

ORDINARY TIME, PT. 2

DAILY PRAYER GUIDE
JULY 24 - OCT. 1 | 2022



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“You must try to pray so that, in your prayer, you open yourself in such a way that sometime—perhaps not today, but sometime—you are able to hear God say to you, *“I love you!”* These words, addressed to you by God, are the most important words you will ever hear because, before you hear them, nothing is ever completely right with you, but after you hear them, something will be right in your life at a very deep level.”

FR. RONALD ROLHEISER | *PRAYER: OUR DEEPEST LONGING*

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Ordinary Time & The Daily Office

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 and in through us! 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 an *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 prayers, as well as 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 prayerfully during the day. 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,
Pastor Marc and the Leaders of Grace Pasadena.***

Sunday Mornings

July 24

Psalms 24, 29
Joshua 24:1-15
Mark 2:23-28

July 31

Psalms 93, 96
Judges 6:1-24
Mark 3:20-30

August 7

Psalms 66, 67
Judges 11:1-11, 29-40
Mark 4:35-41

August 14

Psalms 118
Judges 16:15-31
Mark 5:25-34

August 21

Psalms 146, 147
Job 4:1-6, 12-21
Mark 6:1-6a

August 28

Psalms 148, 149, 150
Job 11:1-9, 13-20
Matt. 5:1-12

September 4

Psalms 63:1-11, 98
Job 25:1-6; 27:1-6
Matt. 5:13-20

September 11

Psalms 24, 29
Job 38:1, 18-41
Matt. 5:21-26

September 18

Psalms 93, 96
Esther 3:1--4:3*
Matt. 6:1-6, 16-18

September 25

Psalms 66, 67
Hosea 2:2-14
Matt. 13:44-52

Pray through the entire office, or focus on a part.

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. Let your steadfast love, O Lord, be upon us, even as we hope in you.” — *Ps. 90:14*

Which word do you feel drawn to? What prayer might be emerging in you?

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

Lord Jesus, we have sinned times without number, and been guilty of pride and unbelief, and of neglect to seek you in our daily lives. Our sins and shortcomings present us with a list of accusations, but we thank you that they will not stand against us, for all have been laid on Christ. Deliver us from everything that dims the brightness of your grace in us and prevents us taking delight in you. **Amen.** *(silence)*

Listening to Words of Love

Read the Old Testament or Gospel reading, or both. Feel free to savor or ponder a few verses.

Abiding in Love

- What words of rest and delight do you hear?
- Consider memorizing a verse that seems to be for you today, or writing it on a sticky note and putting it somewhere you can see it throughout the day.

Responding to Love and 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 collect:

Keep, O Lord, your household the Church in your steadfast faith and love, that through your grace we may proclaim your truth with boldness, and minister your justice with compassion; for the sake of our Savior Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Sunday Evenings

Opening Prayer

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

As the night descends and thickens, we remember this truth: “God is light, and in him is no darkness at all.” — *1 Jn 1:5b*

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

Lord, have mercy.
Christ, have mercy.
Lord, have mercy. **Amen.**

Repeat this ancient prayer of confession a few times, slowly. What emerges from the day? Where do you feel the Holy Spirit offering forgiveness and new life?

Listening to Words of Love

Read the Epistle reading or continue to dwell on the Psalm.

- How might the Spirit be using these words to re-order the day behind you and the day ahead?

Closing Prayers

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

- What work do you have left to do?
- What anxieties do you have about tomorrow?
- Who are the people heavy on your mind and heart?
- What joys from the day linger with you? What joys are you expecting tomorrow?
- Where in your body do you feel unwell or well?

Take a few silent moments to name what you carry in your heart, mind and body; offer all of it to God. After a few moments, conclude with:

