

ORDINARY TIME, Pt. 1

DAILY PRAYER GUIDE
JUNE 5 - JULY 23 | 2022



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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 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

Pentecost Sunday

Psalm 118
Deut. 16:9-12
John 4:19-26

Trinity Sunday

Pss. 146, 147
Job 38:1-11; 42:1-5
John 1:29-34

June 19

Psalms 66, 67
Num. 14:26-45
Luke 12:49-56

June 26

Psalm 118
Num. 21:4-9, 21-35
Luke 13:10-17

July 3

Psalms 146, 147
Num. 27:12-23
Mark 1:14-20

July 10

Psalms 148, 149, 150
Joshua 1:1-18
Mark 1:21-27

July 17

Psalms 63:1-11, 98
Joshua 6:15-27
Mark 2:1-12

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

The Invitation

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

How have you tasted God's satisfying love this week?

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

Abiding in Love

- Do you hear any words or see any images of wholeness in the today's scriptures? Sit with these words or images for a few moments, letting them settle in your heart, mind and body.
- What do you notice the Holy Spirit re-ordering in you as you let these words and images settle?

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:

God our Father, let the Spirit you sent on your Church to begin the teaching of the gospel continue to work in the world through the hearts of all who believe. Open our eyes to your presence with us. We ask this through our lord Jesus Christ, your son, who lives and reigns with you and the Holy spirit, one God, for ever and 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.**

Pentecost Sunday

Psalm 145
Acts 4:18-21, 22-33

June 12

Psalms 111-113
Job 38:1-11; 42:1-5
John 1:29-34

June 19

Psalm 19, 46
Acts 15:1-12

June 26

Ps. 145
Acts 17:(12-21)22-34

July 3

Pss. 111, 112, 113
Acts 19:11-20

July 10

Psalms 114, 115
Acts 21:3-15

July 17

Psalm 103
Acts 22:30--23:11

Monday Mornings

June 6
Psalms 56, 57, 58
Eccles. 7:1-14
Matt. 15:21-28

June 13
Psalm 80
Num. 9:15-23
Matt. 17:14-21

June 20
Psalm 89:1-18
Num. 16:1-19
Matt. 19:13-22

June 27
Psalm 106:1-18
Num. 22:1-21
Matt. 21:12-22

July 4
Psalms 1,2,3
Num. 32:1-6; 16-27
Matt. 23:1-12

July 11
Psalm 25
Joshua 2:1-14
Matt. 25:1-13

July 18
Psalm 41, 52
Joshua 7:1-13
Matt. 26:36-46

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

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*

Take a few moments to enjoy the steadfast presence of God.

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

Abiding in Love

- Re-read a few verses that stand out to you and pay attention to the desires that are evoked in you. Offer your desires to God and consider how God wants to be present with you in and through your desires.
- An aspect of the Spirit's fruit is love. How do today's words invite you into a deeper love of God, self and neighbor?

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 Father, you sent your Word to bring us truth and your Spirit to make us holy. through them we come to know the mystery of your life. Help us to worship you, one God in three persons, by proclaiming and living our faith in you. Grant this through our lord Jesus Christ, your son, 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.**

June 6
Psalms 64, 65
Gal. 4:12-20

June 13
Psalms 77, 79
Ro. 1:1-15

June 20
Psalms 89:19-52
Ro. 3:21-31

June 27
Psalm 106:19-48
Ro. 6:12-23

July 4
Psalms 4, 7
Ro. 8:26-30

July 11
Psalms 9, 15
Rom. 11:1-12

July 18
Psalm 44
Rom. 13:8-14

Tuesday Mornings

June 7
Psalms 61, 62
Eccles. 8:14-9:10
Matt. 15:29-39

June 14
Psalm 78:1-39
Num. 11:1-23
Matt. 17:22-27

June 21
Psalms 97, 99, 100
Num. 16:20-35
Matt. 19:23-30

June 28
Pss 121, 122, 123
Num. 22:21-38
Matt. 21:23-32

July 5
Psalms 5, 6
Num. 35:1-3, 9-15,
30-34
Matt. 23:13-26

July 12
Psalms 26, 28
Joshua 2:15-24
Matt. 25:14-30

July 19
Psalm 45
Joshua 8:1-22
Matt. 26:47-56

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.” — *Ps. 33:20-21*

Take a few moments with the invitation. Where and how do you feel vulnerable? Imagine God wrapping you in his arms.

