Word and trust what is faulty. Forgive our waywardness, O God. Lead us to the Christ so that we may follow his way to you. **Amen.** (*silence*)

Listening to Words of Love

Read the Gospel or Epistle for the morning, or both.

Abiding in Love

- How do today's words invite you to rest?
- What words of affirmation do you hear?

Giving Thanks

- Give thanks for Sunday Worship and your church community. Give thanks for the week of ahead.

Closing Prayers

On this Lord's Day, pray for deep rest for yourself, neighbor and world. Lift up your needs and the needs of others. Conclude with the following petition from the Lord's Prayer. Repeat it a few times, letting the words sink in. Use these petition to shape all your other prayers.

Our Father, who art in heaven, hallowed be thy name.
Amen.

Make time for Noon Prayer (pg. 20) and look ahead to Evening Prayer.

Sunday Evenings

Opening Prayer

O God, make speed to save us.
O Lord, make haste to help us.

The Song of Response

*Lift up your hearts through the evening Psalm (or Psalms).
Pray the whole Psalm or focus on a part.*

The Confession

Holy God, in so many ways we have run from you, we have ignored your call, we have closed our eyes to your presence, we have disregarded your words, we have belittled ourselves, and we have forsaken others. Forgive us and help us to turn from our sin to your light. Grant to us your peace that surpasses all understanding and fill our mouths with your praise. **Amen.** *(silence for reflection)*

Listening to Words of Love

Read the OT passage or continue to dwell on the Psalm.

Abiding in the Words of Love

- How does God Word speak to the day behind you and the day ahead?

Lamenting & Giving Thanks

- Identify a sorrow or a loss from the day. Take a moment to mourn, remembering that Jesus weeps with you. Give thanks for his tenderness.

Closing Prayers

Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:

We bring to God someone whom we have met or remembered today, and for whom we want to pray.
(say the name/s of those who come to mind)

We bring to God a troubled situation in the world tonight.
(offer up the situations pressing heavily on you)

We bring to God, someone whom we find hard to forgive or trust. *(ask God for his peace, mercy and grace)*

We bring ourselves and our world to God and receive the gift of his rest. **Amen.**

January 10

Psalm 111, 112, 113
Is. 40:1-11

January 17

Psalm 114, 115
Is. 43:14-44:5

January 24

Psalm 103
Is. 47:1-15

January 31

Psalm 8, 84
Is. 51:9-16

February 7

Psalm 34
Is. 57:14-21

February 14

Psalm 114, 115
Deut. 6:1-9

Monday Mornings

January 11

Psalm 1,2,3
Eph. 1:1-14
Mark 1:1-13

January 18

Psalm 25
Eph. 4:1-16
Mark 3:7-19a

January 25

Psalm 41
Gal. 1:1-17
Mark 5:21-43

February 1

Psalm 56, 57, 58
Gal. 4:1-11
Mark 7:24-37

February 8

Psalm 80
Gal. 6:11-18
Mark 9:30-41

February 15

Psalm 25
Heb. 1:1-14
John 1:1-18

The Invitation

Jesus says: "I am the Good Shepherd. The good shepherd lays down his life for the sheep." —*John 10:11*

Think back to yesterday and the day ahead. In what ways are you experiencing the leading of our Shepherd?

The Song of Response

Lift up your hearts through the morning Psalm (or Psalms). Pray the whole Psalm or focus on a part.

The Confession

Almighty God; we confess the things we try to conceal from you and the things we try to conceal from others. We confess the heartbreak, worry, and sorrow we have caused, that make it difficult for others to forgive us, the times we have enabled others to do wrong, the harm we have done that makes it hard for us to forgive ourselves. Lord have mercy and forgive us through Christ. **Amen.** (*silence*)

Listening to Words of Love

Read the Gospel or Epistle for the morning, or both.

Abiding in Love

- Think of the passage as a mirror. What does it reveal about you? And what does it reveal about God's love for you?

Giving Thanks

- Recall something beautiful you have heard, seen or experienced in the last few days. Give thanks.

