

PRAYER GUIDE

ORDINARY TIME 2020 — PART 2
SEPTEMBER 6 TO NOVEMBER 28



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Being Ordered by the Spirit as Individuals and Together as a Community

Being Ordered by the Spirit. We sometimes talk about “tapping into the Spirit” as if the Holy Spirit is an impersonal power that can be grasped and controlled if we do the right things. 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. *(To read more about the Liturgical Calendar and the season of Ordinary Time, see the introduction to any of the previous prayer guides; all are available on our website at www.gracepasadena.org.)*

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. 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 words of love and reminds us that he *is* the King of all our days. This rhythm also encourages us to rest in God’s presence throughout the day.

This guide offers daily Scripture readings taken from the Daily Office Lectionary, a 2-year cycle that follows the liturgical calendar and takes readers through the entire Bible. 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 noonday liturgy is also provided.

Use this guide as you are able. Use all or parts of it. *Begin where you are* and let the Spirit grow and expand your practices and rhythms.

Being Ordered Together. From the very beginning of time, God created us to live in community with him *and* one another. God affirms this after he creates Adam, looks at him and says: “It is not good for man to be alone.” (Gen. 2:18). God’s solution to Adam’s loneliness was to create Eve and introduce human companionship. Adam and Eve are not only paradigms for marriage, but also for all human relationships and our need for deep connection with others. We were never meant to live life alone!

Jesus Christ affirms this in his life, death and resurrection. The Gospel accounts record Jesus spending a lot of time alone in private devotion. Arguably, the Gospel accounts record Jesus spending even more time with his Apostles and others in prayer, fellowship, and worship. Though Jesus calls us as individuals, he also binds us together in love into a new people. As the Apostle Paul reminds us multiple times in his letters, in Christ we are made part of his body and, thus, we are made to belong to one another. (See Rom. 7:4; 1 Cor. 12:12; Eph. 3:6.)

Since we are bound together in Christ, our spiritual practices and habits must be both individual and communal. Just as we set time aside for regular private devotion, we should set aside time to abide in God’s love with others. Our common life starts in Sunday worship and is nurtured in vital gatherings like our City Groups. But it doesn’t end there! Finding intentional and regular times with others outside your household to abide in God’s presence is necessary. This is true if you are in a household of one or many. This is true if you are an introvert and extrovert. This continues to be true in this season of physical and social distancing.

Our ability to gather and meet one another has diminished drastically since the start of the COVID-19 pandemic. But our need to connect has not. Many of us have been finding creative and safe ways to meet with one another, and we must continue to do so. Some of us need to start more earnestly. As Justin Whitmel Early writes: *“These times will either be some of the most rich because of the ways we lean into community, or they will be some of the most despairing because of the ways we fail to... Understand that your soul needs friendship like your lungs need air. We can, and we must, find ways to gather. Heed the recommendations of authorities to stay safe, but fight for community to stay alive. These things are not mutually exclusive.”*

Here are a few suggestions:

- Continue to make Sunday worship and City Groups top priorities. Our common life starts in worship and is nurtured through City Groups. As we've said from the beginning of Grace Pasadena, City Groups (small gatherings of 8-12 men and women from different walks of life) are an essential place of deep spiritual growth and friendship. Information about both can be found on our website.
- Think through friends at Grace you haven't seen or heard from in a while. Think about people you've been wanting to get to know. Write down their names, pray over them, and then reach out.
- For those of you who are married, take time to do an inventory of your shared spiritual practices. Are you abiding in God's word and praying regularly together?
- Consider asking a friend from your City Group to commit to intentional prayer. (Generally speaking, there's wisdom in finding a prayer partner of the same gender. A "micro-group" of men and women could work well.) This can take shape in many ways. This could mean a weekly or bi-weekly prayer walk, a short phone call at noon to share a few prayer requests, or a Zoom call once a week. Ask the Spirit to help you find a good practice and discern the length of commitment. You may end up praying together only for a short season, a year or two, or even a lifetime.
- Use digital platforms like Zoom to connect with those who cannot meet in person. Zoom fatigue is real, but using the platform for deep connection can bring new life. If Zoom fatigue is too deep, try good old fashioned phone calling. It still works!
- Use this guide with others, including your prayer partner. If time allows, pray through one of the Daily Offices together. Or simply read a few verses from the daily readings together and let those verses shape your prayers for one another.
- Finally, if you would like to pray intentionally with someone but feel disconnected, reach out to Pastor Marc, anyone on staff, or your City Group leader. We're happy to connect you.

