



# PRAYER GUIDE | PENTECOST



# PENTECOST

FILLED, FORMED, AND SENT BY THE SPIRIT

# Welcome

## Liturgical Rhythms for Everyday Life

As we enter the season of Pentecost, this prayer guide is offered with the hope that it will serve as a gentle companion in your walk with Jesus. This project is rooted in a simple conviction: we are formed not only by what we believe, but by what we practice. The habits we keep shape our desires, our attention, and ultimately our lives. As a church, we believe the rhythms of gathered worship are meant to spill over into the week—becoming patterns that form us into the likeness of Jesus.

The season of Pentecost invites us to reflect on the gift and ongoing work of the Holy Spirit. It is a season centered on the life of the Church—formed, filled, and sent by the Spirit of God. Pentecost reminds us that the risen and ascended Jesus has not left his people alone, but has poured out his Spirit to dwell within us, unite us to himself, and form us together into his body.

This is not a season of striving, but of learning to walk by the Spirit—growing in dependence, attentiveness, and faithfulness as God continues his work in us. The same Spirit who raised Jesus from the dead is at work in ordinary people and ordinary moments, shaping us over time into the likeness of Christ.

Each day of this guide offers liturgically inspired practices—the same rhythms we engage together on Sundays, now extended into daily life. These aren't tasks to check off, but invitations to make space: for prayer and repentance, for joy and gratitude, for listening and discernment, and for deeper awareness of God's presence with us.

The Scripture readings follow the Revised Common Lectionary Daily Readings, used by churches around the world, with the Sunday page highlighting each sermon passage in bold. The readings from Monday through Wednesday reflect back on the previous Sunday's sermon, while the readings from Thursday through Saturday prepare us for the passage we will hear the following week. Unless otherwise noted, all Scripture quotations are taken from the Holy Bible, New International Version, NIV, 2011.



# Life in the Spirit

This guide is meant to be flexible. Use it in the morning, evening, or whenever it fits naturally into your day. It can be used individually or with others. However you engage it, our prayer is that it helps you walk through the season of Pentecost with greater attentiveness to the Spirit's presence and leading—learning to trust God's faithfulness more deeply as he shapes and sends his people into the world.

## **For Families with Kids:**

Let these rhythms gently shape your life together. Consider weaving one or two practices into moments you already share—a meal prayer, a bedtime routine, or time in the car. You might read a short passage of Scripture, offer a simple prayer of confession and gratitude, or reflect together on where you've needed God's help that day. Don't feel the need to do it all. Start small, and allow these simple practices to form your family as you learn together what it means to walk by the Spirit, trust God's grace, and follow Jesus in everyday life.

# SUNDAY

## May 24 | Pentecost Sunday

Psalm 104:24-35  
Numbers 11:24-30  
**Acts 2:1-21**  
John 7:37-39

## May 31 | Trinity Sunday

Psalm 8  
Genesis 1:1-2:4  
**2 Corinthians 13:11-13**  
Matthew 28:16-20

## June 7 | Proper 5

Psalm 33:1-12  
Genesis 12:1-9  
Romans 4:13-25  
Matthew 9:9-13, 18-26

## June 14 | Proper 6

Psalm 116:1-2, 12-19  
**Genesis 18:1-15**  
Romans 5:1-8  
Matthew 9:35-10:8

## June 21 | Proper 7

Psalm 86:1-10, 16-17  
**Genesis 21:8-21**  
Romans 6:1-11  
Matthew 10:24-39

## June 28 | Proper 8

Psalm 13  
**Genesis 22:1-14**  
Romans 6:12-23  
Matthew 10:40-42

## July 5 | Proper 9

Psalm 45:10-17  
**Genesis 24:34-38, 42-49, 58-67**  
Romans 7:15-25  
Matthew 11:16-19, 25-30

## Call

*Hear God call you to prayer through his word.*

28 I will pour out my Spirit on all people.

Your sons and daughters will prophesy,  
your old men will dream dreams,  
your young men will see visions.