Lifting Burdens and Closing Prayers

Entrust yourself, your neighbors, the world and the day ahead to God through the following petition from the Lord's Prayer. Repeat it a few times, letting the words sink in. Use these petition to shape all your other prayers.

Thy kingdom come, thy will be done, on earth as it is in heaven. **Amen.**

Make time for Noon Prayer (pg. 20) and look ahead to Evening Prayer.

Monday Evenings

Opening Prayer

O God, make speed to save us.
O Lord, make haste to help us.

The Song of Response

*Lift up your hearts through the evening Psalm (or Psalms).
Pray the whole Psalm or focus on a part.*

The Confession

Holy God, in so many ways we have run from you, we have ignored your call, we have closed our eyes to your presence, we have disregarded your words, we have belittled ourselves, and we have forsaken others. Forgive us and help us to turn from our sin to your light. Grant to us your peace that surpasses all understanding and fill our mouths with your praise **Amen.** *(silence)*

Listening to Words of Love

Read the OT passage or dwell on the evening Psalm.

Abiding in the Words of Love

- How does the passage speak to the day behind you and the day ahead?

Lamenting & Giving Thanks

- Identify a sorrow or a loss from the day. Take a moment to mourn, remembering that Jesus weeps with you. Give thanks for his tenderness.

Closing Prayers

Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:

We bring to God someone whom we have met or remembered today and for whom we want to pray.
(say the name/s of those who come to mind)

We bring to God a troubled situation in the world tonight.
(offer up the situations pressing heavily on you)

We bring to God, someone whom we find hard to forgive or trust. *(ask God for his peace, mercy and grace)*

We bring ourselves and our world to God and receive the gift of his rest. **Amen.**

January 11

Psalm 4, 7
Isa. 40:12-23

January 18

Psalm 9, 15
Isa. 44:6-8; 21-23

January 25

Psalm 44
Isa. 48:1-11

February 1

Psalm 64, 65
Isa. 51:17-23

February 8

Psalm 77, 79
Isa. 58:1-12

February 15

Psalm 44
Isa. 48:1-11

Tuesday Mornings

January 12

Psalms 5, 6
Eph. 1:15-23
Mark 1:14-28

January 19

Psalm 26, 28
Eph. 4:17-32
Mark 3:19b-35

January 26

Psalm 45
Gal. 1:18-2:10
Mark 6:1-13

February 2

Psalm 61, 62
Gal. 4:12-20
Mark 8:1-10

February 9

Psalm 78:1-39
2 Tim. 1:1-14
Mark 9:42-50

February 16

*(The Eve of Lent,
aka. Mardi Gras
or Fat Tuesday. Eat
pancakes!)*
Psalm 26, 28
Heb. 2:1-10
John 1:19-28

The Invitation

Now they were bringing even infants to him that he might touch them. And when the disciples saw it, they rebuked them. But Jesus called them to him, saying, "Let the children come to me, and do not hinder them, for to such belongs the kingdom of God." —*Luke 18:15-16*

How is God asking you to be child-like today?

The Song of Response

Lift up your hearts through one of the prescribed Psalms for the morning. Pray the whole Psalm or focus on a part.

The Confession

Holy God, in your presence we confess our sinfulness, our shortcomings, and our offenses against you. You alone know how often we have sinned in wandering from your ways, in wasting your gifts, in forgetting your love. Have mercy on us, O Lord, for we are ashamed. Forgive our sins, and help us to live in the light of your love. **Amen.** *(silence)*

Listening to Words of Love

Read the Gospel or Epistle for the morning, or both.

Abiding in Love

- What words shine light on your fears? What words remind you of God's presence and faithfulness?

Giving Thanks

- In light of the opening invitation, give thanks for the children you know. How might you bless one of them today?

Lifting Burdens and Closing Prayers

Entrust yourself, your neighbors, the world and the day ahead to God through the following petition from the Lord's Prayer. Repeat it a few times, letting the words sink in. Use these petition to shape all your other prayers.

Give us this day our daily bread. **Amen.**

Make time for Noon Prayer (pg. 20) and look ahead to Evening Prayer.

Tuesday Evenings

Opening Prayer

O God, make speed to save us.