Let's meet up for walks, afternoon tea on a porch, or an evening around a backyard fire pit. Let's rediscover phone calls. Let's use Zoom to renew our souls with sweet fellowship. However we gather, may we grow in our common life together and experience the love of God in deeper ways.

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

Sunday Mornings

September 6

Psalm 63:1-11
Rev. 14:1-7, 13
Matt. 5:13-20

September 13

Psalm 46
Eph. 2:11-12

September 20

Psalm 93, 96
James 1:19-27
Matt. 6:1-6, 16-18

September 27

Psalm 66, 67
James 3:1-13
Matt. 13:44-52

October 4

Psalm 118
1 Cor. 2:6-16
Matt. 14:1-12

October 11

Psalm 146, 147
1 Cor. 4:9-16
Matt. 15:21-28

October 18

Psalm 103
Acts 1:1-8
Luke 1:1-4

October 25

Psalm 63, 98
1 Cor. 10:15-24
Matt. 18:15-20

November 1

Psalm 111, 112
Hebrews 11:32-12:2

November 8

Psalm 93, 96
1 Cor. 14:1-12
Matt. 20:1-16

November 15

Psalm 66, 67
Phil. 3:13-4:1
Matt. 23:13-24

November 22

Psalm 118
1 Pet. 3:13-22
Matt. 21:1-13

The Invitation

"[Jesus] stood up and cried out, 'If anyone thirsts, let him come to me and drink.'" — *from Jn. 37:7*

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 God, we have sinned against you; we have done evil in your sight. We are sorry and repent. Have mercy on us according to your love. Wash away our wrongdoing and cleanse us from our sin. Renew a right spirit within us and restore us to the joy of your salvation, through Jesus Christ our Lord. **Amen.** (*silence*)

Listening to Words of Love

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

Abiding in Love and Extending Love

- What image(s) from the readings captivate you?
- Consider carving out time to pray with someone today. Share the passage and consider how today's passage can help you pray for one another

Giving Thanks

- Give thanks for Sunday Worship and your church community.

Closing Prayers

On this Lord's Day, pray for deep rest for yourself, neighbor and world. Conclude with the Lord's Prayer or:

Lord Jesus, call us out of our busy and competitive life; call us into your way of love. Save us from worldly ambition, purify us of unworthy motives, prepare us for a life of self-sacrifice, full us with a spirit of dedication to you and instruct us in your word and truth. Send us into the world, into the brokenness and opportunities of everyday life as witnesses to your saving power and as examples of the life you give. **Amen.** (*based on a prayer from Kenya*)

Make time for Noon Prayer (pg. 20)

Sunday Evenings

Opening Prayer

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

The Song of Response

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

The Confession

Holy Spirit, speak your words of conviction. Bring to light the ways I have wandered from your presence today. Bring to light any guilt and shame I carry today. Set my feet upon the rock of Jesus Christ and renew in me the joy of his salvation. **Amen.** *(silence for reflection and prayer)*

Listening to Words of Love

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

Abiding in the Words of Love

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

Giving Thanks

- Give thanks for both the joys and sorrows of the day.
Give thanks for God's presence in all things.

Closing Prayers

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

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

We bring to God someone who is hurting tonight and needs our prayer.
(say the name/s of those who come to mind)

