

# THE RULE OF LIFE



**STABILITY**  
**APRIL | EASTER 2020**



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*“BLESSED IS THE ONE WHO DOES NOT WALK IN STEP WITH THE WICKED OR STAND IN THE WAY THAT SINNERS TAKE OR SIT IN THE COMPANY OF MOCKERS, BUT WHOSE DELIGHT IS IN THE LAW OF THE LORD, AND WHO MEDITATES ON HIS LAW DAY AND NIGHT. THAT PERSON IS LIKE A TREE PLANTED BY STREAMS OF WATER, WHICH YIELDS ITS FRUIT IN SEASON...” — FROM PSALM 1*

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## **THE RULE OF LIFE - A REVIEW**

At Grace Pasadena, we are committed to forming habits and practices—the Rule of Life — that root us in and form us by the love of God in Jesus Christ. We all have a Rule whether we are aware of it or not. That is, we all have habits and practices that we have given our lives to. Take a moment and consider when and how you pray, the way you exercise and eat, the books you read, when and what you stream, the moments of the day, month and year you value, and when and how you use your phones.

Chances are that these and other habits are not that random in our lives. Many have been given to us. Others have been adopted consciously. Our habits are deeply ingrained in us and they are not neutral: they are connected and they shape our desires, actions and relationships with God and others.

Every month this year, we’ve been considering the different spiritual habits and practices the Church has long valued. We’ve been taking the time to press into spiritual habits we already have or to form new ones. We’ve been considering which habits are forming us away from God or towards God.

We’ve borrowed the phrase “Rule of Life” from the monastic traditions because it helps us see how all our practices of heart, mind and body are connected. Many of us have been taught, either explicitly or implicitly, to separate our

spiritual/emotional and physical lives. The Rule of Life reminds us that how we pray affects how we work, how we work changes how we exercise generosity, how we eat is connected to how we worship, how we worship changes our relationship to our bodies on and on. God has made us whole people and has redeemed us as whole people. Our Rule of Life should reflect this reality.

## **STABILITY OF HEART & PLACE**

The aspect of the Rule of Life we’re considering for April is stability of heart and place. St. Benedict, whose Rule of Life has influenced Western monasticism and everyday Christian spirituality for centuries, had a high regard for stability. His regard was so high that he made it a vow for all people entering his monastic order. The vow required the person entering monastic life to remain and live out the rest of one’s life in the monastic community. It prohibited moving from community to community and place to place. This sounds restrictive, especially to our western and American ears, but it’s goal was and continues to be deeper freedom and love. As the Apostle Paul reminds us in Galatians 5:1, it is for freedom that Christ has set us free. Listen to how one Benedictine community in Mississippi lives into the vow:

*We vow to remain all our life with our local community. We live together, pray together, work together, relax together. We give up the temptation to move from place to place in*

*search of an ideal situation. Ultimately there is no escape from oneself, and the idea that things would be better someplace else is usually an illusion. And when interpersonal conflicts arise, we have a great incentive to work things out and restore peace. This means learning the practices of love: acknowledging one's own offensive behavior, giving up one's preferences, forgiving.*

While we are not monastics and might balk at such a vow, there is much for us to glean.

### **IN/STABILITY IN OUR AGE & TIME.**

Re-read the explanation about vow of stability and take a moment to let the following words sink in: *"We give up the temptation to move from place to place in search of an ideal situation. Ultimately there is no escape from oneself, and the idea that things would be better someplace else is usually an illusion."* Let these words sink in and consider them in light of Galatians 5:1: *"For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery."*

Living by the illusion that the grass is always greener elsewhere is the root of much of our instability. As Jesus says in the gospels, *"Where your treasure is, there is your heart."* (Mt. 6:21) If our treasures are always elsewhere, our heart will be prone to wander. We will wander away from God, from one another and the places in which we live. If our treasures are elsewhere, we will forget that we are home wherever Jesus

is, and that is anywhere. (Ps. 17:8; Ps. 91:2)

Isn't true that we often experience restlessness in our hearts, minds, and bodies because we think the grass is greener on the other side? We have freedom to move, but the illusion often shapes us so that we abuse our freedom. We move from house to house, job to job, relationship to relationship, or city to city. When we lack stability of heart, we lose the ability to be faithful to the people around us and the place in which we live. Instability leads to a trail of brokenness.

