

PRAYER GUIDE

ORDINARY TIME — PART 1
PENTECOST TO AUGUST 22, 2020



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About Ordinary Time & the Daily Office

At Grace Pasadena, we are committed to forming habits and practices—a Rule of Life—that direct our hearts towards God and one another. The liturgical calendar is an important tool to that end. We follow the liturgical calendar because it reminds us that the people of God live by a different rhythm, one that is shaped first and foremost by the love of God in Jesus Christ and his Good News. All of our other priorities, ambitions, desires, and pursuits are shaped and reordered by that Good News.

Developed over many years, the liturgical year is divided into different seasons based on different aspects of the life of Jesus Christ. Each season draws us into deeper contemplation of our Savior's love and how he is manifesting his love in the here and now. In other words, the liturgical calendar invites us more deeply into the story of God's love for us and faithfulness to redeem for himself a beloved people. As we enter into God's story, we hear more and more our place in God's story and how God is weaving his story with our own.

Each season has its own themes, symbols and colors. In short:

Advent. This is the season of *promise* and *anticipation*. Starting the Sunday after Christ the King, we are invited to look back on Jesus's first coming and his coming again. There are four Sundays of Advent, and the color is purple.

Christmas. This is a season of *incarnation*. Spanning twelve days starting on Christmas day, we celebrate the coming of Jesus Christ and the in-breaking of his light in our world. The colors of the season are white and gold.

Epiphany. This is a season of *revelation*. We remember how Jesus showed us who he is through his life, words, relationships and miracles, and that he is indeed the light to all the nations of the world. There are seven to eight Sundays of the season. The color is green.

Lent. This is a season of *repentance* and *crucifixion*. We remember how Jesus suffered humiliation and death on a cross for our sake because of our sin. The season is forty days long and begins on Ash Wednesday. The color for the season is purple; many use black during Holy Week.

Easter. This is the season of *resurrection*. We celebrate Jesus's rising from the dead and his victory over all sin and death. This is the party of all parties, and so the season is fifty days long. The colors are gold and white.

Pentecost/Ordinary Time. This is the season of *the Holy Spirit*. After Jesus ascended to heaven, Jesus sent his Holy Spirit on the day of Pentecost to live in his people just as he promised. This season reminds us that the story of Jesus continues in the world in and through his people.

The weeks from Pentecost to Christ the King (the start of Advent) is often referred to as “Ordinary Time.” It is the longest of the seasons, and in this time, we celebrate the giving of the Spirit and the Spirit’s work *to order* our lives and all creation by the love of Jesus Christ. With the Spirit of Jesus in us, his story continues in history; it did not end at the Ascension! The color for Pentecost is red. The color for Ordinary Time is green.

The Significance of Pentecost and Ordinary Time. Take a moment to let Pentecost sink in: the Holy Spirit—God eternal (John 4:24), the Spirit that hovered over the waters of creation (Gen. 1:1) and the same Spirit that raised Jesus from the dead (Rom. 8:11)—lives inside all who call on the name of Jesus Christ and follow him (John 15:26; Rom. 10:13). The Holy Spirit is not an impersonal power, but the very personal person of God. God and the riches of his love, grace, forgiveness, peace and joy are not far, but close because God lives in us through his Holy Spirit. What a wonderful mystery!

By the Holy Spirit, we are not only united to the very life and love of the Triune God, we are also united to all other Christians. Barriers that once kept us apart have now been torn down (Eph. 2:4). This union was first manifested in Jerusalem on Pentecost (Acts 2), and it is one that endures. Scripture gives our union different names, including: the Church (Col. 1:18), the Body of Christ, a new holy nation (1 Pt. 2:9) and a new household or family (Eph. 2:19). The implications are many and each deserve our attention. Suffice it to say, the presence of the Spirit means peace. It means human relationships can flourish the way God always intended. As recipients of this peace, the Spirit also empowers us to proclaim it and invite others into it. This mission is given in Matthew 28:16-20 and reiterated in Acts 1:8.

This is all amazing news. Yet, our day-to-day experience doesn’t always line up with this reality. Ordinary Time teaches us that though we are *now* new creations in Christ (Rom. 12:1), the Holy Spirit is *still* growing that reality in us. Likewise, the resurrection life of Jesus has broken into our world, and the Holy Spirit is *still* manifesting it. Ordinary Time reminds us that we are *in-between* people. Until the day Jesus returns, we will still experience sin and its effects. Our hearts, minds and bodies will want to wander. Our lives

and world will be touched by division and chaos. Yet, until that day, the Holy Spirit is dedicated to revealing the fullness of God's love in Jesus Christ and renewing and reordering all things accordingly, as well as empowering the Church to proclaim the Good News of Jesus and his peace to all.

Being Ordered by the Spirit. We sometimes talk about “tapping into the Spirit” as if the Spirit is an impersonal power that can be grasped and controlled if we do the right things. Again, the good news of Pentecost is that the Living God lives inside of all who believe in the name of Jesus Christ. As Paul says, we *are* temples of the Holy Spirit (1 Cor. 6:19). Not only that, God *has* lavished the riches of his grace on us (Eph. 1:7).