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.**

July 24

Psalms 8, 84
Acts 28:23-31

July 31

Psalms 34
2 Cor. 9:6-15

August 7

Psalms 19, 46
2 Cor. 11:21b-31

August 14

Psalms 145
2 Cor. 13:1-11

August 21

Pss. 111, 112, 113
Rev. 4:1-11

August 28

Psalms 114, 155
Rev. 5:1-14

September 4

Psalms 103
Rev. 14:1-7, 13

September 11

Psalms 8, 84
Rev. 18:1-8

September 18

Psalms 34
James 1:19-27

September 25

Psalms 19, 46
James 3:1-13

Monday Mornings

July 25

Psalms 56, 57, 58
Joshua 24:16-33
Matthew 27:24-31

August 1

Psalms 80
Judges 6:25-40
John 1:1-18

August 8

Psalms 89:1-18
Judges 12:1-7
John 3:1-21

August 15

Psalms 106:1-18
Judges 17:1-13
John 5:19-29

August 22

Psalms 1, 2, 3
Job 4:1; 5:1-11, 17-21, 26-27
John 6:52-59

August 29

Psalms 5
Job 12:1-6, 13-25
John 8:21-32

September 5

Psalms 41, 52
Job 32:1-10, 19; 33:1, 19-28
John 10:19-30

September 12

Psalms 56, 57, 58
Job 40:1-24
John 11:55--12:8

September 19

Psalms 80
Esther 4:4-17
Luke (1:1-4); 3:1-14

September 26

Psalms 89:1-18
Hosea 2:14-23
Luke 5:1-11

Pray through the entire office, or focus on a part.

The Invitation

“Trust in the Lord, and do good; dwell in the land and befriend faithfulness.” — *Psalms 37:3*

The Psalmist invites us to “dwell in the land”. As you come to God today, do you feel rooted or unrooted? Offer this feeling to God, who is your sure foundation.

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

Gracious God, we confess that we have longed too much for the comforts of this world. We have loved the gifts more than You, the giver. In your mercy, help us to see that all the things we pine for are shadows, but you are substance; that they are quicksands, but you are mountain; that they are shifting, but you are anchor. We plead your forgiveness, freely offered in Jesus Christ. In his name, we pray. **Amen.** *(silence)*

Listening to Words of Love

Read the Old Testament or Gospel reading, or both. Feel free to savor or ponder a few verses.

Abiding in Love

- What do you notice about God? What surprises you or challenges you about God?
- Take a few moments to sit with a verse or two that stirs your heart, mind or body (or all three). As the words settle in you, re-write the verses as a prayer.

Responding to Love and 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 collect:

Almighty God, you have built your Church upon the foundation of the apostles and prophets, Jesus Christ himself being the chief cornerstone: Grant us so to be joined together in unity of spirit by their teaching, that we may be made a holy temple acceptable to you; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

Monday Evenings

Opening Prayer

O God, make speed to save us.

O Lord, make haste to help us.

As the night descends and thickens, we remember this truth: “God is light, and in him is no darkness at all.” — *1 Jn 1:5b*

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

Lord, have mercy.

Christ, have mercy.

Lord, have mercy. **Amen.**

Repeat this ancient prayer of confession a few times, slowly. What emerges from the day? Where do you feel the Holy Spirit offering forgiveness and new life?

Listening to Words of Love

Read the Epistle reading or continue to dwell on the Psalm.

- How might the Spirit be using these words to re-order the day behind you and the day ahead?

Closing Prayers

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

- What work do you have left to do?
- What anxieties do you have about tomorrow?
- Who are the people heavy on your mind and heart?
- What joys from the day linger with you? What joys are you expecting tomorrow?
- Where in your body do you feel unwell or well?

Take a few silent moments to name what you carry in your heart, mind and body; offer all of it to God. After a few moments, conclude with:

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.**

July 25

Psalms 64, 65
Rom. 16:1-16

August 1

Psalms 77, 79
Acts 2:37-47

August 8

Psalms 89:19-52
Acts 5:12-26

August 15

Psalms 106:19-48
Acts 7:44--8:1a

August 22

Psalms 4, 7
Acts 9:19b-31

August 29

Psalms 9, 15
Acts 11:19-30

September 5

Psalms 44
Acts 13:44-52

September 12

Psalms 64, 65
Acts 15:36--16:5

September 19

Psalms 77, 79
Acts 18:1-11

September 26

Psalms 89:19-52
Acts 20:17-38

Tuesday Mornings

July 26

Psalms 61, 62
Judges 2:1-5, 11-23
Matt. 27:32-44

August 2

Psalms 78:1-39
Judges 7:1-18
John 1:19-28

August 9

Psalms 97, 99, 100
Judges 13:1-15
John 3:22-36

August 16

Psalms 120 -- 123
Judges 18:1-15
John 5:30-47

August 23

Psalms 5, 6
Job 6:1-4, 8-15, 21
John 6:60-71

August 30

Psalms 26, 28
Job 12:1; 13:3-17, 21-27
John 8:33-47

September 6

Psalms 45
Job 29:1-20
John 10:31-42

September 13

Psalms 61, 62
Job 40:1; 41:1-11
John 12:9-19

September 20

Psalms 78:1-39
Esther 5:1-14
Luke 3:15-22

September 27

Psalms 97, 99, 100
Hosea 4:1-10
Luke 5:12-26

Pray through the entire office, or focus on a part.