O Lord, make haste to help us.

The Song of Response

Lift up your hearts through the evening Psalm (or Psalms).

Pray the whole Psalm or focus on a part.

The Confession

Holy God, in so many ways we have run from you, we have ignored your call, we have closed our eyes to your presence, we have disregarded your words, we have belittled ourselves, and we have forsaken others. Forgive us and help us to turn from our sin to your light. Grant to us your peace that surpasses all understanding and fill our mouths with your praise **Amen.** *(silence)*

Listening to Words of Love

Read the Old Testament passage or continue to dwell on the evening Psalm.

Abiding in the Words of Love

- How does God Word speak to the day behind you and the day ahead?

Lamenting & Giving Thanks

- Identify a sorrow or a loss from the day. Take a moment to mourn, remembering that Jesus weeps with you. Give thanks for his tenderness.

Closing Prayers

Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:

We bring to God someone whom we have met or remembered today and for whom we want to pray.
(say the name/s of those who come to mind)

We bring to God a troubled situation in the world tonight.
(offer up the situations pressing heavily on you)

We bring to God, someone whom we find hard to forgive or trust. *(ask God for his peace, mercy and grace)*

We bring ourselves and our world to God and receive the gift of his rest. **Amen.**

January 12

Psalm 10

Isa. 40:25-31

January 19

Psalm 46

Eph. 2:11-12

January 26

Psalm 36, 39

Isa. 44:9-20

February 2

Psalm 68

Isa. 52:1-12

February 9

Psalm 78:40-72

Isa. 58:1-12

February 16

(The Eve of Lent, aka. Mardi Gras or Fat Tuesday. Eat pancakes!)

Psalm 36, 39

Deut. 6:16-25

Wednesday Mornings

January 13

Psalms 119:1-24

Isa. 41:1-16

Mark 1:29-45

January 20

Psalms 119:25-48

Eph. 5:1-14

Mark 4:1-20

January 27

Psalms 119:49-72

James Gal. 2:11-21

Mark 6:13-29

February 3

Psalms 119:73-96

Gal. 4:21-31

Mark 8:11-26

February 10

Psalms 119:97-120

2 Tim. 1:15-2:13

Mark 10:1-16

The Invitation

Jesus says: "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied." —Mt. 5:6

For what do you hunger and thirst today? How might God be pointing you to his life through your desires?

The Song of Response

Lift up your hearts through one of the prescribed Psalms for the morning. Pray the whole Psalm or focus on a part.

The Confession

Amen. (silence)

Listening to Words of Love

Read the Gospel or Epistle for the morning, or both.

Abiding in Love

- Re-read the passage. Imagine Jesus is speaking it to you. What do you feel? What do you think Jesus wants you to hear today?

Giving Thanks

- What simple joys have you experienced in the last few hours or days? Treasure them and give thanks. How might you share this joy with others?

Closing Prayers

Entrust yourself, your neighbors, the world and the day ahead to God through the following petition from the Lord's Prayer. Repeat it a few times, letting the words sink in. Use these petition to shape all your other prayers.

Forgive us our sins, as we forgive those who sin against us.

Amen.

Make time for Noon Prayer (pg. 20) and look ahead to Evening Prayer.

Wednesday Evenings

Opening Prayer

O God, make speed to save us.

O Lord, make haste to help us.

The Song of Response

Lift up your hearts through the evening Psalm. Pray the whole Psalm or focus on a part.

The Confession

Holy God, in so many ways we have run from you, we have ignored your call, we have closed our eyes to your presence, we have disregarded your words, we have belittled ourselves, and we have forsaken others. Forgive us and help us to turn from our sin to your light. Grant to us your peace that surpasses all understanding and fill our mouths with your praise **Amen.** *(silence)*

Listening to Words of Love

Read the Old Testament passage or continue to dwell on the evening Psalm.

Abiding in the Words of Love

- How does God Word speak to the day behind you and the day ahead?

Lamenting & Giving Thanks

- Identify a sorrow or a loss from the day. Take a moment to mourn, remembering that Jesus weeps with you. Give thanks for his tenderness.