In this light, we engage in spiritual rhythms and practices not to receive more of the Holy Spirit, but to become more attuned to the presence of God and his work of grace in our lives and world. While the invitation to engage and grow in spiritual rhythms and practices is given to us every day, our hope is that we hear it in a fresh way in Ordinary Time, the season of the Spirit.

Our attentiveness and response to God's presence begins with abiding in Jesus and his word (Jn. 15). As Luke 24 teaches, his word is not only what we find in the Gospel accounts, but throughout scripture—all scripture points to him! As we listen and abide, our faith grows and our eyes open to his presence in us and in the world (Rom. 10:15). As we listen and abide, we are better prepared to respond with prayer and acts of love (Heb. 10:15-25). As we abide, the Spirit bears the fruit of the Gospel in us.

We offer this guide to help you abide in the words of Jesus. It invites you to pray by receiving Scripture both mornings and evenings. Often called the Daily Office, this ancient rhythm is rooted in Scripture (Ps. 4, 5) and is a pattern the Church has kept for centuries. Praying in this way frames our days with Jesus's word of love and reminds us that he *is* the King of all our days.

This guide offers daily and weekly prayer and questions to encourage abiding in Scripture. The daily Scripture suggestions are from the Daily Office Lectionary, a 2-year cycle that follows the liturgical calendar and takes readers through the entire Bible. A simple noonday liturgy is also provided to help you pause during the day and be refreshed. Use this guide as you are able. Use all or parts of it. Use it with family and friends. Begin where you are and let the Spirit grow and expand your practices and rhythms. Let us be ruled and ordered by the love of God.

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

Sunday Mornings

Pentecost, 5/31

Psalm 118
Acts 4:18-21, 23-33
John 4:19-26

Trinity Sunday, 6/7

Psalm 146, 147
Rev. 19:4-16
John 1:29-34

June 14

Acts 13:1-12
Luke 12:41-48

June 21

Psalm 66, 67
Acts 15:1-12
Luke 12:49-56

June 28

Psalm 118
Acts 17:22-34
Luke 13:10-17

July 5

Psalm 146, 147
Acts 19:11-20
Mark 1:14-20

July 12

Psalm 148, 149, 150
Acts 21:3-15
Mark 1:21-27

July 19

Psalm 63, 98
Acts 22:30-23:11
Mark 2:1-12

July 26

Psalm 24, 29
Acts 28:23-31
Mark 2:23-28

August 2

Psalm 93, 96
2 Cor. 9:6-15
Mark 3:2-30

August 9

Psalm 66, 67
2 Cor. 11:21b-31
Mark 4:35-41

August 16

Psalm 119
2 Cor. 13:1-11
Mark 5:25-34

The Invitation

“Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days.” — *Ps. 90:14*

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

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 and mind and strength. We have not loved our neighbors as ourselves. In your mercy forgive what we have been, help us amend what we are, and direct what we shall be, so that we may delight in your will and walk in your ways, to the glory of your holy name. **Amen.**
(silence)

Listening to Words of Love

Read the prescribed Gospel or Epistle, or both.

Abiding in the Words of Love

- Which word or phrase pricks your heart and mind?
- What invitation from the Spirit do you hear?

Giving Thanks

- Think back to yesterday. Where do you sense God’s presence in your life and in the lives of loved ones? Give thanks for God’s faithfulness.
- Pray for hearts open to the re-ordering work of the Holy Spirit; pray for a new experience of the Holy Spirit’s presence.

Closing Prayers

Entrust yourself, your neighbors, the world and the day ahead to God through the Lord’s Prayer or the following:

Almighty God, on Pentecost, you opened the way of eternal life to every race and nation by the promised gift of your Holy Spirit: Shed abroad this gift throughout the world by the preaching of the Gospel, that it may reach to the ends of the earth; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

—from the Book of Common Prayer

Sunday Evenings

The Invitation

"I remember your name in the night, O Lord, and keep your law." — *Ps. 119:55*

The Song of Response

Lift up your hearts through one of the prescribed Psalms for the evening. Pray the whole Psalm or focus on a part. Or pray through Psalm 121.

The Confession

Most merciful God, we confess to you, before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do. Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. **Amen.**

(silence)

Listening to Words of Love

Read the prescribed Old Testament passage, evening Psalm or revisit the morning readings.

Abiding in the Words of Love

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

Giving Thanks

- For whom are you thankful today?