The Invitation

"Surely his salvation is near to those who fear him, that glory may dwell in our land. Steadfast love and faithfulness meet; righteousness and peace kiss each other."
—Ps. 85:9-10

Take a moment to delight in the nearness of God and his tender kiss of righteousness and peace.

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 Father, forgive our sins. Forgive the sins that we remember, and the sins we have forgotten. Forgive the harsh judgments we have made of others, and the leniency we have shown ourselves. Forgive the lies we have told to others, and the truths we have avoided. Forgive us the pain we have caused others and the indulgence we have shown ourselves. Have mercy on us and make us whole. **Amen.**
(silence)

Listening to Words of Love

Read the Old Testament or Gospel reading, or both. Feel free to savor or ponder a few verses.

Abiding in Love

- How do today's words speak to the work you do or the tasks that are at hand?
- How do today's words invite you to see the holiness and worth of the work God gives you to do?

Responding to Love and 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 collect:

O Lord, mercifully receive the prayers of your people who call upon you, and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Tuesday Evenings

Opening Prayer

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

As the night descends and thickens, we remember this truth:
"God is light, and in him is no darkness at all." —1 Jn 1:5b

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

Lord, have mercy.
Christ, have mercy.
Lord, have mercy. **Amen.**

Repeat this ancient prayer of confession a few times, slowly. What emerges from the day? Where do you feel the Holy Spirit offering forgiveness and new life?

Listening to Words of Love

Read the Epistle reading or continue to dwell on the Psalm.

- How might the Spirit be using these words to re-order the day behind you and the day ahead?

Closing Prayers

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

- What work do you have left to do?
- What anxieties do you have about tomorrow?
- Who are the people heavy on your mind and heart?
- What joys from the day linger with you? What joys are you expecting tomorrow?
- Where in your body do you feel unwell or well?

Take a few silent moments to name what you carry in your heart, mind and body; offer all of it to God. After a few moments, conclude with:

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.**

July 26

Psalms 68
Rom. 16:17-27

August 2

Psalms 78:40-72
Acts 3:1-11

August 9

Psalms 94, 95
Acts 5:27-42

August 16

Pss. 124 -- 127
Acts 8:1-13

August 23

Psalms 10-11
Acts 9:32-43

August 30

Psalms 36, 39
Acts 12:1-17

September 6

Psalms 47, 48
Acts 14:1-18

September 13

Psalms 68
Acts 16:6-15

September 20

Psalms 78:40-72
Acts 18:12-28

September 27

Psalms 94, 95
Acts 21:1-14

Wednesday Mornings

July 27

Psalms 72
Judges 3:12-30
Matt. 27:45-54

August 3

Psalms 119:97-120
Judges 7:19--8:12
John 1:29-42

August 10

Psalms 101, 109
Judges 13:15-24
John 4:1-26

August 17

Psalms 119:145-176
Judges 18:16-31
John 6:1-15

August 24

Psalms 119:1-24
Job 6:1; 7:1-21
John 7:1-13

August 31

Psalms 38
Job 12:1; 14:1-22
John 8:47-59

September 7

Psalms 119:49-72
Job 29:1; 30:1-2, 16-31
John 11:1-16

September 14

Psalms 72
Job 42:1-17
John 12:20-26

September 21

Psalms 119:97-120
Esther 6:1-14
Luke 4:1-13

September 28

Psalms 101, 109
Hosea 4:11-19
Luke 5:27-39

Pray through the entire office, or focus on a part.

The Invitation

"Great are the works of the Lord, studied by all who delight in them." —Ps. 111:2

Take a moment to look around you. What do you notice about God's handiwork? What sights, sounds, or smells delight you? Make this a prayer of praise.

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

Father, we thank you for the freedom you have given us through the life, death and resurrection of your Son. But we confess today that we often live like slaves. Instead of living like you delight in us, we avoid you in shame and guilt. Instead of receiving your favor as a gift, we try to earn it with our efforts. Instead of accepting your freedom, we prefer our chains. Instead of pursuing your purposes, we cling to our short-sighted agendas. Forgive us. Embrace us. Cleanse us. Heal us. We ask this in Jesus' name. **Amen.** *(silence)*

Listening to Words of Love

Read the Old Testament or Gospel reading, or both. Feel free to savor or ponder a few verses.

