

ORDINARY TIME

PRAYER GUIDE, PART 2
AUGUST 1 TO SEPTEMBER 25, 2021



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Ordinary Time: Being Ordered By the Holy Spirit

Ordinary Time. On Pentecost Sunday, we remember the giving of the Holy Spirit as promised by Jesus Christ (Acts 2). This Sunday marks the end of Easter and the start of Ordinary Time. This is the longest of the seasons, stretching all the way to Advent. This long season invites us to pay attention to the presence and work of the Holy Spirit in us and in the world. In other words, it invites us to consider and participate the Holy Spirit's work to *order* and shape our lives and world by the love of Jesus Christ. It's the time when the great story of God's redemption proclaimed in the previous seasons sinks more deeply and becomes more real in the everyday contours of our lives. Listen to how Philip Reinders explains it In "Seeking God's Face":

In Ordinary Time, we fully take in the gospel, allowing it to take shape in our daily living, making connections between Jesus' story and our lives. "Ordinary" doesn't mean boring or second-rate but simply "everyday." The Christian faith is not an otherworldly faith; it's about this creation, your life, these days. Ordinary Time gives us the space to consider all the implications of God's salvation in Jesus Christ for our day by day, week-in, week-out lives.

Habits & Rhythms. The Spirit is always at work to order and re-order our lives, especially in our ordinary, every day experiences. An important way we participate in the Spirit's work is through our spiritual habits and rhythms. We offer this guide to help you enter and cultivate robust habits and rhythms. This guide invites you to listen to Jesus, enjoy God's presence, and to respond, morning and evening. This rhythm is modeled after an ancient one that is rooted in Scripture (Ps. 4, 5). Different Christian communities and traditions throughout the centuries have adopted this pattern and sometimes refer to it as the Daily Office. This rhythm frames our days with Jesus' words of love and reminds us that he *is* the King of all our days who is close. It also sensitizes us to the Spirit's leading and encourages us to remain rooted in God's presence throughout the day.

This guide offers Scripture readings taken from the Daily Office Lectionary, a 2-year cycle that follows the liturgical calendar and takes readers through the entire Bible. Questions for reflection and application follow the readings. Prayers from different traditions and parts of the world are given to help us pray in unity with all our brothers and sisters in Christ. A simple and short noonday liturgy is also provided to deepen your rhythm of prayer.

Encouragements. We offer the following quotes to encourage you as you cultivate habits and patterns that root you in the love of God.

“The monastic tradition has always known about finding God in the daily and the ordinary, so it should not really surprise us that in recent years the monastic vision has escaped the cloister and become the property of many lay people who find that it brings them a down-to-earth refreshment of spirit which sadly they often fail to find in the institutional Church. People are waking up to hear the call of the monastery bell – and if we think of that as the bell for the first Office of the day, which is Vigils, then we are given the further image of a wake-up call, a call to become vigilant, alert, fully awake, fully alive.”

ESTHER DE WAAL | Lost in Wonder

“Your daily routine has a worldview. It orients your body to the world and primes you to experience in specific ways.”

“Each moment of our days—our meals, our conversations with friends, our escapes, obsessions, romances, and distractions—is what we make of our lives. Our habits and rhythms of life are formative not only of who we are but how we know the world, including whether we know it to be a place where God is present or absent.”

MIKE COSPER | Rhythms of Grace

“Rituals are not solutions. They don’t ‘fix’ things. They are how we live with what we can’t fix, channels for facing up to our finitude, the way we try to navigate this vale of tears in the meantime. But precisely for that reason they can also be conduits of hope and rhythms of covenant.”

JAMES K.A. SMITH | On the Road with Saint Augustine

“[The] small bits of our day are profoundly meaningful because they are the site of our worship. The crucible of our formation is in the monotony of our daily routines.”

TISH HARRISON WARREN | Liturgy of the Ordinary

Use this guide as you are able. Use all or parts of it. *Begin where you are* and let the Spirit deepen and expand your practices and rhythms. May the Lord draw us closer to him and to one another. May our days be marked the love of Jesus Christ.

With great love for you all,

Pastor Marc Choi and the leaders of Grace Pasadena.