Closing Prayers

Entrust yourself to God's care and receive the rest he gives. Pray for the needs of your neighbors, city and world. Conclude with the Lord's Prayer or the following:

In peace we will lie down and sleep; for you alone, Lord, make us dwell in safety. Abide with us, Lord Jesus, for the night is at hand and the day is now past. As the night watch looks for the morning, so do we look for you, O Christ. Come with the dawning of the day and shine the light of your love on us and your world. **Amen.**

Pentecost, 5/31

Psalm 145
Deut. 16:9-12

Trinity Sunday, 6/7

Psalm 111, 112, 113
Job 38:1-11

June 14

Psalm 34
Num. 6:22-27

June 21

Psalm 19, 46
Num. 14:26-45

June 28

Psalm 145
Num. 21:4-9; 21-35

July 5

Psalm 111, 112, 113
Num. 27:12-23

July 12

Psalm 114, 115
Joshua 1:1-18

July 19

Psalm 63, 98
Acts 22:30-23:11
Mark 2:1-12

July 26

Psalm 8, 84
Joshua 24:1-15

August 2

Psalm 34
Judges 6:1-24

August 9

Psalm 19, 46
Judges 11:1-11

August 16

Psalm 145
Judges 16:15-31

Monday Mornings

June 1

Psalms 41, 52
Gal. 1:1-17
Matt. 13:44-52

June 8

Psalms 56, 57, 58
Gal. 4:12-20
Matt. 15:21-38

June 15

Psalms 80
Rom. 1:1-15
Matt. 17:14-21

June 22

Psalms 89:1-18
Rom. 3:21-31
Matt. 19:13-22

June 29

Psalms 106:1-18
Rom. 6:12-23
Matt. 21:12-22

July 6

Psalms 1, 2, 3
Rom. 8:26-30
Matt. 23:1-12

July 13

Psalms 25
Rom. 11:1-12
Matt. 25:1-13

July 20

Psalms 41, 52
Rom. 13:8-14
Matt. 26:36-46

July 27

Psalms 56, 57, 58
Rom. 16:1-16
Matt. 27:24-31

August 3

Psalms 80
Acts 2:37-47
John 1:1-18

August 10

Psalms 89:1-18
Acts 5:12-26
John 3:1-21

August 17

Psalms 106:1-18
Acts 7:44-8:1a
John 5:19-29

The Invitation

"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness." — *Lam. 3:22-21*

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

Gracious God, you have given us the law of Moses and the teachings of Jesus to direct us in the way of life. You offer us your Holy Spirit so that we can be born to new life as your children. Yet, O God, we confess that the ways of death have a strong attraction and that we often succumb to their lure. Give us the vision and courage to choose and nurture life, that we may receive your blessing. **Amen.**
(silence)

Listening to Words of Love

Read the prescribed Gospel or Epistle, or both.

Abiding in the Words of Love

- What image captivates your imagination?
- An aspect of the Spirit's fruit is love. How do today's words invite you into a deeper love of neighbor?

Giving Thanks

- When were you surprised by your friends in the last few days? What words of life did they share? Give thanks for your friends and fellowship.

Lifting Burdens and Closing Prayers

Entrust yourself, your neighbors, the world and the day ahead to God through the Lord's Prayer or the following:

O, Lord! We presume not to arraign thy counsels. Thou knowest what is best. Though clouds and darkness are around thee, justice and judgment are the habitation of thy seat. Teach us, O heavenly Father, teach us resignation of thy will, and we shall find it all to be right in the end.
Amen.

— *Peter Williams, Jr. (1817), New York City's first African-American Episcopal priest and one of the founders of the African Methodist Episcopal Zion Church.*

Monday Evenings

The Invitation

"Praise the Lord! Praise the Lord from the heavens; praise him in the heights! Praise him, all his angels; praise him, all his hosts! Praise him, sun and moon, praise him, all you shining stars!" —*Ps. 148:1-3*

The Song of Response

Lift up your hearts through one of the prescribed Psalms for the evening. Pray the whole Psalm or focus on a part. Or pray through Psalm 1.

The Confession

Most merciful God, we confess to you, before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do. Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. **Amen.**

(silence)

Listening to Words of Love

Read the prescribed Old Testament passage, evening Psalm or revisit the morning readings.

Abiding in the Words of Love

- What invitation to rest do you hear?

Giving Thanks

- When did you feel God's leading today?

Closing Prayers

Entrust yourself to God's care and receive the rest he gives.

Pray for the needs of your neighbors, city and world.

Conclude with the Lord's Prayer or the following:

In peace we will lie down and sleep; for you alone, Lord, make us dwell in safety. Abide with us, Lord Jesus, for the night is at hand and the day is now past. As the night watch looks for the morning, so do we look for you, O Christ. Come with the dawning of the day and shine the light of your love on us and your world. **Amen.**