Closing Prayers

Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:

We bring to God someone whom we have met or remembered today and for whom we want to pray.
(say the name/s of those who come to mind)

We bring to God a troubled situation in the world tonight.
(offer up the situations pressing heavily on you)

We bring to God, someone whom we find hard to forgive or trust. *(ask God for his peace, mercy and grace)*

We bring ourselves and our world to God and receive the gift of his rest. **Amen.**

January 13

Psalm 12, 13, 14

Isa. 41:1-16

January 20

Psalm 46

Eph. 2:11-12

January 27

Psalm 38

Isa. 44:24-45:7

February 3

Psalm 72

Isa. 54:1-17

February 10

Psalm 81

Isa. 59:15b-21

Midweek Reflections

Use this space for notes, thoughts and responses, or use this space to dwell on the story of God's grace in your life. Think through different aspects of your testimony each week and write it down. Remember well and give thanks.

Thursday Mornings

January 14

Psalm 18:1-20
Eph. 2:11-22
Mark 2:1-12

January 21

Psalm 37:1-18
Eph. 5:15-33
Mark 4:21-34

January 28

Psalm 50
Gal. 3:1-14
Mark 6:30-46

February 4

Psalm 70, 71
Gal. 5:1-15
Mark 8:27-9:1

February 11

Psalm 146, 147
2 Tim. 2:14-26
Mark 10:17-31

The Invitation

Jesus says: "If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Helper, to be with you forever..." — *John 14:15-16*

By faith, the Holy Spirit is in you! Take a moment to savor the presence of God. How might your respond in faith?

The Song of Response

Lift up your hearts through one of the prescribed Psalms for the morning. Pray the whole Psalm or focus on a part.

The Confession

God of healing, God of wholeness, we bring our brokenness, our sinfulness, our fears and despair, and lay them at your feet. Overwhelm us now with your love. **Amen.** *(silence)*

Listening to Words of Love

Dwell on a reading from the Gospel or Epistle, or both.

Abiding in Love

- What is on your heart and mind today? How might the Holy Spirit be re-ordering your heart and mind through the passage?

Giving Thanks

- Bring to mind something good you did with or experienced through your body. Give thanks to God for your body. How might you bless someone with your actions today?

Closing Prayers

Entrust yourself, your neighbors, the world and the day ahead to God through the following petition from the Lord's Prayer. Repeat it a few times, letting the words sink in. Use these petition to shape all your other prayers.

Lead us not into temptation, but deliver us from evil. **Amen.**

Make time for Noon Prayer (pg. 20) and look ahead to Evening Prayer.

Thursday Evenings

Opening Prayer

O God, make speed to save us.
O Lord, make haste to help us.

The Song of Response

*Lift up your hearts through the evening Psalm (or Psalms).
Pray the whole Psalm or focus on a part.*

The Confession

Holy God, in so many ways we have run from you, we have ignored your call, we have closed our eyes to your presence, we have disregarded your words, we have belittled ourselves, and we have forsaken others. Forgive us and help us to turn from our sin to your light. Grant to us your peace that surpasses all understanding and fill our mouths with your praise **Amen.** *(silence)*

Listening to Words of Love

Read the Old Testament passage or continue to dwell on the evening Psalm.

Abiding in the Words of Love

- How does God Word speak to the day behind you and the day ahead?

Lamenting & Giving Thanks

- Identify a sorrow or a loss from the day. Take a moment to mourn, remembering that Jesus weeps with you. Give thanks for his tenderness.

Closing Prayers

Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:

We bring to God someone whom we have met or remembered today and for whom we want to pray.
(say the name/s of those who come to mind)

We bring to God a troubled situation in the world tonight.
(offer up the situations pressing heavily on you)

We bring to God, someone whom we find hard to forgive or trust. *(ask God for his peace, mercy and grace)*

We bring ourselves and our world to God and receive the gift of his rest. **Amen.**