Sunday Mornings

8/1

Psalms 93, 96
2 Sam. 6:12-23
John 1:43-51

8/8

Psalms 66; 67
2 Sam. 13:1-22
John 3:22-26

8/15

Psalms 118
2 Sam. 17:1-23
John 5:30-47

8/22

Psalms 146, 147
2 Sam. 24:1-2, 10-25
John 8:12-20

8/29

Psalms 148, 149, 150
1 Kings 8:22-40
John 8:47-59

9/5

Psalms 63:1-11, 98
1 Kings 12:21-33
John 10:31-42

9/12

Psalms 24, 29
1 Kings 19:8-21
John 11:45-57

9/19

Psalms 93, 96
2 Kings 4:8-37
Luke 3:7-18

The Invitation

"Oh sing to the Lord a new song;
sing to the Lord, all the earth!
Sing to the Lord, bless his name;
tell of his salvation from day to day." — Ps. 96:1-2

What new song do you feel emerging?

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

Merciful God, we confess that we have sinned against you in thought, word, and deed. 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 one, two, or all of the prescribed passages.

Abiding in Love and Responding

- Slowly re-read one of the passages, paying attention to how your body responds. Try to notice if certain words or images cause your body to tense or relax. What might the Holy Spirit be saying to you?
- What invitation from God do you sense?

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 Lord's Prayer and/or following prayer:

Come, my Light, and illumine my darkness. Come, my Life, and revive me from death. Come, my Physician, and heal my wounds. Come, Flame of divine love, and burn up the thorns of my sins, kindling my heart with the flame of your love. Come, my King, sit upon the throne of my heart and reign there, for you alone are my King and my Lord. **Amen.**

Sunday Evenings

Opening Prayer

By day the Lord directs his love, at night his song is with me— a prayer to the God of my life. **Amen.** (Ps. 42:8)

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

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.”**

(silence)

Listening to Words of Love

Read the passage or continue to dwell on the Psalm.

Abiding in Love

- How did God meet you in sorrow today? In joy?
- How did God turn your attention to his love in either your sorrow or joy?

Closing Prayers

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

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. *(say the names of those who come to mind)*

Tend the sick, Lord Christ; give rest to the weary,
(say the names of those who come to mind)

bless the dying, soothe the suffering, pity the afflicted,
(say the names of those who come to mind)

shield the joyous;
(say the names of those who come to mind)

and guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen**

8/1

Psalm 34
Rom. 14:7-12

8/8

Psalms 19, 46
Rom. 15:1-13

8/15

Psalms 145
Gal. 3:6-14

8/22

Ps. 111, 112, 113
Gal. 3:23-4:7

8/29

Psalms 114, 115
1 Tim. 4:7-16

9/5

Psalm 103
Acts 4:18-31

9/12

Psalms 8, 84
Acts 5:34-42

9/19

Psalm 34
Acts 9:10-31

Monday Mornings

8/2

Psalms 80
2 Sam. 7:1-17
Mark 8:11-21

8/9

Psalms 89:1-18
2 Sam. 13:23-39
Mark 9:42-50

8/16

Psalms 106:1-18
2 Sam. 17:24-18:8
Mark 11:27-12:12

8/23

Psalms 1, 2, 3
1 Kings 1:5-31
Mark 13:28-37

8/30

Psalms 25
2 Chron. 6:32-7:7
Mark 14:53-65

9/6

Psalms 63:1-11, 98
1 Kings 12:21-33
Mark 15:40-47

9/13

Psalms 56, 57, 58
1 Kings 21:1-16
Matt. 4:1-11

9/20

Psalms 80
2 Kings 5:1-19
Matt. 5:21-26

The Invitation

"[I] will sing of your strength; I will sing aloud of your steadfast love in the morning. For you have been to me a fortress and a refuge in the day of my distress." — Ps. 59:7

How do you feel weak in your heart, mind or body? Take a few breaths, remembering God is your fortress and refuge.

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, you love us, but we do not love you fully. You call, but we do not always listen. We often walk away from neighbors in need, wrapped in our own concerns. We often condone evil, hatred, warfare, and greed. God of grace, help us to admit our sin, so that as you move toward us in mercy, we may repent, turn to you, and receive forgiveness; through Jesus Christ our Redeemer. **Amen.** *(silence)*

Listening to Words of Love

Read one, two, or all of the prescribed passages.