June 1

Psalm 44

June 8

Psalm 64, 65

June 15

Psalm 77, 79

Num. 9:15-23

June 22

Psalm 89:19-52

Num. 16:1-19

June 29

Psalm 106:19-48

Num. 22:1-21

July 6

Psalm 4, 7

Num. 32:1-6; 16-27

July 13

Psalm 9, 15

Joshua 2:1-14

July 20

Psalm 44

Joshua 7:1-13

July 27

Psalm 64, 65

Joshua 24:16-33

August 3

Psalm 77, 79

Judges 6:25-40

August 10

Psalm 89:19-52

Judges 12:1-7

August 17

Psalm 106:19-48

Judges 17:1-13

Tuesday Mornings

June 2

Psalms 45
Gal. 1:18-2:10
Matt. 13:53-58

June 9

Psalms 61, 62
Gal. 4:21-31
Matt. 15:29-39

June 16

Psalms 78:1-39
Rom. 1:1:16-25
Matt. 17:22-27

June 23

Psalms 97
Rom. 4:1-12
Matt. 19:23-30

June 30

Psalms 121, 122, 123
Rom. 7:1-12
Matt. 21:23-32

July 7

Psalms 5, 6
Rom. 8:31-39
Matt. 23:13-26

July 14

Psalms 26, 28
Rom. 11:13-24
Matt. 25:14-30

July 21

Psalms 45
Rom. 14:1-12
Matt. 26:47-56

July 28

Psalms 61, 62
Rom. 16:17-27
Matt. 27:32-44

August 4

Psalms 78:1-39
Acts 3:1-11
John 1:19-28

August 11

Psalms 97, 99
Acts 5:27-42
John 3:22-36

August 18

Psalms 121, 122, 123
Acts 8:1-13
John 5:30-47

The Invitation

“Our soul waits for the Lord; he is our help and our shield. For our heart is glad in him, because we trust in his holy name.” —Ps. 33:20-21

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

Out of the depths I cry to you, O LORD. Lord, hear my voice! Let your ears be attentive to the voice of my supplications! If you, O LORD, should mark iniquities, Lord, who could stand? But there is forgiveness with you so that you may be revered. I wait for the LORD, my soul waits, and in his word I hope; my soul waits for the Lord more than those who watch for the morning, more than those who watch for the morning. **Amen.** — from Ps. 130 (silence)

Listening to Words of Love

Read the prescribed Gospel or Epistle, or both.

Abiding in the Words of Love

- What words challenge or conviction do you hear?
- An aspect of the Spirit’s fruit is joy. How do today’s words invite you into a deeper joy?

Giving Thanks

- When did you see something beautiful in the last few days? Give thanks and consider how you might share the beauty.

Lifting Burdens and Closing Prayers

Entrust yourself, your neighbors, the world and the day ahead to God through the Lord’s Prayer or the following:

Lord, I am happy this morning. Birds and angels sing and I am exultant. The universe and our hearts are open to your grace. I feel my body and give thanks. The sun burns my skin and I thank you. Lord, I rejoice in your creation, and that you are behind it, and before, and next to it, and above—and within us. **Amen.**

—A prayer from Ghana

Tuesday Evenings

The Invitation

"Let your steadfast love, O Lord, be upon us, even as we hope in you." —Ps. 33:22

The Song of Response

Lift up your hearts through one of the prescribed Psalms for the evening. Pray the whole Psalm or focus on a part. Or pray through Psalm 16.

The Confession

Most merciful God, we confess to you, before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do. Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. **Amen.**

(silence)

Listening to Words of Love

Read the prescribed Old Testament passage, evening Psalm or revisit the morning readings.

Abiding in the Words of Love

- What hope do you hear for the day ahead?

Giving Thanks

- Consider the work of your hands. Give thanks for your work, no matter how small or great, no matter if it was paid or unpaid, no matter if it was seen or unseen. Give thanks and offer your work to God and ask the Spirit to move your body, soul and mind into ceasing and resting.

Closing Prayers

Entrust yourself to God's care and receive the rest he gives. Pray for the needs of your neighbors, city and world. Pray for the day ahead. Conclude with the Lord's Prayer or the following:

Lighten our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ. **Amen.**

June 2

Psalm 27, 28

June 9

Psalm 68:1-23

June 16

Psalm 78:40-72
Num. 11:1-23

June 23

Psalm 94, 95
Num. 16:20-35

June 30

Psalm 124, 125, 126
Num. 22:21-38

July 7

Psalm 10, 11
Num. 35:1-3, 9-15

July 14

Psalm 36, 39
Joshua 2:15-24

July 22

Psalm 47, 48
Joshua 8:1-22

July 28

Psalm 68:1-36
Judges 2:1-5

August 4

Psalm 78:40-72
Judges 7:1-18

August 11

Psalm 94, 95
Judges 13:1-15

August 18

Psalm 124, 125
Judges 18:1-15

Wednesday Mornings

June 3

Psalms 119:49-72
Gal. 2:11-21
Matt. 14:1-12

June 10

Psalms 72
Gal. 5:1-15
Matt. 16:1-12

June 17

Psalms 119:97-120
Rom. 1:28-2:11
Matt. 18:1-9

June 24

Psalms 101, 109:1-30
Rom. 4:3:13-25
Matt. 20:1-16

July 1

Psalms 119:145-176
Rom. 7:13-25
Matt. 21:23-32

July 8

Psalms 119:1-24
Rom. 9:1-18
Matt. 23:27-39

July 15

Psalms 38
Rom. 11:25-36
Matt. 25:31-46

July 22

Psalms 119:49-72
Rom. 14:13-23
Matt. 26:57-68

July 29

Psalms 72
Acts 1:1-14
Matt. 27:45-54

August 5

Psalms 119:97-120
Acts 3
John 1:29-42

August 12

Psalms 101, 109
Acts 6:1-15
John 4:1-26

August 19

Psalms 119:145-176
Acts 8:14-25
John 6:1-15

The Invitation

“But I, through the abundance of your steadfast love, will enter your house. I will bow down toward your holy temple in the fear of you.” —Ps. 5:7