Abiding in Love

- What fears or anxieties are you holding in your heart, mind, or body? How might today's words speak to those fears and anxieties and offer release?

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 collect:

Almighty God, the fountain of all goodness: Have compassion on our weakness, and mercifully give us those things which for our unworthiness we dare not, and for our blindness we cannot ask; through the worthiness of your Son Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Wednesday Evenings

Opening Prayer

O God, make speed to save us.

O Lord, make haste to help us.

As the night descends and thickens, we remember this truth:

"God is light, and in him is no darkness at all." —1 Jn 1:5b

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

Lord, have mercy.

Christ, have mercy.

Lord, have mercy. **Amen.**

Repeat this ancient prayer of confession a few times, slowly.

What emerges from the day? Where do you feel the Holy Spirit offering forgiveness and new life?

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- How might the Spirit be using these words to re-order the day behind you and the day ahead?

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Take a few silent moments to name what you carry in your heart, mind and body; offer all of it to God. After a few moments, conclude with:

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July 27

Psalms 119:73-96
Acts 1:1-14

August 3

Psalms 81, 82
Acts 3:12-26

August 10

Psalms 119:121-144
Acts 6:1-15

August 17

Psalms 128 -- 130
Acts 8:14-25

August 24

Psalms 12, 13, 14
Acts 10:1-16

August 31

Psalms 119:25-48
Acts 12:18-25

September 7

Psalms 49, 53
Acts 14:19-28

September 14

Psalms 119:73-96
Acts 16:16-24

September 21

Psalms 81, 82
Acts 19:1-10

September 28

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

Weekly Practice - Saying “No” to Say “Yes”

Take some time to consider your daily and weekly schedules and activities. Take note of the places that feel too busy, too packed, or too tiring. Take note of the places that are free or spacious. Take note of the temptation to go above and beyond your regular responsibilities and limits.

- *Where have you filled your schedule with busyness (or too much)? Is there anything you can say “no” to or set aside for now?*
- *How can you protect and guard those times that are not filled?*

Saying “no” to busyness (even when it means saying “no” to good things) and guarding our quiet moments are ways of fasting from our need for significance and approval. It’s also a way of fasting from our fears of missing out or operating out of a sense of scarcity.

In saying “no” to busyness, we say “yes” to God’s quiet voice of love, the voice that calls us “beloved”. It’s a way of saying “yes” to God’s abundance and provision for all we need in heart, mind, and body. Saying “no” can be difficult because it means saying “yes” to our limits. But in saying “yes” to our limits, we say “yes” to our humanity (it’s good to be human!) and to God’s infinite love.

After a few weeks, set aside some time to notice any shifts in you and your experience of being with God in prayer as you practice saying “no” to busyness.

Notes

Thursday Mornings

July 28

Psalms 70, 71
Judges 4:4-23
Matt. 27:55-66

August 4

Psalms 83, 145
Judges 8:22-35
John 1:43-51

August 11

Psalms 105:1-22
Judges 14:1-19
John 4:27-42

August 18

Psalms 131,132,133
Job 1:1-22
John 6:16-27

August 25

Psalms 18:1-20
Job 8:1-10, 20-22
John 7:14-36

September 1

Psalms 37:1-18
Job 16:16-22;
17:1-16
John 9:1-17

September 8

Psalms 50
Job 29:1; 31:1-23
John 11:17-29

September 15

Psalms 70, 71
Job 28:1-28
John 12:27-36a

September 22

Psalms 116, 117
Esther 7:1-10
Luke 4:14-30

September 29

Psalms 105:1-22
Hosea 5:8--6:6
Luke 6:1-11

Pray through the entire office, or focus on a part.

The Invitation

"Lead me in the path of your commandments, for I delight in it." —Ps. 119:35

What path do you find yourself on? Ask the Spirit to open your ears to the good words and direction God has ready for you 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 Father, forgive us. Though you should guide us, we inform ourselves. Though you should rule us, we control ourselves. Though you should fulfill us, we console ourselves. For we think your truth too high, your will too hard, your power to remote, your love too free. But they are not! And without them, we are of all people most miserable. Heal our confused mind with your word, heal our divided will with your law, heal our troubled conscience with your love, heal our anxious hearts with your presence. **Amen.** *(silence)*

Listening to Words of Love

Read the Old Testament or Gospel reading, or both. Feel free to savor or ponder a few verses.