January 14

Psalm 18:21-50
Isa. 41:17-29

January 21

Psalm 37:19-42
Isa. 45:5-17

January 28

Psalm 118
Isa. 49:13-23

February 4

Psalm 74
Isa. 55:1-13

February 11

Psalm 85, 86
Isa. 60:1-17

Friday Mornings

January 15

Psalms 16, 17
Eph. 3:1-13
Mark 2:13-22

January 22

Psalms 31
Eph. 6:1-9
Mark 4:35-41

January 29

Psalms 40, 54
Gal. 3:15-22
Mark 6:47-56

February 5

Psalms 69:1-23
Gal. 5:16-24
Mark 9:2-13

February 12

Psalms 88
2 Tim. 3:1-17
Mark 10:32-45

The Invitation

And [Jesus] said to all, "If anyone would come after me, let him deny himself and take up his cross daily and follow me." —Luke 9:23

Ask the Holy Spirit to make you ready to pick up your cross.

The Song of Response

Lift up your hearts through one of the prescribed Psalms for the morning. Pray the whole Psalm or focus on a part.

The Confession

You call us to love as you love, to care as you care, and to seek justice, mercy and truth. But we fail to heed your call, draw back from those in need, and say nothing when we see injustice. Forgive us. Fill us with your love and teach us to love that your name might be on the lips of all. **Amen.** *(silence)*

Listening to Words of Love

Read the prescribed Gospel or Epistle, or both.

Abiding in Love

- Is there a person in the passage with whom you identify or resonate? Or a theme? Why?
- Take a moment now or later in the day to review *this week's spiritual practice* included in the weekly e-newsletter or on the website under "Grow". What new life is the Holy Spirit seeking to birth in you?

Giving Thanks

- Give thanks for the work you do. God sees your work!

Closing Prayers

Entrust yourself, your neighbors, the world and the day ahead to God through the following petition from the Lord's Prayer. Repeat it a few times, letting the words sink in. Use these petition to shape all your other prayers.

For thine is the kingdom, the glory, the power forever and ever. **Amen.**

Make time for Noon Prayer (pg. 20) and look ahead to Evening Prayer.

Friday Evenings

Opening Prayer

O God, make speed to save us.

O Lord, make haste to help us.

The Song of Response

Lift up your hearts through the evening Psalm (or Psalms).

Pray the whole Psalm or focus on a part.

The Confession

Holy God, in so many ways we have run from you, we have ignored your call, we have closed our eyes to your presence, we have disregarded your words, we have belittled ourselves, and we have forsaken others. Forgive us and help us to turn from our sin to your light. Grant to us your peace that surpasses all understanding and fill our mouths with your praise **Amen.** *(silence)*

Listening to Words of Love

Read the Old Testament passage or continue to dwell on the evening Psalm.

Abiding in the Words of Love

- How does God Word speak to the day behind you and the day ahead?

Lamenting & Giving Thanks

- Identify a sorrow or a loss from the day. Take a moment to mourn, remembering that Jesus weeps with you. Give thanks for his tenderness.

Closing Prayers

Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:

We bring to God someone whom we have met or remembered today and for whom we want to pray.
(say the name/s of those who come to mind)

We bring to God a troubled situation in the world tonight.
(offer up the situations pressing heavily on you)

We bring to God, someone whom we find hard to forgive or trust. *(ask God for his peace, mercy and grace)*

We bring ourselves and our world to God and receive the gift of his rest. **Amen.**

January 15

Psalm 22

Isa. 42:1-17

January 22

Psalm 35

Isa. 45:18-25

January 29

Psalm 51

Isa. 50:1-11

February 5

Psalm 73

Isa. 56:1-8

February 12

Psalm 91, 92

Isa. 61:1-9

Saturday Mornings

January 16

Psalms 20, 21:1-13

Eph. 3:14-21

Mark 2:23-3:3

January 23

Psalms 30, 32

Eph. 6:10-24

January 30

Psalms 55

Gal. 3:23-29

Mark 7:1-23

February 6

Psalms 75, 76

Gal. 5:25-6:10

Mark 9:14-29

February 13

Psalms 87, 90

2 Tim. 4:1-8

Mark 10:46-52

The Invitation

Jesus says: "Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me." —*Jn. 15:4*

Take a moment to enjoy Christ's presence with you.