Our restlessness also creeps into the way we approach the life of faith. We move from church to church, fellowship group to fellowship group, denomination to denomination and even religion to religion. We hop around looking for just the right kind of sermon, music, people, or inspiration. When spiritual experiences become dull or the hard work of reconciliation is needed, the temptation to simply leave is sometimes too great. Sadly, *ghosting* happens in Christian congregations far too often.

When stability is not cultivated, we place our individuality, needs and desires front and center. The result is a duller experience of God's grace and mercy and the reconciliation Jesus makes possible. Again, stability allows us to stay when the going gets tough so that *"when interpersonal conflicts arise, we have a great incentive to work things out and restore peace."* Stability allows us to live into our identity as the body of Christ. (1 Cor 12) How

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*MY HOPE IS BUILT ON NOTHING LESS THAN JESUS' BLOOD AND RIGHTEOUSNESS;*

*I DARE NOT TRUST THE SWEETEST FRAME, BUT WHOLLY LEAN ON JESUS' NAME.*

**— V1 OF "MY HOPE IS BUILT ON NOTHING LESS"**

*“HOW ARE WE DOING? I DON’T KNOW ABOUT YOU, BUT I HAVE FLUNKED LENT. I FLUNK IT EVERY YEAR. I KNOW I NEED TO GO THROUGH THE REFINER’S FIRE. BUT NOW HEAR THIS. THIS SAME JESUS WHO HAS TURNED OVER MY PRAYER DESK IS ALSO THE ONE WHO IS ON HIS WAY THIS VERY WEEK TO BETRAYAL, CONDEMNATION, HUMILIATION, ABANDONMENT, AND DEATH ON MY BEHALF.”*

— **FLEMING RUTLEDGE**

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can we be peacemakers, friends and extenders of God’s hospitality when we lack stability? Stability leads to love. This love also extends to our neighborhood and city. Stability works against our temptation to simply use the city for our own gain and to leave once it no longer serves our purposes. Stability makes us deeply rooted people.

### **CULTIVATING STABILITY**

A robust Rule of Life is important in the cultivation of stability. Again, our habits direct our hearts towards God and the life he intends for us, or they direct us away. In many ways, this begins with our accounting of time. By living according to the Church calendar, we remember that we live by a different rhythm. While everyone else is hurrying to fulfill their desires, liturgical time reminds us that we live according to the satisfaction of all of our desires in the life, death and resurrection of Jesus.

Our habits and rhythms of prayer, silence, solitude, rest, friendship, fasting and hospitality all nurture stability. When we engage in them, they force us to slow down and to live with a different intention other than self-improvement or self-fulfillment. The Spirit uses all of them to fill us with God’s words and promises. The Spirit uses these practices to help us remember that life is not about striving, but about receiving God’s free mercy. (Lam 3) They remind us that the movement of the Christian life is away from

self and towards God and God’s people.

### **SOCIAL DISTANCING - AN OPPORTUNITY?**

This is a strange time to talk about stability because of COVID-19. The pandemic has created or exacerbated uncertainty and sorrow in just about every area of life. And because social distancing is critical for the common good, we are spending our days in our houses and apartments. When we leave our homes, our movement is limited to a few square blocks or trips to the store; we have become hyper-local. As the weeks go on, many of us are experiencing deeper and deeper restlessness. We want to get back to life!

This desire is good. Life as we know it now is not the way life is meant to be lived. Yet, not all that we have suspended and long to return to is good. So, could we have an unexpected opportunity during this time to cultivate a deeper stability, one that is not affected by circumstances or even the threat of death? Might this be a time in which God is inviting us to consider the deeper desires of our hearts in ways that lead to deeper stability now and in the seasons to come?

- What is beneath our current restlessness to get back to our old lives?
- What is good about our desires? What might the Holy Spirit be trying to re-direct?
- What habits are we leaning into this time that will prepare us well for the end of

social distancing? That is, what habits are we cultivating not only to survive, but to thrive both now and in the seasons to come?

- How might the Holy Spirit be shaping the way you know your neighbors, neighborhood and city during this time? What new eyes is the Holy Spirit giving to you as you spend more time as hyper-local residents?

## **HOLY WEEK & CELEBRATING EASTER**

This guide begins in the final days of Lent, or Holy Week. Easter is around the corner! Just a few words about Holy Week and Easter:

The last week of the long Lenten season of repentance and fasting is called Holy Week. It begins with Palm Sunday, which commemorates Jesus's entry into Jerusalem and reception as King. It is sometimes referred to as Passion Sunday since it heralds the start of Christ's passion, or suffering. To reflect the mood of the week, the color black is often used alongside the customary purple.