Abiding in Love and Responding

- Revisit one of the passages. What surprises you and what feelings does it evoke?
- In what ways do today's words invite you to be present to God, yourself and others today?

Closing Prayers

Offer to God your needs and the needs of your neighbor, church, city, and world. Conclude with the Lord's Prayer and/or following:

Lord Jesus Christ, you are the way, the truth and the life: let us not stray from you who are the way, nor distrust your promises who are the truth, nor rest in anything but you who are the life, for beyond you there is nothing to be desired neither in heaven nor in earth. **Amen.**

Monday Evenings

Opening Prayer

By day the Lord directs his love, at night his song is with me— a prayer to the God of my life. **Amen.** (Ps. 42:8)

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

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.”**

(silence)

Listening to Words of Love

Read the Epistle or continue to dwell on the Psalm.

Abiding in Love

- How did God meet you in sorrow today? In joy?
- How did God turn your attention to his love in either your sorrow or joy?

Closing Prayers

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

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. *(say the names of those who come to mind)*

Tend the sick, Lord Christ; give rest to the weary,
(say the names of those who come to mind)

bless the dying, soothe the suffering, pity the afflicted,
(say the names of those who come to mind)

shield the joyous;
(say the names of those who come to mind)

and guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen**

8/2

Psalms 77, 79
Acts 18:1-11

8/9

Psalms 77, 79
Acts 18:1-11

8/16

Psalms 106:19-48
Acts 22:30-23:11

8/23

Psalms 4,7
Acts 26:123

8/30

Psalms 9, 15
James 2:1-13

9/6

Psalm 44
Phil. 1:1-11

9/13

Psalms 64, 65
1 Cor. 1:1-19

9/20

Psalms 77, 79
1 Cor. 4:8-21

Tuesday Mornings

8/3

Psalms 78:1-39
2 Sam. 7:18-29
Mark 8:22-33

8/10

Psalms 97, 99
2 Sam. 14:1-20
Mark 10:1-16

8/17

Ps. 121, 122, 123
2 Sam. 18:9-18
Mark 11:27-12:12

8/24

Psalms 5, 6
1 Kings 1:38-2:4
Mark 13:28-37

8/31

Psalms 26, 28
1 Kings 8:65-9:2
Mark 14:66-72

9/7

Psalms 45
1 Kings 16:23-34
Mark 16:1-8

9/14

Psalms 61, 62
1 Kings 21:17-29
Matt. 4:12-17

9/21

Psalms 78:1-39
2 Kings 5:19-27
Matt. 5:27-37

The Invitation

"My soul longs, yes, faints for the courts of the Lord; my heart and flesh sing for joy to the living God." —Ps. 84:2

Take a moment to remember you are at home when with God, the lover of our souls.

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 and merciful 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 and sorry for all we have done to displease you. Forgive our sins, and help us to live in your light, and walk in your ways, for the sake of Jesus Christ our Savior. **Amen.** *(silence)*

Listening to Words of Love

Read one, two, or all of the prescribed passages.

Abiding in Love & Responding

- Sit with one of the passages? What aspect of God's love do you notice in a fresh way?
- Ask the Holy Spirit to give you "eyes to see and ears to hear" this aspect of God's love through the day.
- Ask how you might bless a neighbor with this aspect of God's love.

Closing Prayers

Offer to God your needs and the needs of your neighbor, church, city, and world. Conclude with the Lord's Prayer and/or following prayer:

May the power of your love, O Lord, fiery and sweet as honey, so absorb our hearts as to withdraw them from all that is under heaven. Grant that we may be ready to die for love of your love as you died for love of our love. **Amen.**

Tuesday Evenings

Opening Prayer

By day the Lord directs his love, at night his song is with me— a prayer to the God of my life. **Amen.** (Ps. 42:8)

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

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.”**

(silence)

Listening to Words of Love

Read the Epistle or continue to dwell on the Psalm.

Abiding in Love

- How did God meet you in sorrow today? In joy?
- How did God turn your attention to his love in either your sorrow or joy?