The Song of Response

Lift up your hearts through one of the prescribed Psalms for the morning. Pray the whole Psalm or focus on a part.

The Confession

Lord Jesus, I have sinned times without number, and been guilty of pride and unbelief, and of neglect to seek you in my daily life. My sins and shortcomings present me with a list of accusations, but I thank you that they will not stand against me, for all have been laid on Christ. Deliver me from every evil habit, every interest of former sins, everything that dims the brightness of your grace in me, everything that prevents me taking delight in you. **Amen.** *(silence)*

Listening to Words of Love

Read the prescribed Gospel or Epistle, or both.

Abiding in Love

- What have you been hoping or wishing for? How might today's passage speak to your hopes and wishes?

Giving Thanks

- Give thanks for the beauty of the world around you.

Lifting Burdens and Closing Prayers

Entrust yourself, your neighbors, the world and the day ahead to God through the Lord's Prayer in its entirety. Repeat it a few times, letting the words sink in. Use the prayer to shape all your other prayers.

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread; forgive us our sins as we forgive those who sin against us. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the glory, and the power forever and ever. **Amen.**

Saturday Evenings

Opening Prayer

Come to us this night, O God, come to us with your light!

The Song of Response

*Lift up your hearts through the evening Psalm (or Psalms).
Pray the whole Psalm or focus on a part.*

The Confession

Holy God, in so many ways we have run from you, we have ignored your call, we have closed our eyes to your presence, we have disregarded your words, we have belittled ourselves, and we have forsaken others. Forgive us and help us to turn from our sin to your light. Grant to us your peace that surpasses all understanding and fill our mouths with your praise **Amen.** *(silence)*

Listening to Words of Love

Read the Old Testament passage or continue to dwell on the evening Psalm.

Abiding in the Words of Love

- How does God Word speak to the day behind you and the day ahead?

Lamenting & Giving Thanks

- Identify a sorrow or a loss from the day. Take a moment to mourn, remembering that Jesus weeps with you. Give thanks for his tenderness.

Closing Prayers

Entrust yourself and the world to God's care and receive the rest he gives. Conclude with the following:

We bring to God someone whom we have met or remembered today and for whom we want to pray.
(say the name/s of those who come to mind)

We bring to God a troubled situation in the world tonight.
(offer up the situations pressing heavily on you)

We bring to God, someone whom we find hard to forgive or trust. *(ask God for his peace, mercy and grace)*

We bring ourselves and our world to God and receive the gift of his rest. **Amen.**

January 15

Psalms 110:1-7, 116, 117

Isa. 43:1-13

January 23

Psalms 42, 43

Isa. 46:1-13

January 30

Psalms 138, 139:1-17

Isa. 51:1-8

February 5

Psalms 23, 27

Isa. 57:3-13

February 13

Psalms 136

Isa. 61:10-62:5

A Short Noonday Liturgy - Pausing to be Refreshed

OPENING

I lift up my eyes to the hills
From where does my help come?
My help comes from the Lord,
who made heaven and earth. (From Psalm 121)

SCRIPTURE

Re-visit one of the passages from this morning. Savor a few verses that grip your heart and imaginations.

CLOSING

Conclude with one of the following prayers:

Heavenly Father, send your Holy Spirit into our hearts, to direct and rule us according to your will, to comfort us in all our afflictions, to defend us from all error, and to lead us into all truth; through Jesus Christ our Lord. **Amen.**

Or

Blessed Savior, at this hour you hung upon the cross, stretching out your loving arms: Grant that all the peoples of the earth may look to you and be saved; for your tender mercies' sake. **Amen.**

Or

Almighty Savior, who at noonday called your servant Saint Paul to be an apostle to the Gentiles: We pray you to illumine the world with the radiance of your glory, that all nations may come and worship you; for you live and reign for ever and ever. **Amen.**

Or

Lord Jesus Christ, you said to your apostles, "Peace I give to you; my peace I leave with you:" Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly city, where with the Father and the Holy Spirit you live and reign, now and for ever. **Amen.**

People to Remember in Prayer at Noon

Use this space to help you pray for the people in your life by name.