Maundy Thursday commemorates the Passover meal Jesus shared with his disciples during which he washed his disciples feet and instituted the Lord's Supper as a sacrament. The name "Maundy" comes from the Latin *mandatum novum*, meaning "new commandment." In John 13:34, Jesus says the following to his disciples: "A new commandment I give to you, love one another as I have loved you." (John 13:34)

On Good Friday, we remember the death of Jesus on the cross. While tragic, we call the day good because Jesus's death means forgiveness

and new life for his people.

The final day of Lent is the Easter Vigil, or Holy Saturday. It's a day of waiting and anticipation for the celebration of Easter Sunday, the resurrection of our Lord Jesus Christ and the end of all sin and death. Hallelujah!

Easter Sunday is the start of a 50 day celebration.

Easter is much more than a fun weekend of chocolates, pastel outfits, egg hunts, and spiral hams! As Pastor Craig Higgins says, *"If we take time to prepare for a wedding, an anniversary, a birthday, a graduation, a vacation, an athletic competition or any other special occasion, how much more should we prepare for Easter, the feast of feasts?"*

Whereas Lent is marked by mourning and fasting, Easter is marked by boisterous celebration. Find ways to feast with your brothers and sisters, even in this time. Continue leaning into the means of grace. It's a season to celebrate the new life Jesus makes possible in all areas of our lives. As N.T. Wright says, Easter just might be the time to have champagne (or sparkling apple cider) for breakfast.

Yes, even in during the pandemic, Christians have cause to celebrate and to witness to the world that death is terrible, but it does not have the final word because of Jesus. Amen!

## **THE INVITATION**

These are unprecedented and unexpected times. Lent may feel like an after thought and the joy of Easter may seem elusive. Yet, our God is good and his mercies are new every morning. Jesus has breathed his Holy Spirit in us. Our God is present with us, comforting, challenging,

leading, giving wisdom and manifesting the resurrection of Jesus Christ in us.

In the light of this truth, we invite you to use this guide. We hope it encourages you in this time and helps you cultivate a deeper stability of heart and place. The guide has been simplified for a variety of reasons. One is to provide you more time to revisit the previous prayer guides and to re-consider the practices of silence, solitude, rest, friendship, fasting and hospitality. They not only lead to stability, but also require stability to truly take hold in our lives.

Use this guide on your own, with your roommates or spouses, and even your family. If this way of being with God is new to you, engage as you can, even if it's for a few minutes, and build on it. Again, this isn't about your performance, or how much or how little you do. This is about growing in Christ and his love starting where you are.

Though we can not be together, we can grow together. God is faithful to make us "deep people" of his love, so let's give ourselves to him.

***With great love for you all,***

The Pastors and Staff of Grace Pasadena

"The Christian vocation is to be in prayer, in the Spirit, at the place where the world is in pain, and as we embrace that vocation, we discover it to be the way of following Christ, shaped according to his messianic vocation to the cross, with arms outstretched, holding on simultaneously to the pain of the world and to the love of God.

Paul, we should note carefully, is quite clear about one thing: as we embrace this vocation, the prayer is likely to be inarticulate. It does not have to be a thought-out analysis of the problem and the solution. It is likely to be simply a groan, a groan in which the Spirit of God, the Spirit of the crucified and risen Christ, groans within us, so that the achievement of the cross might be implemented afresh at that place of pain..."

**N.T. Wright / *The Challenge of Easter***

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## APRIL 1 TO 4

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*God is near! Pray as you are able and enjoy intimacy with your God.*

### **MORNING PRAYER**

#### **OPENING PRAYER**

To you, O Lord, I call; my rock, be not deaf to me, lest, if you be silent to me, I become like those who go down to the pit. Hear the voice of my pleas for mercy, when I cry to you for help, when I lift up my hands toward your most holy sanctuary. — *Psalm 28:1-2*

*In silence, lift up your hands and offer this time to God. Be ready to receive what God has to give.*

#### **PRAYER OF CONFESSION**

God of mercy, you sent Jesus Christ to seek and save the lost. We confess that we have strayed from you and turned aside from your way. We are misled by pride, for we see ourselves pure when we are stained and great when we are small. We have failed in love, neglected justice, and ignored your truth. Have mercy, O God, and forgive our sin. Return us to paths of righteousness through Jesus Christ, our Savior. **Amen.**