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

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

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

**the closing prayer is adapted from the Iona Worship Book*

September 6

Psalm 103
Job 25-16

September 13

Psalm 87
1 Kings 8:22-30

September 20

Psalm 34
Esther 3:1-4:3

September 27

Psalm 19, 46
Hosea 2:2-14

October 4

Psalm 145
Hosea 13:4-14

October 11

Psalm 111, 112, 113
Micah 6:1-8

October 18

Psalm 67, 96
Ezekiel 47:1-12

October 25

Psalm 103

November 1

Psalm 148, 150
Rev. 21:1-4

November 8

Psalm 34

November 15

Psalm 19
Hab. 1:1-12; 2:1

November 22

Psalm 145
Zech. 9:9-16

Monday Mornings

September 7

Psalm 41, 52
Acts 13:44-52
John 10:19-30

September 14

Psalm 66
1 Peter 3:17-22
John 3:11-17

September 21

Psalm 119:41-64
Romans 10:1-15
Matt. 13:44-52

September 28

Psalm 89:1-18
Acts 20:17-38
Luke 5:1-11

October 5

Psalm 106:1-18
Acts 22:30-23:11
Luke 6:39-49

October 12

Psalm 1, 2, 3
Acts 26:1-23
Luke 8:26-39

October 19

Psalm 25
Rev. 7:1-8
Luke 9:51-62

October 26

Psalm 41, 52
Rev. 11:1-14
Luke 11:14-26

November 2

Psalm 56, 57, 58
Rev. 14:1-13
Luke 12:49-59

November 9

Psalm 80
Rev. 18:15-24
Luke 14:12-24

November 16

Psalm 89:1-18
James 2:14-26
Luke 16:19-31

November 23

Psalm 106:1-18
Gal. 6:1-10
Luke 18:15-30

The Invitation

"Make your face shine on your servant; save me in your steadfast love!" —*Ps. 31:16*

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 our God, in our sin we have avoided your call. Our love for you is like a morning cloud, like the dew that goes away early. Have mercy on us; deliver us from judgement; bind up our wounds and revive us; in Jesus Christ our Lord. **Amen.**

(silence)

Listening to Words of Love

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

Abiding in Love and Sharing Love

- What words of conviction do you hear? What words of encouragement?
- Consider carving out time to pray with someone today. Share your responses to today's reading. How might you encourage and keep one another accountable today?

Giving Thanks

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

Lifting Burdens and Closing Prayers

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

Jesus, make our hearts ever gentler and more humble, so that we may be present to those you have confided to our care, and in this way make us instruments of your love which gives life and joy and real freedom. **Amen.**

(from Jean Vanier, Canada)

Make time for Noon Prayer (pg. 20)

Monday Evenings

Opening Prayer

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

The Song of Response

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

The Confession

Holy Spirit, speak your words of conviction. Bring to light the ways I have wandered from your presence today. Bring to light any guilt and shame I carry today. Set my feet upon the rock of Jesus Christ and renew in me the joy of his salvation. **Amen.** *(silence for reflection and prayer)*

Listening to Words of Love

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

Abiding in the Words of Love

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

Giving Thanks

- Give thanks for both the joys and sorrows of the day.
Give thanks for God's presence in all things.

Closing Prayers

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

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

We bring to God someone who is hurting tonight and needs our prayer.
(say the name/s of those who come to mind)

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

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

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

**the closing prayer is adapted from the Iona Worship Book*

September 7

Psalm 44
Job 32:1-10

September 14

Psalm 118
Numbers 21:4-9

September 21

Psalm 19, 112
Isaiah 8:11-20

September 28

Psalm 89:19-52
Hosea 2:14-23

October 5

Psalm 106:19-48
Hosea 14:1-9

October 12

Psalm 4, 7
Micah 7:1-7

October 19

Psalm 9, 15

October 26

Psalm 44

November 2

Psalm 64, 65

November 9

Psalm 77, 79
Joel 1:1-13

November 16

Psalm 89:19-52
Hab. 2:1-4

November 23

Psalm 106:19-48
Zech. 10:1-12

Tuesday Mornings

September 8

Psalm 45
Acts 14:1-18
John 10:31-42

September 15

Psalm 61, 62
Acts 16:6-15
John 12:9-19

September 22

Psalm 78:1-39
Acts 18:12-28
Luke 3:15-22

September 29

Psalm 8
Hebrews 1:1-14
Luke 12:49-56

October 6

Psalm 121, 122, 123
Acts 23:12-24
Luke 7:1-17

October 13

Psalm 5, 6
Acts 26:24-27:8
Luke 8:40-56

October 20

Psalm 26, 28
Rev. 7:9-17
Luke 10:1-16

October 27

Psalm 45
Rev. 11:14-19
Luke 11:27-36

November 3

Psalm 61, 62
Rev. 14:14-15:8
Luke 13:1-9

November 10

Psalm 78:40-72
Rev. 19:1-10
Luke 14:25-35

November 17

Psalm 94
James 3:1-12
Luke 17:1-10

November 24

Psalm 120
1 Cor. 3:10-23
Luke 18:31-43

The Invitation

“Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.” —Ps. 42:11

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, long-suffering and of great goodness: I confess to you, I confess with my whole heart my neglect and forgetfulness of your commandments, my wrong doing, thinking, and speaking; the hurts I have done to others, and the good I have left undone. O God, forgive me, for I have sinned against you; and raise me to newness of life; through Jesus Christ our Lord. **Amen.** (*silence*)