29 **Even on my servants, both men and women,  
I will pour out my Spirit in those days.**

(Joel 2:28-29)

## Reflect

*Read and meditate on the psalm of the day.*

## Confess

*Confess the reality of your sin and need for God's grace.*

**Grant, Almighty God, that as we are prone to every kind of wickedness and are easily led away to imitate it, when there is any excuse for going astray and any opportunity is offered – O grant, that being strengthened by the help of Thy Spirit, we may continue in purity of faith, and that what we have learned concerning Thee, that Thou art a Spirit, may so profit us, that we may worship Thee in spirit and with a sincere heart, and never turn aside after the corruptions of the world, nor think we can deceive Thee; but may we so devote our souls and bodies to Thee, that our life may in every part of it testify, that we are a pure and holy sacrifice to Thee through Jesus Christ our Lord. Amen.**

—John Calvin (1509-1564)

## Embrace

*Embrace God's word of forgiveness over you, which is made possible by the finished work of Jesus.*

37 On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink. 38 Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."

(John 7:37-38)

## Hear

*Read through the other passages of the day and pray that the Spirit would speak to you through them.*

## Abide

Pause and enjoy communion with the living God—Father, Son, and Holy Spirit. [Tap here](#) or scan the QR code below to listen to a suggested song as you do so.



## Pray

Allow these words to shape your own requests to God.

God, as upon [the day of Pentecost] you have taught the hearts of your faithful people, by sending to them the light of your Holy Spirit—grant us by the same Spirit to have a right judgment in all things, and evermore to rejoice in his holy comfort; through the merits of Christ Jesus our Savior, who lives and reigns with you, in the unity of the same Spirit, one God, world without end. Amen.

—Book of Common Prayer (1552)

## Ask

Bring your needs before God, knowing that he hears and cares for you.

## Receive

Receive God's blessing on this day.

15 The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father." 16 The Spirit himself testifies with our spirit that we are God's children. (Romans 8:15-16)

### July 12 | Proper 10

Psalm 119:105-112

**Genesis 25:19-34**

Romans 8:1-11

Matthew 13:1-9, 18-23

### July 19 | Proper 11

Psalm 139:1-12, 23-24

**Genesis 28:10-19**

Romans 8:12-25

Matthew 13:24-30, 36-43

### July 26 | Proper 12

Psalm 105:1-11, 45

**Genesis 29:15-28**

Romans 8:26-39

Matthew 13:31-33, 44-52

### August 2 | Proper 13

Psalm 17:1-7, 15

**Genesis 32:22-31**

Romans 9:1-5

Matthew 14:13-21

### August 9 | Proper 14

Psalm 105: 1-6, 16-22, 45

Genesis 37:1-4, 12-28

Romans 10:5-15

Matthew 14:22-33

### August 16 | Proper 15

Psalm 133

Genesis 45:1-15

Romans 11:1-2, 29-32

**Matthew 15:21-28**

# MONDAY

## May 25

Psalm 104:24-35  
Joel 2:18-29  
Romans 8:18-24

## June 1

Psalm 29  
Job 38:39-39:12  
1 Corinthians 12:1-3

## June 8

Psalm 119:41-48  
Genesis 16:1-15  
2 Corinthians 6:14-7:2

## June 15

Psalm 126  
Genesis 23:1-19  
1 Thessalonians 3:1-5

## June 22

Psalm 86:11-17  
Genesis 16:1-15  
Revelation 2:1-7

## June 29

Psalm 47  
Genesis 22:15-18  
1 Thessalonians 4:9-12

## Call

*Hear God call you to prayer through his word.*

- 1 Ascribe to the LORD, you heavenly beings,  
ascribe to the LORD glory and strength.
- 2 Ascribe to the LORD the glory due his name;  
worship the LORD in the splendor of his holiness.
- 4 **The voice of the LORD is powerful;  
the voice of the LORD is majestic.**  
(Psalm 29:1-2, 4)

## Reflect

*Read and meditate on the psalm of the day.*

## Confess

*Confess the reality of your sin and need for God's grace.*

**Most 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; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your name. Amen.**