#### **MORNING READINGS**

Wednesday	4/1	Mark 9:1-16
Thursday	4/2	Mark 10:17-31
Friday	4/3	Mark 10:32-45
Saturday	4/4	Mark 10:46-52

#### **FOR REFLECTION**

- Close your eyes and imagine you are in the same place as Jesus. What do you hear, see, or even smell? What thoughts and feelings arise as you imagine being so close to Jesus?
- What aspects of Jesus' character impresses or challenges you?
- How is the Holy Spirit inviting you into a deeper experience of stability through the passage?

#### **CLOSING PRAYERS**

*Offer prayers for the day and its tasks, the world and its needs, the Church and her life. Conclude with the "The Lord's Prayer" or*

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, Amen

***LOOK AHEAD AND MAKE TIME FOR EVENING PRAYER (PG. 16)***

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## NOTES & RESPONSES

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## HOLY WEEK

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*God is near! Pray as you are able and enjoy intimacy with your God.*

### **MORNING PRAYER**

#### **OPENING PRAYER**

Loving Father, as we journey with your Son in this week of remembrance, sorrow and hope, help us to experience and receive you and your love for the world more clearly. Remind us of the great hope we have in Jesus and his cross, especially during this time of great sorrow, anxiety and uncertainty. Transform us by the saving knowledge of Jesus Christ and the power of the Holy Spirit. Amen.

*Take a few deep breaths and let God's love wash over you.*

#### **MORNING PRAYER OF CONFESSION**

Loving God, you rode a donkey and came in peace, humbled yourself and gave yourself for us. We confess our lack of humility. As you entered Jerusalem, the crowds shouted "Hosanna: 'Save us now!'" On Good Friday they shouted "Crucify!" We confess our praise is often empty. We sing "Hosanna," but cry "Crucify." As the crowd laid their palms in front of you, you took no glory for yourself. We confess that we want to be accepted and take the easy way. We do not stay true to your will. Forgive us, Lord, and help us to follow in the way of joyful obedience.

**Amen.**

*Silence (sit quietly, or kneel, lay prostrate, or lift up your hands)*

#### **MORNING READINGS**

Palm Sunday	4/5	Luke 19:41-48
Monday	4/6	Mark 11:12-25
Tuesday	4/7	Mark 11:27-33
Wednesday	4/8	Mark 12:1-11
Maundy Thursday	4/9	Mark 14:12-25
Good Friday	4/10	John 13:36-38, John 19:38-42
The Easter Vigil	4/11	Lam. 3:37-58; Heb. 4:1-16

#### **FOR REFLECTION:**

- How does this passage speak to your heart, mind, and body?
- What words of hope, faith or challenge can you speak to bring to those around you?
- How is the Holy Spirit inviting you into a deeper experience of stability through the passage?

#### **CLOSING PRAYERS**

*Offer prayers for the day and its tasks, the world and its needs, the Church and her life. Conclude with the "The Lord's Prayer" or see next page:*

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## CLOSING PRAYERS FOR HOLY WEEK

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*For Palm Sunday:* Almighty God, in your tender love for us you sent your Son our Savior Jesus Christ to take upon him our nature, and to suffer death upon the cross for us. Grant that we may walk in the way of his suffering, and also share in his resurrection. We ask this in the name of Jesus. Amen.

*For Monday in Holy Week:* Almighty God, whose 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, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

*For Tuesday in Holy Week:* O God, by the passion of your blessed Son you made an instrument of shameful death to be for us the means of life: Grant us so to glory in the cross of Christ, that we may gladly suffer shame and loss for the sake of your Son our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

*For Wednesday in Holy Week:* Lord God, whose blessed Son our Savior gave his body to be whipped and his face to be spit upon: Give us grace to accept joyfully the sufferings of the present time, confident of the glory that shall be revealed; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

*For Maundy Thursday:* Almighty Father, whose dear Son, on the night before he suffered, instituted the Sacrament of his Body and Blood: Mercifully grant that we may receive it thankfully in remembrance of Jesus Christ our Lord, who in these holy mysteries gives us a pledge of eternal life; and who now lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