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

Abiding in Love

- What words of challenge or conviction do you hear? Take a few moments to sit, ponder and even wrestle with these hard words.
- An aspect of the Spirit’s fruit is joy. How do today’s words invite you into a deeper joy?

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:

All powerful and God, help us to respond to your love that is within us, that what we do in the name of your Son may lead mankind to unity and peace. We ask this through our lord Jesus Christ, your Son, who lives and reigns with you and the Holy spirit, one God, for ever and 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.**

June 7
Psalm 68
Gal. 4:21-31

June 14
Psalm 78:40-72
Rom. 1:16-25

June 21
Psalms 94, 95
Rom. 4:1-12

June 28
Pss. 124, 125, 126,
Rom. 7:1-12

July 5
Psalms 10, 11
Rom. 8:31-39

July 12
Psalms 36, 39
Rom. 11:13-24

July 19
Psalms 47, 48
Rom. 14:1-12

Wednesday Mornings

June 8

Psalm 72
Eccles. 9:11-18
Matt. 16:1-12

June 15

Psalm 119:97-120
Num. 11:24-35
Matt. 18:1-9

June 22

Psalms 101, 109
Num. 16:36-50
Matt. 20:1-16

June 29

Psalm 119:145-176
Num. 22:41-23:12
Matt. 21:33-46

July 6

Psalms 12, 13, 14
Deut. 1:1-18
Matt. 23:27-39

July 13

Psalms 3 8
Joshua 3:1-13
Matt. 25:31-46

July 20

Psalm 119:49-72
Joshua 8:30-35
Matt. 26:57-68

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

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*

In what direction has your heart been pointed in? How has the Spirit been trying to keep you directed towards God?

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

Abiding in Love

- What surprises you about God in these passages? What do you notice shifting in your desires for God and experience of God?
- An aspect of the Spirit's fruit is peace. Do you see any new aspects of peace (wholeness) in today's passages? How might you receive and extend these aspects?

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:

Lord, guide the course of world events and give your Church the joy and peace of trusting you and serving you in freedom. We ask this through our lord Jesus Christ, your son, who lives and reigns with you and the Holy spirit, one God, for ever and 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?

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.**

June 8

Psalm 119:73-96
Gal. 5:1-15

June 15

Psalms 81, 82
Rom. 1:28-2:11

June 22

Psalm 119:121-144
Rom. 4:13-25

June 29

Pss. 128, 129, 130
Rom. 7:13-25

July 6

Psalm 119:1-24
Rom. 9:1-18

July 13

Psalm 119:25-48
Rom. 11:25-36

July 20

Psalms 49, 53
Rom. 14:13-23

Weekly Practice - Entering the Psalms

Each week, take some time to revisit a Psalm (or part of a Psalm) from one of the daily readings, especially one that resonated deeply with you.

Consider one or two of the following questions:

- *How does the Psalm give you language for a situation you find yourself in right now?*
- *How does the Psalm invite you to name your joys?*
- *How does the Psalm invite you to name your desires and hopes?*
- *How does the Psalm invite you to name your sorrows and laments?*
- *How does the Psalm invite you to remember your community and world around you?*

Then consider:

- *How does the Psalm invite you to remember God's faithful presence?*

Finally, keeping the Psalm in mind and the things evoked from you, consider writing your own Psalm, or prayer. (Think of it as a new song for you and from you!)

After doing this several times over a few weeks, set aside some time to notice any shifts in you and your experience of being with God in prayer.