Closing Prayers

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

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. *(say the names of those who come to mind)*

Tend the sick, Lord Christ; give rest to the weary,
(say the names of those who come to mind)

bless the dying, soothe the suffering, pity the afflicted,
(say the names of those who come to mind)

shield the joyous;
(say the names of those who come to mind)

and guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen**

8/3
Psalm 78:40-72
Acts 18:12-28

8/10
Psalms 94, 95
Acts 21:1-14

8/17
Ps. 124, 125, 126
Acts 23:12-24

8/24
Psalms 10, 11
Acts 26:24-27:8

8/31
Psalms 36, 39
James 2:14-26

9/7
Psalms 47, 48
Phil. 2:1-11

9/14
Psalm 68
1 Cor. 1:20-31

9/21
Psalm 78:40-72
1 Cor. 5:1-8

Wednesday Mornings

8/4

Psalm 119:97-120
2 Sam 9:1-13
Mark 8:34-9:1

8/11

Psalm 101
2 Sam 14:21-33
Mark 10:17-31

8/18

Psalm 119:145-176
2 Sam. 18:19-33
Mark 12:13-27

8/25

Psalm 11:1-24
1 Kings 3:1-15
Mark 14:1-11

9/1

Psalm 38
1 Kings 9:24-10:13
Mark 15:1-11

9/8

Psalm 1119:49-72
1 Kings 17:1-21
Matt. 2:1-12

9/15

Psalms 72
1 Kings 22:1-28
Matt. 4:18-25

9/22

Psalm 119:97-120
2 Kings 6:1-23
Matt. 5:38-48

The Invitation

"[May] all who seek you rejoice and be glad in you; may those who love your salvation say continually, 'Great is the Lord!'" —Ps. 40:16

Take a moment to savor God's gracious, self-giving love.

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 Lord, you are the Good Shepherd. Like sheep, we have gone our own way. Bring us back to your green pastures and quiet waters. Forgive us and renew us **Amen.**

(Silence)

Listening to Words of Love

Read one, two, or all of the prescribed passages.

Abiding in Love and Responding

- Dwell on one of the passages. Where and how do you feel resistance? What is God asking you to lay down and surrender?
- How might the Spirit be using the passage to help you "love your neighbor as yourself"?

Closing Prayers

Offer to God your needs and the needs of your neighbor, church, city, and world. Conclude with the Lord's Prayer and/or following:

Remember, Lord, what you have wrought in us and not what we deserve, and as you have called us to your service make us worthy of our calling through Jesus Christ our Lord. **Amen.**

Wednesday Evenings

Opening Prayer

By day the Lord directs his love, at night his song is with me— a prayer to the God of my life. **Amen.** (Ps. 42:8)

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

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.”**

(silence)

Listening to Words of Love

Read the Epistle or continue to dwell on the Psalm.

Abiding in Love

- How did God meet you in sorrow today? In joy?
- How did God turn your attention to his love in either your sorrow or joy?

Closing Prayers

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

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. *(say the names of those who come to mind)*

Tend the sick, Lord Christ; give rest to the weary,
(say the names of those who come to mind)

bless the dying, soothe the suffering, pity the afflicted,
(say the names of those who come to mind)

shield the joyous;
(say the names of those who come to mind)

and guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen**

8/4

Psalm 81, 82
Acts 19:11-20

8/11

Psalm 119:121-144
Acts 21:15-26

8/18

Psalm 128, 129, 130
Acts 23:23-35

8/25

Psalms 12, 13, 14
Acts 27:9-26

9/1

Psalms 119:25-48
James 3:1=12

9/8

Psalms 49, 53
Phil. 2:12-30

9/15

Psalm 119:73-96
1 Cr. 2:1-13

9/22

Psalms 81, 82
1 Cor. 5:9-6:8

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

8/5

Psalms 83, 145
2 Sam 11:1-27
Mark 9:2-13

8/12

Psalms 105:1-22
2 Sam 15:1-18
Mark 10:32-45

8/19

Ps. 131, 132, 133
2 Sam. 19:1-23
Mark 12:28-34

8/26

Psalms 18:1-20
1 Kings 3:16-28
ark 14:12-26

9/2

Psalms 37:1-18
1 Kings 11:1-13
Mark 15:12-21

9/9

Psalms 50
1 Kings 18:1-19
Matt. 2:13-21

9/16

Psalms 70, 71
1 Kings 22:29-45
Matt. 5:1-10

9/23

Psalms 116, 117
2 Kings 9:1-16
Matt. 6:1-6, 16-18

The Invitation

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

What image comes to mind when you hear "satisfy us"?