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

Gracious God, our sins are too heavy to carry, too real to hide, and too deep to undo. Forgive what our lips tremble to name, what our hearts can no longer bear, and what has become for us a consuming fire of judgment. Set us free from a past that we cannot change; open to us a future in which we can be changed; and grant us grace to grow more and more in your likeness and image; through Jesus Christ, the light of the world. **Amen.** *(silence)*

Listening to Words of Love

Read the prescribed Gospel or Epistle, or both.

Abiding in the Words of Love

- What surprises you about Jesus?
- An aspect of the Spirit’s fruit is peace. How do today’s words invite you into a deeper peace? How might you be a minister of peace?

Giving Thanks

- When did you hear a song that lifted your heart and renewed your faith? Give thanks and consider the songs you can sing over your neighbors.

Closing Prayers

Entrust yourself, your neighbors, the world and the day ahead to God through the Lord’s Prayer or the following:

By the grace of God we are a pilgrim people, ever moving forward. We bring our commitment to unity and mission, sharing with all the fullness of the blessing of the Good News of Jesus Christ. Holy God, fill us with the power of your Spirit that we may be your witnesses to the ends of the earth. **Amen.**

—A prayer from the Church of South India

Wednesday Evenings

The Invitation

"Praise him, sun and moon, praise him, all you shining stars!" —Ps. 148:3

The Song of Response

Lift up your hearts through one of the prescribed Psalms for the evening. Pray the whole Psalm or focus on a part. Or pray through Psalm 8.

The Confession

Most merciful God, we confess to you, before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do. Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. **Amen.**

(silence)

Listening to Words of Love

Read the prescribed Old Testament passage, evening Psalm or revisit the morning readings.

Abiding in the Words of Love

- How do God's word shape the way you see the day ahead of you?

Giving Thanks and Trusting God

- What moment of beauty did you experience?
- Offer prayers for the day ahead and any needs

Closing Prayers

Entrust yourself to God's care and receive the rest he gives. Pray for the needs of your neighbors, city and world. Conclude with the Lord's Prayer or the following:

Lighten our darkness, we beseech thee, O Lord; and by thy great mercy defend us from all perils and dangers of this night; for the love of thy only Son, our Saviour, Jesus Christ. **Amen.**

June 3

Psalm 49, 53

June 10

Psalm 119:73-96

June 17

Psalm 119:97-120
Num. 11:24-35

June 24

Psalm 81, 82
Num. 11:24-35

July 1

Psalm 128, 129, 130
Num. 22:41-23:12

July 8

Psalm 12, 13, 14
Deut. 1:1-18

July 15

Psalm 119:25-48
Joshua 3:1-13

July 22

Psalm 49, 53
Joshua 8:30-35

July 29

Psalm 119:73-96
Judges 3:12-30

August 5

Psalm 81, 82
Judges 7:19-8:12

August 12

Psalm 119:121-144
Judges 13:15-24

August 19

Psalm 128, 129, 130
Judges 18:16-31

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

June 4

Psalms 50
Gal. 3:1-14
Matt. 14:13-21

June 11

Psalms 70, 71
Gal. 5:16-24
Matt. 16:13-20

June 18

Psalms 83, 34
Rom. 2:12-24
Matt. 18:10-20

June 25

Psalms 105
Rom. 5:1-11
Matt. 20:17-28

July 2

Psalms 131, 132, 133
Rom. 8:1-11
Matt. 22:1-14

July 9

Psalms 18:1-20
Rom. 9:19-33
Matt. 24:1-14

July 16

Psalms 37:1-18
Rom. 12:1-8
Matt. 26:1-16

July 23

Psalms 50
Joshua 9:3-21
Rom. 15:1-13

July 30

Psalms 70, 71
Acts 1:15-26
Matt. 27:55-66

August 6

Psalms 83, 145
Acts 4:1-12
John 1:43-51

August 13

Psalms 105:1-22
Acts 6:15-7:16
John 4:27-42

August 20

Psalms 131, 132, 133
Acts 8:26-40
John 6:16-27

The Invitation

“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.” — *Ps. 85:8*

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

O God of shalom, we have built up walls to protect ourselves from our enemies, but those walls also shut us off from receiving your love. Break down those walls. Help us to see that the way to your heart is through the reconciliation of our own hearts with our enemies. Bless them and us, that we may come to grow in love for each other and for you, through Jesus Christ. **Amen.** (*silence*)

Listening to Words of Love

Read the prescribed Gospel or Epistle, or both.