Notes

Thursday Mornings

June 9

Psalms 70, 71
Eccles. 11:1-8
Matt. 16:13-20

June 16

Psalms 83, 34
Num. 12:1-16
Matt. 18:10-20

June 23

Psalms 105:1-22
Num. 17:1-11
Matt. 20:17-28

June 30

Psalms 131, 132
Num. 23:11-26
Matt. 22:1-14

July 7

Psalms 18:1-20
Deut. 3:18-28
Matt. 24:1-14

July 15

Psalms 37:1-18
Joshua 3:14-4:7
Matt. 26:1-16

July 21

Psalms 50
Joshua 9:3-21
Matt. 26:69-75

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

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*

Do you come expecting to hear God? God is ready to speak! What might be keeping you from listening 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

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

Abiding in Love

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

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, our hope and our strength, without you we falter. Help us to follow Christ and to live according to your will. Keep us rooted in your love. We ask this through our lord Jesus Christ, your son, who lives and reigns with you and the Holy spirit, one God, for ever and ever. **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.**

June 9

Psalms 74
Gal. 5:16-24

June 16

Psalms 85, 86
Rom. 2:12-24

June 23

Psalms 105:23-45
Rom. 5:1-11

June 30

Psalms 134, 135
Rom. 8:1-11

July 7

Psalms 18:21-50
Rom. 9:19-33

July 15

Psalms 37:19-42
Rom. 12:1-8

July 21

Psalms 66, 67
Rom. 15:1-13

Friday Mornings

June 10

Psalms 69
Eccles. 11:9-12:14
Matt. 16:21-28

June 17

Psalms 88
Num. 13:1-3, 21-30
Matt. 18:21-35

June 24

Psalms 102
Num. 20:1-13
Matt. 20:29-34

July 1

Psalms 140, 142
Num. 24:1-13
Matt. 22:15-22

July 8

Psalms 16, 17
Deut. 31:7-13,
24--32:4
Matt. 24:15-31

July 15

Psalms 31
Joshua 4:19-
5:1, 10-15
Matt. 26:17-25

July 22

Psalms 40, 54
Joshua 9:22--10:15
Matt. 27:1-10

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

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

As you begin, imagine sitting with God under a large tree, enjoying its shade and protection. Let your heart, mind and body settle and be refreshed. God is both the tree and the shade!

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

Abiding in Love

- What themes do you notice in the 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?

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 from St. Hippolytus of Rome:

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 so by your mercy keep us; through Jesus Christ our lord. **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.**

June 10

Psalms 73
Gal. 5:25-6:10

June 17

Psalms 91, 92
Rom. 2:25-3:8

June 24

Psalms 107:1-32
Rom. 5:12-21

July 1

Psalms 141, 143
Rom. 8:12-17

July 8

Psalms 22
Rom. 10:1-13

July 15

Psalms 35
Rom. 12:9-21

July 22

Psalms 51
Rom. 15:14-21

Saturday Mornings

June 11

Psalms 75, 76
Num. 3:1-13
Matt. 17:1-13

June 18

Psalms 87, 90
Num. 13:31-14:25
Matt. 19:1-12

June 25

Psalms 107, 198
Num. 20:14-29
Matt. 21:1-11

July 2

Psalms 137, 144
Num. 24:12-25
Matt. 22:23-40

July 9

Psalms 20, 21
Deut. 34:1-12
Matt. 24:32-51

July 16

Psalms 30, 32
Joshua 6:1-14
Matt. 26:26-35

July 23

Psalms 55
Joshua 23:1-16
Matt. 27:11-23

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

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*

Sit with these words for a few moments. Where do you feel open to the Lord’s favor? Where do you feel resistance?

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

Abiding in Love

- Re-read one of the passages. What questions are stirred in you? How might the Spirit inviting you to sit in the mystery of God’s love today?
- An aspect of the fruit of the Spirit is self-control. How might today’s words be cultivating self-control in you? How might this self-control be of service to those around you?

Lifting Burdens and Closing Prayers

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

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

Saturday Evenings

Opening Prayer

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?
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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 11

Psalms 23, 27
Gal. 6:11-18

June 18

Psalm 136
Rom. 3:9-20

June 25

Psalm 33
Rom. 6:1-11

July 2

Psalm 104
Rom. 8:18-25

July 9

Psalms 116, 117
Rom. 10:14-21

July 16

Psalms 42, 43
Rom. 13:1-7

July 23

Psalms 138, 139
Rom. 15:25-33

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