Listening to Words of Love

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

Abiding in Love and Sharing Love

- What do you see or hear about God’s love? What do you see or hear about yourself?
- Consider carving out time to pray with someone today. How might you embody God’s love (especially the aspect you see in today’s reading) together?

Giving Thanks

- Take a deep breath and consider the day or hours ahead. Ask the Holy Spirit to help you receive what is to come as a gift and give thanks.

Lifting Burdens and Closing Prayers

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

Lord, open my eyes that I may see the need of others; open my ears that I may hear their cries; open my heart so that they need not be without comfort. Let me not be afraid to defend the weak nor afraid to defend the poor. Show me where love and hope and faith are needed, and use me to bring them to these places. Open my eyes and ears that I may, this coming day, be able to love and follow you.

Amen. (*based on a prayer from South Africa*)

Tuesday Evenings

Opening Prayer

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

The Song of Response

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

The Confession

Holy Spirit, speak your words of conviction. Bring to light the ways I have wandered from your presence today. Bring to light any guilt and shame I carry today. Set my feet upon the rock of Jesus Christ and renew in me the joy of his salvation. **Amen.** *(silence for reflection and prayer)*

Listening to Words of Love

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

Abiding in the Words of Love

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

Giving Thanks

- Give thanks for both the joys and sorrows of the day.
Give thanks for God's presence in all things.

Closing Prayers

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

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

We bring to God someone who is hurting tonight and needs our prayer.
(say the name/s of those who come to mind)

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

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

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

**the closing prayer is adapted from the Iona Worship Book*

September 8

Psalm 47, 48
Job 29:1-20

September 15

Psalm 68
Job 40:1, 41:1-11

September 22

Psalm 78:40-72
Esther 5:1-14
Luke 3:15-22

September 29

Psalm 34, 150
Job 38:1-7

October 6

Psalm 124, 125, 126
Micah 1:1-9

October 13

Psalm 10, 11
Jonah 1:1-17a

October 20

Psalm 36, 39

October 27

Psalm 47, 48

November 3

Psalm 68

November 10

Psalm 78:40-72
Joel 1:15-2:11

November 17

Psalm 94
Hab. 3

November 24

Psalm 127
Zech 11:4-17

Wednesday Mornings

September 9

Psalms 119:49-72
Acts 14:19-28
John 11:1-16

September 16

Psalms 119:73-96
Acts 16:16-24
John 12:20-26

September 23

Psalms 119:97-100
Acts 19:10
Luke 4:1-13

September 30

Psalms 119:121-144
Acts 21:15-26
Luke 5:27-39

October 7

Psalms 119:145-176
Acts 23:32-35
Luke 7:18-35

October 14

Psalms 119:1-24
Acts 27:9-26
Luke 9:1-17

October 21

Psalms 119:25-48
Rev. 8:1-13
Luke 10:17-24

October 28

Psalms 66
Ephesians 4:1-16
Mark 2:1-12

November 4

Psalms 119:73-96
Rev. 16:1-11
Luke 13:10-17

November 11

Psalms 119:97-120
Rev. 19:11-21
Luke 15:1-10

November 18

Psalms 119:121-144
James 3:13-4:12
Luke 17:11-19

November 25

Psalms 119:145-176
Ephesians 1:3-14
Luke 19:1-10

The Invitation

"In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?" —Ps. 56:4

The Song of Response

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

The Confession

Lord Jesus, you wept over the sins of your city. On our city: Lord, have mercy. Lord Jesus, you heal the wounds of sin and division, jealousy and bitterness. On us: Christ, have mercy. Lord Jesus, you bring pardon and peace to the sinner. Grant us peace: Lord, have mercy. **Amen.** (*silence*)

Listening to Words of Love

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

Abiding in Love and Sharing Love

- How do today's words speak peace to your heart, mind and body?
- Consider carving out time to pray with someone today. After you share requests, pray by reading the words of peace from today's passage to one another.