*For Good Friday:* Almighty God, we pray you graciously to behold this your family, for whom our Lord Jesus Christ was willing to be betrayed, and given into the hands of sinners, and to suffer death upon the cross; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

*For the Easter Vigil (Holy Saturday):* O God, Creator of heaven and earth: Grant that, as the crucified body of your dear Son was laid in the tomb and rested on this holy Sabbath, so we may await with him the coming of the third day, and rise with him to newness of life; who now lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

**LOOK AHEAD AND MAKE TIME FOR EVENING PRAYER (PG. 16)**

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## START OF EASTER

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*God is near! Pray as you are able and enjoy intimacy with your God.*

### MORNING PRAYER

#### OPENING PRAYER

The stone has been rolled away!

Christ is risen! Christ is risen, indeed!

Sin and death are defeated! Alleluia, alleluia! Amen!

*Breath deeply and continuing giving thanks for the defeat of sin and death!*

#### MORNING PRAYER OF CONFESSION

Lamb of God, you take away the sin of the world, have mercy on us.

Lamb of God, you take away the sin of the world, have mercy on us.

Lamb of God, you take away the sin of the world, grant us peace. Amen.

*In silence (sit, kneel, lay prostrate, or lift up your hands), confess.*

#### MORNING READINGS

Easter Sunday 4/12 Luke 24:13-35

Monday 4/13 Mark 16:1-8

Tuesday 4/14 Mark 16:9-20

Wednesday 4/15 Matt. 28:1-16

Thursday 4/16 Matt. 28:16-20

Friday 4/17 Luke 24:1-12

Saturday 4/18 Mark 12:18-27

#### FOR REFLECTION:

- What surprises you in the text? What haven't you considered before?
- What invitation to experience God's new life do you hear? How can you receive it today?
- How might the passage shape the way you see your home, friends, work and city?

#### CLOSING PRAYERS

*Offer prayers for the day and its tasks, the world and its needs, the Church and her life. Conclude with the "The Lord's Prayer" or*

O God, who for our redemption gave your only-begotten Son to the death of the cross, and by his glorious resurrection delivered us from the power of our enemy: Grant us so to die daily to sin, that we may evermore live with him in the joy of his resurrection; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

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## NOTES & RESPONSES

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## WEEK OF APRIL 19 (EASTER 2)

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*God is near! Pray as you are able and enjoy intimacy with your God.*

### **MORNING PRAYER**

#### **OPENING PRAYER**

Rejoice, heavenly powers! Sing, choirs of angels! Exult, all creation around God's throne!  
Jesus Christ, our King, is risen! Sound the trumpet of salvation!

*Take a few deep breaths and rejoice!*

#### **MORNING PRAYER OF CONFESSION**

Lord, we confess our sin. We confess all the ways we participate in the ways of death. Forgive us. Bring new life where we are worn and tired; new love where we have turned hard-hearted; forgiveness where we feel hurt and where we have wounded; new hope where we are distraught; and the joy and freedom of your Holy Spirit. Amen.

*What must you let go of in order to turn to God? Pray silently and offer these to God.*

#### **MORNING READINGS**

Sunday	4/19	John 14:1-7
Monday	4/20	John 14:8-17
Tuesday	4/21	John 14:18-31
Wednesday	4/22	John 15:1-11
Thursday	4/23	John 15:12-27
Friday	4/24	John 16:1-15
Saturday	4/25	John 16:16-33

#### **FOR REFLECTION:**

- How is the passage helping you enter the story of Christ's death and resurrection?
- Where do you feel the Holy Spirit inviting you into silence, rest, prayer, friendship, or other practices that nurture stability through this passage?

#### **CLOSING PRAYERS**

*Offer prayers for the day and its tasks, the world and its needs, the Church and her life. Conclude with the "The Lord's Prayer" or*

Almighty and everlasting God, who in the Paschal mystery established the new covenant of reconciliation: Grant that all who have been reborn into the fellowship of Christ's Body may show forth in their lives what they profess by their faith; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

***LOOK AHEAD AND MAKE TIME FOR EVENING PRAYER (PG. 16)***

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## NOTES & RESPONSES

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**APRIL 26 TO APRIL 30 (EASTER 3)**

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*God is near! Pray as you are able and enjoy intimacy with your God.*

### **MORNING PRAYER**

#### **OPENING PRAYER**

Glorious Lord of life, by the mighty resurrection of your Son you overcame the old order of sin and death to make all things new in him. Grant that we who celebrate with joy Christ's rising from the dead may be raised from the death of sin to the life of righteousness, through him who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

*Take a few deep breaths and rejoice!*

#### **MORNING PRAYER OF CONFESSION**

Almighty God, you have raised Jesus from the grave and crowned him Lord of all. We confess that we have not bowed before him or acknowledged his rule in our lives. We have gone along with the way of the world and failed to give him glory. Forgive us and raise us from sin, that we may be your faithful people, obeying the commands of our Lord Jesus Christ, who rules the world and is head of the church, his body. Amen.