Abiding in Love

- What do you learn about yourself in today's words?
How do today's words shift the way you see yourself and the way you believe God sees 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 collect:

Almighty Lord of all power and might, the author and giver of all good things: Graft in our hearts the love of your Name; increase in us true religion; nourish us with all goodness; and bring forth in us the fruit of good works; through Jesus Christ our Lord. **Amen.**

Thursday Evenings

Opening Prayer

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

As the night descends and thickens, we remember this truth: "God is light, and in him is no darkness at all." —1 Jn 1:5b

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

Lord, have mercy.
Christ, have mercy.
Lord, have mercy. **Amen.**

Repeat this ancient prayer of confession a few times, slowly. What emerges from the day? Where do you feel the Holy Spirit offering forgiveness and new life?

Listening to Words of Love

Read the Epistle reading or continue to dwell on the Psalm.

- How might the Spirit be using these words to re-order the day behind you and the day ahead?

Closing Prayers

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

- What work do you have left to do?
- What anxieties do you have about tomorrow?
- Who are the people heavy on your mind and heart?
- What joys from the day linger with you? What joys are you expecting tomorrow?
- Where in your body do you feel unwell or well?

Take a few silent moments to name what you carry in your heart, mind and body; offer all of it to God. After a few moments, conclude with:

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.**

July 28

Psalms 74
Acts 1:15-26

August 4

Psalms 85, 86
Acts 4:1-12

August 11

Psalms 105:23-45
Acts 6:15--7:16

August 18

Psalms 134, 135
Acts 8:26-40

August 25

Psalms 18:21-50
Acts 10:17-33

September 1

Psalms 37:19-42
Acts 13:1-12

September 8

Psalms 59, 60
Acts 15:1-11

September 15

Psalms 74
Acts 16:25-40

September 22

Psalms 85, 86
Acts 19:11-20

September 29

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

Friday Mornings

July 29

Psalms 69:1-23
Judges 5:1-18
Matt. 28:1-10

August 5

Psalms 88
Judges 9:1-16, 19-21
John 2:1-12

August 12

Psalms 102
Judges 14:20--15:20
John 4:43-54

August 19

Psalms 140, 142
Job 2:1-13
John 6:27-40

August 26

Psalms 16, 17
Job 9:1-15, 32-35
John 7:37-52

September 2

Psalms 31
Job 19:1-7, 14-27
John 9:18-41

September 9

Psalms 40, 54
Job 29:1; 31:24-40
John 11:30-44

September 16

Psalms 69:31-38
Esther 1:1-4, 10-19
John 12:36b-43

September 23

Psalms 88
Esther 8:1-8, 15-17
Luke 4:31-37

September 30

Psalms 102
Hosea 10:1-15
Luke 6:12-26

Pray through the entire office, or focus on a part.

The Invitation

"Lift up your heads, O gates! And be lifted up, O ancient doors, that the King of glory may come in." —Ps. 24:7

As you come to God in prayer, notice where in your heart, mind and body you feel closed to God's love. Name those places and ask the Holy Spirit to open those places with a fresh experience of grace.

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

Today, use the words of the Psalm to guide your confession. Re-read the Psalm and pay attention to the actions, memories, and attitudes that surface. Confess those things that have taken you away from God's loving presence. (silence)

Listening to Words of Love

Read the Old Testament or Gospel reading, or both. Feel free to savor or ponder a few verses.

Abiding in Love

- Imagine yourself in one of the passages. What do you notice? What do you see or sense? Who or what are you attracted to or repelled by?
- Slowly re-read the passages, letting the Holy Spirit root you deeply in the words. Try and receive the words as they are.

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 the following:

Grant us, O Lord, to trust in you with all our hearts; for, as you always resist the proud who confide in their own strength, so you never forsake those who make their boast of your mercy; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

Friday Evenings

Opening Prayer

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

As the night descends and thickens, we remember this truth: "God is light, and in him is no darkness at all." —1 Jn 1:5b

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

Lord, have mercy.
Christ, have mercy.
Lord, have mercy. **Amen.**

Repeat this ancient prayer of confession a few times, slowly. What emerges from the day? Where do you feel the Holy Spirit offering forgiveness and new life?

Listening to Words of Love

Read the Epistle reading or continue to dwell on the Psalm.

- How might the Spirit be using these words to re-order the day behind you and the day ahead?

Closing Prayers

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

- What work do you have left to do?
- What anxieties do you have about tomorrow?
- Who are the people heavy on your mind and heart?
- What joys from the day linger with you? What joys are you expecting tomorrow?
- Where in your body do you feel unwell or well?