Giving Thanks

- What simple joys have you experienced in the last few hours or days? Treasure them and give thanks.

Closing Prayers

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

Grant us, Lord God the vision of your Kingdom, forgiveness and new life, and the stirring of your Spirit; so that we may share your vision, proclaim your love, and change this world, in the Name of Christ. **Amen.**

(A prayer from the Church in Australia)

Make time for Noon Prayer (pg. 20)

Wednesday Evenings

Opening Prayer

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

The Song of Response

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

The Confession

Holy Spirit, speak your words of conviction. Bring to light the ways I have wandered from your presence today. Bring to light any guilt and shame I carry today. Set my feet upon the rock of Jesus Christ and renew in me the joy of his salvation. **Amen.** *(silence for reflection and prayer)*

Listening to Words of Love

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

Abiding in the Words of Love

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

Giving Thanks

- Give thanks for both the joys and sorrows of the day.
Give thanks for God's presence in all things.

Closing Prayers

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

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

We bring to God someone who is hurting tonight and needs our prayer.
(say the name/s of those who come to mind)

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

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

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

**the closing prayer is adapted from the Iona Worship Book*

September 9

Psalm 49, 53
Job 29:1, 30:1-2;
16-31

September 16

Psalm 72
Job 42:1-17

September 23

Psalm 81 82
Esther 6:1-14

September 30

Psalm 101
Hosea 4:11-19

October 7

Psalm 128, 129, 139
Micah 2:1-13

October 14

Psalm 12, 13, 14
Jonah 1:17-2:10

October 21

Psalm 28

October 28

Psalm 116; 117
Isaiah 28:9-16

November 4

Psalm 72

November 11

Psalm 81, 82
Joel 2:12-19

November 18

Psalm 101, 109
Mal. 1:1, 6-14

November 25

Psalm 128, 129
Zech. 12:1-10

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

September 10

Psalm 50
Acts 15:1-11
John 11:17-29

September 17

Psalm 70
Acts 16:25-40
John 12:27-36a

September 24

Psalm 146, 147
Acts 19:11-20
Luke 4:14-30

October 1

Psalm 105:1-22
Acts 21:27-36
Luke 6:1-11

October 8

Psalm 131, 132
Acts 24:1-23
Luke 7:36-50

October 15

Psalm 18:1-20
Acts 27:1-44
Luke 9:18-27

October 22

Psalm 37:1-18
Rev. 9:1-12
Luke 10:25-37

October 29

Psalm 50
Rev. 12:7-17
Luke 11:53-12:12

November 5

Psalm 71
Rev. 16:12-21
Luke 13:18-30

November 12

Psalm 23
James 1:1-15
Luke 15:1-2, 11-32

November 19

Psalm 105:1-22
James 4:13-5:6
Luke 17:20-37

November 26

Psalm 147
1 Thess. 5:12-24
John 6:26-35

The Invitation

"Because your steadfast love is better than life, my lips will praise you." —Ps. 63:3

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 and most merciful Father, we are thankful that your mercy is higher than the heavens, wider than our wanderings, deeper than all our sin. Forgive our careless attitudes toward your purposes, our refusal to relieve the suffering of others, our envy of those who have more than we have, our obsession with creating a life of constant pleasure, our indifference to the treasures of heaven, our neglect of your wise and gracious law. Help us to change our way of life so that we may desire what is good, love what you love, and do what you command. **Amen.**
(silence)

Listening to Words of Love

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

Abiding in Love and Sharing Love

- How do today's words re-direct your heart to God and to others? What is the Spirit asking you to let go of?
- Consider carving out time to pray with someone today. How might today's words renew your hope?

Giving Thanks

- Have you experienced the deepening of a friendship or relationship recently? Give thanks for that gift.