Abiding in the Words of Love

- Imagine Jesus is speaking the words of the passage directly to you. What stirs in your hearts, imaginations and even body?
- An aspect of the Spirit's fruit is patience. How do today's words invite you into a deeper patience?

Giving Thanks and Lifting Your Burdens

- Think back to the last few days. When did you sense God feeding you and satisfying your hunger, either physically or spiritually? Give thanks and consider how you might feed those around you.

Closing Prayers

Entrust yourself, your neighbors, the world and the day ahead to God through the Lord's Prayer or the following:
Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ in the heart of every man who thinks of me, Christ in the mouth of every man who speaks of me, Christ in the eye that sees me, Christ in the ear that hears me. **Amen.**

— *from a prayer of St. Patrick*

Thursday Evenings

The Invitation

"The Lord is your keeper; the Lord is your shade on your right hand. The sun shall not strike you by day, nor the moon by night." —*Ps. 121:5-7*

The Song of Response

Lift up your hearts through one of the prescribed Psalms for the evening. Pray the whole Psalm or focus on a part. Or pray through Psalm 4.

The Confession

Most merciful God, we confess to you, before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do. Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. **Amen.**

(silence)

Listening to Words of Love

Read the prescribed Old Testament passage, evening Psalm or revisit the morning readings.

Abiding in the Words of Love

- What do you hear for the first time?

Giving Thanks and Trusting God

- When did your sense God speaking to your fears?
- Offer prayers for the day ahead and any needs

Closing Prayers

Entrust yourself to God's care and receive the rest he gives. Pray for the needs of your neighbors, city and world. Conclude with the Lord's Prayer or the following:

Come, O Spirit of God, and make within us your dwelling place and home. May our darkness be dispelled by your light, and our troubles calmed by your peace; may all evil be redeemed by your love, all pain transformed through the suffering of Christ, and all dying glorified in his risen life. **Amen.**

June 4

Psalm 8, 84

June 11

Psalm 74

June 18

Psalm 85, 86
Num. 12:1-16

June 25

Psalm 105:23-45
Num. 17:1-11

July 2

Psalm 134, 135
Num. 23:11-26

July 9

Psalm 18:21-50
Deut. 3:18-28

July 16

Psalm 37:19-42
Joshua 3:14-4:7

July 23

Psalm 66, 67
Joshua 9:3-21

July 30

Psalm 74
Judges 4:4-23

August 6

Psalm 85, 86
Judges 8:22-35

August 13

Psalm 105:23-45
Judges 14:1-19

August 20

Psalm 134, 135
Job 1:1-22

Friday Mornings

June 5

Psalms 40, 54
Gal. 3:15-22
Matt. 14:22-36

June 12

Psalms 69:1-30
Gal. 5:25-6:10
Matt. 16:21-28

June 19

Psalms 88
Rom. 2:25-3:8
Matt. 18:21-35

June 26

Psalms 102
Rom. 5:12-21
Matt. 20:29-34

July 3

Psalms 140, 142
Rom. 8:12-17
Matt. 22:15-22

July 10

Psalms 16, 17
Rom. 10:1-13
Matt. 24:15-31

July 17

Psalms 31
Rom. 12:9-21
Matt. 26:17-25

July 24

Psalms 40, 54
Rom. 15:14-24
Matt. 27:1-10

July 31

Psalms 69
Acts 2:1-21
Matt. 28:1-10

August 7

Psalms 88
Acts 4:13-31
John 2:1-12

August 14

Psalms 102
Acts 7:17-29
John 4:43-54

August 21

Psalms 140, 142
Acts 9:1-9
John 6:27-40

The Invitation

“Make haste, O God, to deliver me!” —Ps. 70:1

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

Eternal God, we confess that often we have failed to be an obedient church: we have not done your will; we have broken your law; we have rebelled against your love; we have not loved our neighbors; we have not heard the cry of the needy. Forgive us, we pray. Free us for joyful obedience. Through Jesus Christ, our Lord. **Amen.** (*silence*)

Listening to Words of Love

Read the prescribed Gospel or Epistle, or both.

Abiding in the Words of Love

- What do you notice in the passage or passages? Do you notice any reoccurring themes in the last few days?
- An aspect of the Spirit’s fruit is kindness. How do today’s words invite you into a deeper kindness?

Giving Thanks and Lifting Your Burdens

- What has been difficult for you? Be honest, but also give thanks, remembering that in all things, we can experience the peace of God (Phil. 4:4ff).

Closing Prayers

Entrust yourself, your neighbors, the world and the day ahead to God through the Lord’s Prayer or the following:

I desire to thank thee, that I am this day a living witness to testify that thou art a God, that will ever vindicate the cause of the poor and needy, and that thou hast always proved to be a friend and father to me. O, continue thy loving kindness even unto the end. And not for myself alone do I ask these blessings, but for all the poor and needy, all widows and fatherless children, and for the stranger in distress; and may they call upon thee in such manner as to be convinced that thou art a prayer-hearing and prayer-answering God. **Amen.**

— Maria W. Stewart (1835), a free-born African-American, essayist, teacher, and abolitionist, is thought to be the first American woman to give public lectures.