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

Almighty God, who does freely pardon all who repent and turn to Him, now fulfill in every contrite heart the promise of redeeming grace; forgiving all our sins, and cleansing us from an evil conscience; through the perfect sacrifice of Christ Jesus our Lord. **Amen.** (*silence*)

Listening to Words of Love

Read one, two, or all of the prescribed passages.

Abiding in Love and Responding

- Let the words of one passage wash over you again. How do they shape the way you see the world around you?
- What new prayers for the world are emerging? Write them down and invite a friend to pray with you.

Closing Prayers

Offer to God your needs and the needs of your neighbor, church, city, and world. Conclude with the Lord's Prayer and/or following prayer:

Support us, O Lord, all the day long of this troublous life, until the shadows lengthen and the evening comes, the busy world is hushed, the fever of life is over and our work is done. Then, Lord, in your mercy grant us a safe lodging, a holy rest, and peace at the last; through Christ our Lord. **Amen.**

Thursday Evenings

Opening Prayer

By day the Lord directs his love, at night his song is with me— a prayer to the God of my life. **Amen.** (Ps. 42:8)

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

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.”**

(silence)

Listening to Words of Love

Read the Epistle or continue to dwell on the Psalm.

Abiding in Love

- How did God meet you in sorrow today? In joy?
- How did God turn your attention to his love in either your sorrow or joy?

Closing Prayers

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

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. *(say the names of those who come to mind)*

Tend the sick, Lord Christ; give rest to the weary,
(say the names of those who come to mind)

bless the dying, soothe the suffering, pity the afflicted,
(say the names of those who come to mind)

shield the joyous;
(say the names of those who come to mind)

and guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen**

8/5

Psalm 85, 86
Acts 19:11-20

8/12

Psalm 105:23-45
Acts 21:27-36

8/19

Psalms 134, 135
Acts 24:1-23

8/26

Psalms 18:21-50
Acts 27:27-44

9/2

Psalms 37:19-42
James 3:13-4:12

9/9

Psalms 93, 96
Phil 2:12-30

9/16

Psalm 74
1 Cor. 2:14-3:15

9/23

Psalms 85, 86
1 Cor. 6:12-20

Friday Mornings

8/6

Psalms 88

2 Sam. 12:1-14

Mark 9:14-29

8/13

Psalms 102

2 Sam. 15:19-37

Mark 10:46-52

8/20

Psalms 140, 142

2 Sam. 19:24-43

Mark 12:35-44

8/27

Psalms 16, 17

1 Kings 5:1-6:17

Mark 14:27-42

9/3

Psalms 31

1 Kings 11:26-33

Mark 15:33-39

9/10

Psalms 40, 54

1 Kings 18:20-40

Matt. 3:1-12

9/17

Psalms 69

2 Kings 1:2-17

Matt. 5:11-16

9/24

Psalms 88

2 Kings 9:17-37

Matt. 6:7-15

The Invitation

"The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters."

—Ps. 23:1-2

Take a moment to lie down or to take a long drink of cold water to remember prayer is a rest.

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, in whom we live and move and have our being, whose face is hidden from us by our sins, and whose mercy we forget in the blindness of our hearts: cleanse us from all our offenses, and deliver us from proud thoughts and vain desires, that with reverent and humble hearts we may draw near to you, confessing our faults, confiding in your grace, and finding in you our refuge and strength; through Jesus Christ your Son. **Amen.** (silence)

Listening to Words of Love

Read one, two, or all of the prescribed passages.

Abiding in Love and Responding

- Linger over a phrase or verse and sit silently in them. What words of wholeness do you hear?
- How might you share this wholeness today?