Closing Prayers

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

Pour your Light, Holy Spirit of God, into our hearts and minds. Help us to know more clearly and grasp more fully the Good News of Jesus Christ. And help us then to know how to share it. We ask this through Jesus Christ who with You and the Father are One God. **Amen.**

(a prayer from South Africa)

Make time for Noon Prayer (pg. 20)

Thursday Evenings

Opening Prayer

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

The Song of Response

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

The Confession

Holy Spirit, speak your words of conviction. Bring to light the ways I have wandered from your presence today. Bring to light any guilt and shame I carry today. Set my feet upon the rock of Jesus Christ and renew in me the joy of his salvation. **Amen.** *(silence for reflection and prayer)*

Listening to Words of Love

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

Abiding in the Words of Love

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

Giving Thanks

- Give thanks for both the joys and sorrows of the day.
Give thanks for God's presence in all things.

Closing Prayers

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

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

We bring to God someone who is hurting tonight and needs our prayer.
(say the name/s of those who come to mind)

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

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

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

**the closing prayer is adapted from the Iona Worship Book*

September 10

Psalm 93, 96
Job 29:1, 31:1-23

September 17

Psalm 74
Job 28:1-28

September 24

Psalm 85, 86
Esther 7:1-10

October 1

Psalm 105:23-45
Hosea 5:8-6:6

October 8

Psalm 134, 135
Acts 24:1-23
Luke 7:36-50

October 15

Psalm 18:21-50
Jonah 3:1-4:11

October 22

Psalm 37:19-42

October 29

Psalm 33

November 5

Psalm 74

November 12

Psalm 85, 86
2 Cor. 9:6-15
Joel 2:21-27

November 19

Psalm 105:23-45
Mal. 2:1-16

November 26

Deut. 26:1-11

Friday Mornings

September 11

Psalms 40, 54
Acts 15:12-21
John 11:30-44

September 18

Psalms 69:1-23
Acts 17:1-15
John 12:36b-43

September 25

Psalms 88
Acts 19:21-41
Luke 4:31-37

October 2

Psalms 102
Acts 21:37-22:16
Luke 6:12-26

October 9

Psalms 140, 142
Acts 24:24-25:12
Luke 8:1-15

October 16

Psalms 16, 17
Acts 28:1-16
Luke 9:28-36

October 23

Psalms 119:145-168
Hebrews 12:12-24
Matthew 10:16-22

October 30

Psalms 40, 54
Rev. 13:1-10
Luke 12:13-31

November 6

Psalms 69:1-23
Rev. 17:1-18
Luke 13:31-35

November 13

Psalms 88
James 1:16-27
Luke 16:1-9

November 20

Psalms 102
James 5:7-12
Luke 18:1-8

November 27

Psalms 140, 142
Rom. 15:7-13
Luke 19:28-40

The Invitation

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

The Song of Response

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

The Confession

Holy Father, you see us as we are, and know our inmost thoughts. We confess that we are unworthy of your gracious care. We forget that all life comes from you and that to you all life returns. We have not sought to do your will with our whole hearts. We have not lived as grateful children, nor loved as Christ loved us. Apart from you, we are nothing. Only your grace can sustain us. Lord, in your mercy, forgive us, heal us, and make us whole. Set us free from our sin, and restore us to the joy of your salvation now and forever. **Amen.** *(silence)*

Listening to Words of Love

Read the prescribed Gospel or Epistle, or both.

Abiding in Love and Extending Love

- What desires and hopes are provoked in you by today's reading? Why?
- Does today's reading make you think of anyone? Pray for that person and connect with that person.

Giving Thanks

- Consider ways God has answered your prayers. Give thanks for the "yes's" and the "no's."

Closing Prayers

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

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: Mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; through Jesus Christ your Son our Lord. **Amen.**
(from the book of Common Prayer)

Make time for Noon Prayer (pg. 20)

Friday Evenings

Opening Prayer

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

The Song of Response

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

The Confession

Holy Spirit, speak your words of conviction. Bring to light the ways I have wandered from your presence today. Bring to light any guilt and shame I carry today. Set my feet upon the rock of Jesus Christ and renew in me the joy of his salvation. **Amen.** *(silence for reflection and prayer)*

Listening to Words of Love

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

Abiding in the Words of Love

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

Giving Thanks

- Give thanks for both the joys and sorrows of the day. Give thanks for God's presence in all things.