Friday Evenings

The Invitation

“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...” —Ps.63:5-7

The Song of Response

Lift up your hearts through one of the prescribed Psalms for the evening. Pray the whole Psalm or focus on a part. Or pray through Psalm 28.

The Confession

Most merciful God, we confess to you, before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do. Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. **Amen.**

(silence)

Listening to Words of Love

Read the prescribed Old Testament passage, evening Psalm or revisit the morning readings.

Abiding in the Words of Love

- What do you hear for the first time?

Giving Thanks and Trusting God

- How were you blessed by the good work of someone else’s hand? Give thanks to God and make a point to thank that person.
- Offer prayers for the day ahead and any needs

Closing Prayers

Entrust yourself to God’s care and receive the rest he gives. Pray for the needs of your neighbors, city and world. Conclude with the Lord’s Prayer or the following:

Come, O Spirit of God, and make within us your dwelling place and home. May our darkness be dispelled by your light, and our troubles calmed by your peace; may all evil be redeemed by your love, all pain transformed through the suffering of Christ, and all dying glorified in his risen life. **Amen.**

June 5

Psalm 51

June 12

Psalm 73

June 19

Psalm 91, 92

Num. 13:1-3; 21-30

June 26

Psalm 107:1-32

Num. 20:1-13

July 3

Psalm 141, 143:1-12

Num. 24:1-13

July 10

Psalm 22

Deut. 31:7-13

July 17

Psalm 35

Joshua 4:19-5:1

July 24

Psalm 51

Joshua 9:22-10:15

July 31

Psalm 73

Judges 5:1-18

August 7

Psalm 91, 92

Judges 9:1-16

August 14

Psalm 107:1-32

Judges 14:20-15:20

August 21

Psalm 141, 143

Job 2

Saturday Mornings

June 6

Psalm 55
Gal. 3:23-4:11
Matt. 15:1-20

June 12

Psalm 75, 76
Gal. 6:11-18
Matt. 17:1-13

June 20

Psalm 87, 90
Rom. 3:9-20
Matt. 19:1-12

June 27

Psalm 107:33-43
Rom. 6:1-11
Matt. 21:1-11

July 4

Psalm 137, 144
Rom. 8:18-25
Matt. 22:23-40

July 11

Psalm 20, 21
Rom. 10:14-21
Matt. 24:32-51

July 18

Psalm 30, 32
Rom. 13:1-7
Matt. 26:26-35

July 25

Psalm 55
Rom. 15:25-33
Matt. 27:11-23

August 1

Psalm 75, 76
Acts 2:22-36
Matt. 28:11-20

August 8

Psalm 87, 90
Acts 4:32-5:11
John 2:13-25

August 15

Ps. 107:33-108:11
Acts 7:30-43
John 5:1-18

August 22

Psalm 137, 144
Acts 9:10-19a
John 6:41-51

The Invitation

“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.” — *Ps. 30:4-5*

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

O Almighty God, I humbly ask you to make me like a tree planted by the waterside, that I may bring forth fruits of good living in due season. Forgive my past offenses, sanctify me now, and direct all that I should be in the future, for Christ's sake. **Amen.** (*silence*)

Listening to Words of Love

Read the prescribed Gospel or Epistle, or both.

Abiding in the Words of Love

- In what ways are today's words medicine to your heart, mind and body? How might you speak these words of healing to your neighbors?

Giving Thanks

- Consider your church family at Grace Pasadena. How have you grown with Grace? What roots have you planted? Give thanks and consider how you might walk more closely with your brothers and sisters.

Lifting Burdens and Closing Prayers

Entrust yourself, your neighbors, the world and the day ahead to God through the Lord's Prayer or the following:

God, our Heavenly Father, we draw near to you with thankful hearts because of your great love for us. We thank you most of all for your dear Son, in whom alone we may be one. We are different from one another...but each of us has a human heart, knowing joy and sorrow, pleasure and pain. We are one in our need of your forgiveness, your strength, your love; make us one in our response to you, that bound by common love, and freed from selfish aim, we may work for the good of all and the advancement of your kingdom. **Amen.**

—written by women from Guatemala for the Women's World Day of Prayer, 1993.

Saturday Evenings

The Invitation

"It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep." —Ps. 127:2

The Song of Response

Lift up your hearts through one of the prescribed Psalms for the evening. Pray the whole Psalm or focus on a part. Or pray through Psalm 4.

The Confession

Most merciful God, we confess to you, before the whole company of heaven and one another, that we have sinned in thought, word and deed and in what we have failed to do. Forgive us our sins, heal us by your Spirit and raise us to new life in Christ. **Amen.**

(silence)

Listening to Words of Love

Read the prescribed Old Testament passage, evening Psalm or revisit the morning readings.