*What must you let go of in order to turn to God? Pray silently and offer these to God.*

#### **MORNING READINGS**

Sunday	4/26	Mark 16:9-20
Monday	4/27	Psalm 25
Tuesday	4/28	Col. 1:1-14
Wednesday	4/29	Col. 1:15-23
Thursday	4/30	Col. 1:24-2:7

#### **FOR REFLECTION:**

- What do you see about Jesus in this passage?
- How is God speaking to your anxieties, fears, desires, and dreams through the passage?
- What gift of love is the Holy Spirit asking you to receive? What practices can you engage in today to receive that gift more fully?

#### **CLOSING PRAYERS**

*Offer prayers for the day and its tasks, the world and its needs, the Church and her life. Conclude with the "The Lord's Prayer" or O God, whose blessed Son made himself known to his disciples in the breaking of bread: Open the eyes of our faith, that we may behold him in all his redeeming work; who lives and reigns with you, in the unity of the Holy Spirit, one God now and for ever. Amen.*

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## NOTES & RESPONSES

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## ***A SHORT LITURGY FOR EVENING PRAYER***

### **OPENING VERSE & PRAYER -**

“Behold, he who keeps Israel will neither slumber nor sleep.” —*Psalm 121:4*

### **EVENING PRAYER OF CONFESSION**

Good God, we confess how we have rebelled against you. We are controlled by doubt and fear, and in our doubt we have gone our own way. We have been quick to blame others for our weakness and slow to accept responsibility for ourselves. Forgive us, and grant us your peace, through Jesus Christ our Lord. *Amen.*

*Silence for reflection. (sit quietly, or kneel, lay prostrate, or lift up your hands)*

### **THE PSALM**

*See next page.*

### **FOR REFLECTION:**

- Re-read the passage. How does it speak to and help you find closure to the day behind you?
- How does it help you see Jesus in your day?

### **CLOSING PRAYERS**

*Offer prayers for the day ahead and its tasks, the world and its needs, the Church and her life. Consider kneeling as you pray. Finish with the “The Lord’s Prayer” and one of the the following:*

God, to you we lift our eyes. You watch over us at all times; you neither slumber nor sleep. In your faithful kindness, we now rest. Fill us with peace and wake us with hearts ready to receive the new day. ***Amen.***

### **OR**

Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts, and awaken hope, that we may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love. ***Amen.***

### **OR**

The Lord Almighty grant us a peaceful night and a perfect end. ***Amen.***

***LOOK AHEAD AND MAKE TIME FOR MORNING PRAYER***

## ***EVENING READINGS***

*Choose one Psalm, if more than one is given, and/or focus on a few verses.*

4/1 - Psalm 128, 129, 130

4/2 - Psalm 140, 142

4/3 - Psalm 141, 143:1-11(12)

4/4 - Psalm 42, 43

4/5 - Psalm 103

4/6 - Psalm 69:1-23

4/7 - Psalm 94

4/8 - Psalm 74

4/9 - Psalm 142, 143

4/10 - Psalm 40:1-14 (15-19), 54

4/11 - Psalm 27

4/12 - Psalm 113, 118

4/13 - Psalm 66

4/14 - Psalm 111, 114

4/15 - Psalm 115

4/16 - Psalm 148, 149

4/17 - Psalm 136

4/18 - Psalm 104

4/19 - Psalm 146, 147

4/20 - Psalm 4, 7

4/21 - Psalm 10, 11

4/22 - Psalm 12, 13, 14

4/23 - Psalm 18:21-50

4/24 - Psalm 134, 135

4/25 - Psalm 110:1-5(6-7), 116, 117

4/26 - Psalm 63:1-8(9-11), 98

4/27 - Psalm 44

4/28 - Psalm 47, 48

4/29 - Psalm 49, 53

4/30 - Psalm 50