Closing Prayers

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

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

We bring to God someone who is hurting tonight and needs our prayer. *(say the name/s of those who come to mind)*

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

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

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

**the closing prayer is adapted from the Iona Worship Book*

September 11

Psalm 51
Job 29:1, 31:24-40

September 18

Psalm 73
Esther 1:1-4, 10-19

September 25

Psalm 91, 92
Esther 8:1-8

October 2

Psalm 107:1-32
Hosea 10:1-15

October 9

Psalm 141
Micah 3:9-4:5

October 16

Psalm 22

October 23

Psalm 112, 125
Jeremiah 11:18-23

October 30

Psalm 51

November 6

Psalm 73

November 13

Psalm 91, 92
Joel 2:28-3:8

November 20

Psalm 107:1-32
Mal. 3:1-12

November 27

Psalm 141, 143
Zech. 14:1-11

Saturday Mornings

September 12

Psalm 55, 138
Acts 15:22-35
John 11:45-54

September 19

Psalm 75, 76
Acts 17:16-34
John 12:44-50

September 26

Psalm 87, 90
Acts 20:1-16
Luke 4:38-44

October 3

Psalm 107:33-43
Acts 22:17-29
Luke 6:27-38

October 10

Psalm 137:1-6, 144
Acts 25:13-27
Luke 8:16-25

October 17

Psalm 20, 21:1-7
Acts 28:17-31
Luke 9:37-50

October 24

Psalm 30, 32
Rev. 10:1-11
Luke 11:1-13

October 31

Psalm 34

November 7

Psalm 75, 76
Rev. 18:1-14
Luke 14:1-11

November 14

Psalm 87, 90
James 2:1-13
Luke 16:10-18

November 21

Psalm 107:3-19
James 5:13-20
Luke 18:9-14

Nov. 28 (Advent Eve)

Psalm 137:1-9
Phil. 2:1-11
Luke 19:41-48

The Invitation

“Sing praises to the Lord, O you his saints, and give thanks to his holy name. For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.” —Ps. 30:4-5

The Song of Response

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

The Confession

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

Listening to Words of Love

Read the prescribed Gospel or Epistle, or both.

Abiding in Love and Extending Love

- How might the Spirit be using today's words to speak to your heart, soul and mind? To a situation or circumstance you're in?
- Consider carving out time to pray with someone today. Read the passage together and ask the question above together.

Giving Thanks

- Think about the neighbors on your street or in your condo or apartment building. Give thanks for them.

Lifting Burdens and Closing Prayers

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

Almighty God, you commanded us to love our enemies: Lead them and us from prejudice to truth: deliver them and us from hatred, cruelty, and revenge; and in your good time enable us all to stand reconciled before you, through Jesus Christ our Lord. **Amen.** *(from the book of Common Prayer)*

Saturday Evenings

Opening Prayer

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

The Song of Response

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

The Confession

Holy Spirit, speak your words of conviction. Bring to light the ways I have wandered from your presence today. Bring to light any guilt and shame I carry today. Set my feet upon the rock of Jesus Christ and renew in me the joy of his salvation. **Amen.** *(silence for reflection and prayer)*

Listening to Words of Love

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

Abiding in the Words of Love

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

Giving Thanks

- Give thanks for both the joys and sorrows of the day.
Give thanks for God's presence in all things.

Closing Prayers

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

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

We bring to God someone who is hurting tonight and needs our prayer.
(say the name/s of those who come to mind)

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

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

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

**the closing prayer is adapted from the Iona Worship Book*

September 12

Psalm 139:1-17
Job 38:1-17

September 19

Psalm 23, 27
Esther 2:5-8, 15-23

September 26

Psalm 136
Hosea 1:1-2:1

October 3

Psalm 33
Hosea 11:1-9

October 10

Psalm 104
Micah 5:1-4, 10-15

October 17

Psalm 116, 117

October 24

Psalm 42, 43

October 31

Rev 19:1, 4-10

November 7

Psalm 23, 27

November 14

Psalm 136
Joel 3:9-17

November 21

Psalm 33
Mal 3:13-4:6

Nov. 28 (Advent Eve)

Psalm 144, 104
Zech. 14:12-21

A Short Noonday Liturgy - Pausing to be Refreshed

- OPENING** Oh God, make speed to save us.
Oh Lord, make haste to help us.
- 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.