Abiding in the Words of Love

- What do you hear for the first time?

Giving Thanks and Trusting God

- How did God meet your needs today?
- Offer prayers for the day ahead and any needs

Closing Prayers

Entrust yourself to God's care and receive the rest he gives. Pray for the needs of your neighbors, city and world. Conclude with the Lord's Prayer or the following:

O God, you created all people in your image. We thank you for the astonishing variety of races and cultures in this world. Enrich our lives by ever-widening circles of friendship, and show us your presence in those who differ most from us, until our knowledge of your love is made perfect in our love for all your children; through your Son, Jesus Christ our Lord. Grant all your children rest. **Amen.**

**Make time for the Examen (pg.21) on Sunday. The Examen is a wonderful tool that can help us remember God's faithfulness and anticipate the same faithfulness in the days ahead.*

June 6

Psalm 138-139:23

June 13

Psalm 23, 27
Num. 3:1-13

June 20

Psalm 136
Num. 13:31-14:25

June 27

Psalm 107:33-43
Num. 20:14-29

July 4

Psalm 137, 144
Num. 24:12-25

July 11

Psalm 116, 117
Deut. 34:1-12

July 18

Psalm 42, 43
Joshua 6:1-14

July 25

Psalm 138-139:23
Joshua 23

August 1

Psalm 23, 27
Judges 5:19-31

August 8

Psalm 136
Judges 9:22-25;
50-57

August 15

Psalm 33
Judges 16:1-14

August 22

Psalm 104
Job 3:1-26

A Noonday Liturgy - Pausing to be Refreshed

- OPENING** O Christ our rest,
We pause amidst the labors of this day
to remember the best reason for our laboring.
We labor, O Lord, as stewards of your creation,
and as stewards of the gifts you have apportioned
to each of us or the good of all.
Bless then the works of our hands and minds and hearts,
O God, that they might bear fruit for your greater purposes.
May our work this day be rendered first as service to you,
that the benefits of it might be eternal.
Receive this, the offering of our labors, O Lord. Amen.
- CONFESSION** If our hearts have already been tempted this day
to believe anything about ourselves or others
that does not take into account your creation, your mercy,
your sacrifice, your grace, your forgiveness, your
redemption, and your unshakeable love, O God,
remind us again of these truths, giving us faith enough
to believe and hope enough to choose to embrace
them again and again. Rekindle our affections, restoring
them again to their one worthy object, who is Christ,
and who alone holds the words of eternal life.
- SCRIPTURE** *Re-visit one of the passages from this morning. Dwell on a
few verses that grip your heart and imaginations. Take a
moment of silence to abide in the words and to treasure
them.*
- CLOSING** Now grant us strength and grace,
O God, sufficient to the remains of the day,
that we might move through its unfolding
in humble obedience to your will
and in sensitivity to your Spirit
and in joyful expectancy of your coming kingdom.
May the light of that eternal city illuminate our hearts,
our paths, our vision through these next hours, O Lord.

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The Examen - Looking Back

The Examen is a way of praying that can help us identify God's presence in our lives, especially the mundane and difficult ones. Try praying the Examen at the end of each week. Set aside 15-20 minutes. Find a quiet spot and put away your phone. Have journal and pen ready. Think about this time as a mini-retreat in which you can drink deeply from God's fountain of life. When you are ready:

Opening Song of Preparation—Psalm 51

"Create in me a clean heart, O God and renew a right spirit within me."

Prayer for God's Presence & Illumination—John 18:12

"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."

Jesus Christ, you are the light of the world. Shine the light of your Spirit on me as I consider my days sheltering-in-place. Help me to see this time as you see. Help me to see myself as you see. Help me to see my sin. Help me to see my joys. Help me to remember and remember well. Amen.

Search Me—Psalm 139:23-24

Search me, O God, and know my heart; test me and know my thoughts. See if there is any wicked way in me.

Prayerfully, consider the week behind you. Note ways in which you have seen God at work in your city, in your church, in your circumstances, in your relationships or in your heart. Consider your joys and thanksgiving. Also, note ways you have resisted God and his will. Consider your sorrows.

Teach Me—Psalm 25:4-5

Show me your ways, LORD, teach me your paths.

Guide me in your truth and teach me, for you are God my Savior.

Prayerfully, ask God how your life concretely needs to change when we come out of this time. How are you being called deeper into love of God and deeper into love of neighbor? Ask God, "How ought I to live?" (Notice ways your heart is resisting. This is often where the Spirit is teaching you to change in order to "lead you in the way everlasting" (Ps. 139:24)).

Take Me—Romans 12:1

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God. This is your true and proper worship.

Prayerfully, offer yourself body and soul—in thought, word, intention, and practice—as a living sacrifice to God. Surrender and ask how you might respond. Consider the practices and habits the Holy Spirit wants to cultivate in you. To whom must you draw near and speak grace?

Prayer of Thanksgiving

Finish your time with a prayer of thanksgiving for God's grace.

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