Take a few silent moments to name what you carry in your heart, mind and body; offer all of it to God. After a few moments, conclude with:

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.**

July 29

Psalms 73
Acts 2:1-21

August 5

Psalms 91, 92
Acts 4:13-31

August 12

Psalms 107:1-12
Acts 7:17-29

August 19

Psalms 141, 143:1-12
Acts 9:1-9

August 26

Psalms 22
Acts 10:34-48

September 2

Psalms 35
Acts 13:13-25

September 9

Psalms 51
Acts 15:12-21

September 16

Psalms 73
Acts 17:1-15

September 23

Psalms 91, 92
Acts 19:21-41

September 30

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

Saturday Mornings

July 30

Psalms 75, 76
Judges 5:19-31
Matt. 28:11-20

August 6

Psalms 136
Judges 9:22-25,
50-57
John 2:13-25

August 13

Psalms 107:33-43,
108:1-13
Judges 16:1-14
John 5:1-1

August 20

Psalms 137, 144
Job 3:1-26
John 6:41-51

August 27

Psalms 20, 21
Job 9:1; 10:1-9,
16-22
John 8:12-20

September 3

Psalms 30, 32
Job 22:1-4, 21--23:7
John 10:1-18

September 10

Psalms 55
Job 38:1-17
John 11:45-54

September 17

Psalms 75, 76
Esther 2:5-8, 15-23
John 12:44-50

September 24

Psalms 87, 9
Hosea 1:1--2:1
Luke 4:38-44

October 1

Psalms 107:33-43
Hosea 11:1-9
Luke 6:27-38

Pray through the entire office, or focus on a part.

The Invitation

"Come and hear, all you who fear God, and I will tell what he has done for my soul." —Ps. 66:16

Call to mind the goodness of God. What has God done for your soul this week?

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, have mercy on me a sinner. Just say the word, and I shall be healed. **Amen.** (silence)

Listening to Words of Love

Read the Old Testament or Gospel reading, or both. Feel free to savor or ponder a few verses.

Abiding in Love

- How does today words speak to some of the situations or relationships you find yourself in? What words of hope and new life do you hear?
- Does anyone in particular come to mind as you dwell on the words? Pray for this person and make a note to reach out later in the day.

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

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

As the night descends and thickens, we remember this truth: "God is light, and in him is no darkness at all." —1 Jn 1:5b

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

Lord, have mercy.
Christ, have mercy.
Lord, have mercy. **Amen.**

Repeat this ancient prayer of confession a few times, slowly. What emerges from the day? Where do you feel the Holy Spirit offering forgiveness and new life?

Listening to Words of Love

Read the Epistle reading or continue to dwell on the Psalm.

- How might the Spirit be using these words to re-order the day behind you and the day ahead?

Closing Prayers

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

- What work do you have left to do?
- What anxieties do you have about tomorrow?
- Who are the people heavy on your mind and heart?
- What joys from the day linger with you? What joys are you expecting tomorrow?
- Where in your body do you feel unwell or well?

Take a few silent moments to name what you carry in your heart, mind and body; offer all of it to God. After a few moments, conclude with:

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.**

July 30

Psalms 23, 27
Acts 2:22-36

August 6

Psalms 136
Acts 4:32--5:11

August 13

Psalms 33
Acts 7:30-43

August 20

Psalms 104
Acts 9:10-19

August 27

Pss. 110, 116, 117
Acts 11:1-18

September 3

Psalms 42, 43
Acts 13:26-43

September 10

Psalms 138, 139
Acts 15:22-35

September 17

Psalms 23, 27
Acts 17:16-34

September 24

Psalms 136
Acts 20:1-16

October 1

Psalms 33
Acts 22:17-29

A Short Noonday Liturgy - Pausing to be Refreshed

OPENING O God, we come to you in the middle of day, busy with changing diapers, studying, writing emails and texts, driving around town, attending meetings, caring for our homes and nurturing our friendships. We come to you, full of hopes, worries, and joys; we come heavy with the burdens of the world; we come to you hungry for your love. In your presence, may we taste your goodness and be refreshed in body, mind, and soul. **Amen.**

HYMN *Sing or listen to a favorite hymn, or consider a few lines of poetry that invite you to slow down and wonder.*

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

Lord God, source of our freedom and salvation, listen to our humble prayer. You redeemed us by the shedding of your Son's blood: enable us to live by your grace, and grant us at all times the joy of your safe keeping. Through Christ our Lord. 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

Psalms 120, 121, 122, 123, or 124

Prayer Notes