Closing Prayers

Offer to God your needs and the needs of your neighbor, church, city, and world. Conclude with the Lord's Prayer and/or following prayer from Sr. Francis:

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. **Amen.**

Friday Evenings

Opening Prayer

By day the Lord directs his love, at night his song is with me— a prayer to the God of my life. **Amen.** (Ps. 42:8)

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

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.”**

(silence)

Listening to Words of Love

Read the Epistle or continue to dwell on the Psalm.

Abiding in Love

- How did God meet you in sorrow today? In joy?
- How did God turn your attention to his love in either your sorrow or joy?

Closing Prayers

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

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. *(say the names of those who come to mind)*

Tend the sick, Lord Christ; give rest to the weary, *(say the names of those who come to mind)*

bless the dying, soothe the suffering, pity the afflicted, *(say the names of those who come to mind)*

shield the joyous; *(say the names of those who come to mind)*

and guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen**

8/6

Psalms 91, 92
Acts 19:21-41

8/13

Psalm 107:1-32
Acts 21:37-22:16

8/20

Psalms 141, 143
Acts 24:24-25:12

8/27

Psalm 22
Acts 28:1-16

9/3

Psalms 35
James 4:13-5:6

9/10

Psalm 51
Phil 3:1-16

9/17

Psalms 73
1 Cor. 3:16-23

9/24

Psalms 91, 92
1 Cor. 7:1-9

Saturday Mornings

8/7

Psalms 87, 90
2 Sam 12:15-31
Mark 9:30-41

8/14

Psalms 107:33-43
2 Sam 16:1-23
Mark 11:1-11

8/21

Psalms 137: 144
2 Sam. 23:1-17
Mark 13:1-13

8/28

Psalms 20, 21
1 Kings 7:51-8:@1
Mark 14:43-52

9/4

Psalms 30, 32
1 Kings 12:1-20
Mark 15:33-39

9/11

Psalms 55
1 Kings 18:41-19:8
Matt 3:13-17

9/18

Psalms 75, 76
2 Kings 2:1-18
Matt. 5:17-20

9/25

Psalms 87, 90
2 Kings 11:1-20a
Matt. 6:19-24

The Invitation

"The Mighty One, God the Lord, speaks and summons the earth from the rising of the sun to its setting." —Ps. 50:1

Dwell on this Good News: God's Word orders all things with love!

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 Lord, I have betrayed you By following my own way. I have denied you by fearing to follow yours. And I have mocked you by not taking your death seriously. Lord, I am lost. Let your forgiveness find me. Hold me in your strong arms and give me your new life. Live in me and with me day by day. **Amen.** (silence)

Listening to Words of Love

Read one, two, or all of the prescribed passages.

Abiding in Love and Responding

- Reconsider one of the passages. How do they help you remember the week behind you and prepare you for Sunday worship tomorrow?
- What invitation to beauty and rest do you hear?

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

By day the Lord directs his love, at night his song is with me— a prayer to the God of my life. **Amen.** (Ps. 42:8)

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

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. **Amen.”**

(silence)

Listening to Words of Love

Read the Epistle or continue to dwell on the Psalm.

Abiding in Love

- How did God meet you in sorrow today? In joy?
- How did God turn your attention to his love in either sorrow or joy?

Closing Prayers

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

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. *(say the names of those who come to mind)*

Tend the sick, Lord Christ; give rest to the weary,
(say the names of those who come to mind)

bless the dying, soothe the suffering, pity the afflicted,
(say the names of those who come to mind)

shield the joyous;
(say the names of those who come to mind)

and guide us waking, O Lord, and guard us sleeping; that awake we may watch with Christ, and asleep we may rest in peace. **Amen**

8/7

Psalm 136
Acts 20:1-16

8/14

Psalm 33
Acts 22:17-29

8/21

Psalm 104
Act 25:13-27

8/28

Ps. 110:1-7, 116,
117
Acts 28:17-31

9/4

Psalms 42, 43
James 5:7-12, 19-20

9/11

Psalms 138, 139
Phil. 3:17-4:7

9/12

Psalms 23, 27
1 Cor. 4:1-7

9/25

Psalm 136
1 Cor. 7:10-24

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.



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