—Book of Common Prayer

## Embrace

*Embrace God's word of forgiveness over you, which is made possible by the finished work of Jesus.*

- 8 If we claim to be without sin, we deceive ourselves and the truth is not in us. 9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.  
(1 John 1:8-9)

## Hear

*Read through the other passages of the day and pray that the Spirit would speak to you through them.*

## Abide

*Pause and enjoy communion with the living God—Father, Son, and Holy Spirit. [Tap here](#) or scan the QR code below to listen to a suggested song as you do so.*



## Pray

*Allow these words to shape your own requests to God.*

This is another day, O Lord. I know not what it will bring forth, but make me ready, Lord, for whatever it may be. If I am to stand up, help me to stand bravely. If I am to sit still, help me to sit quietly. If I am to lie low, help me to do it patiently. And if I am to do nothing, let me do it gallantly. Make these words more than words, and give me the Spirit of Jesus. Amen.

—Book of Common Prayer

## Ask

*Bring your needs before God, knowing that he hears and cares for you.*

## Receive

*Receive God's blessing on this day.*

17 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. 18 And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.

(2 Corinthians 3:17-18)

### July 6

Song of Solomon 2:8-13  
Genesis 27:30-46  
Romans 1:18-25

### July 13

Psalms 142  
Micah 1:1-5  
1 Thessalonians 4:1-8

### July 20

Psalms 139:13-18  
Genesis 32:3-21  
Revelation 14:12-20

### July 27

Psalms 65:8-13  
Genesis 30:25-36  
James 3:13-18

### August 3

Psalms 17:1-7, 15  
Genesis 31:22-42  
Romans 1:8-15

### August 10

Psalms 28  
Genesis 37:29-36  
2 Peter 2:4-10

# TUESDAY

## May 26

Psalm 104:24-35  
Ezekiel 39:7-8, 21-29  
Romans 8:26-27

## June 2

Psalm 29  
Job 39:13-25  
1 Corinthians 12:4-13

## June 9

Psalm 119:41-48  
Genesis 17:1-27  
Hebrews 13:1-16

## June 16

Psalm 126  
Genesis 25:7-11  
2 Thessalonians 2:13-3:5

## June 23

Psalm 86:11-17  
Genesis 25:12-18  
Revelation 2:8-11

## June 30

Psalm 47  
1 Kings 18:36-39  
1 John 4:1-6

## Call

*Hear God call you to prayer through his word.*

3 For I will pour water on the thirsty land,  
and streams on the dry ground;  
I will pour out my Spirit on your offspring,  
and my blessing on your descendants.

4 **They will spring up like grass in a meadow,  
like poplar trees by flowing streams.**  
(Isaiah 44:3-4)

## Reflect

*Read and meditate on the psalm of the day.*

## Confess

*Confess the reality of your sin and need for God's grace.*

**Lord Jesus Christ, let thy  
Holy Spirit enlighten our minds and  
convince us thoroughly of our sin, so that,  
humbled and with downcast eyes, we may  
recognize that we stand far, far off and sigh,  
“God, be merciful to me, a sinner”; but  
then let it befall us by thy grace as it befell  
that publican who went up to the temple to  
pray and went down to his house justified.**  
—Søren Kierkegaard (1813–1855)

## Embrace

*Embrace God's word of forgiveness over you, which is made possible by the finished work of Jesus.*

4 But when the kindness and love of God our Savior appeared, 5 he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, 6 whom he poured out on us generously through Jesus Christ our Savior, 7 so that, having been justified by his grace, we might become heirs having the hope of eternal life.  
(Titus 3:4-7)

## Hear

*Read through the other passages of the day and pray that the Spirit would speak to you through them.*

## Abide

Pause and enjoy communion with the living God—Father, Son, and Holy Spirit. [Tap here](#) or scan the QR code below to listen to a suggested song as you do so.



## Pray

Allow these words to shape your own requests to God.

Come, Holy Spirit  
The Spirit of truth  
Enter into our cold hearts  
Warm them with your Love  
May we be like the trees  
That are planted beside the waters  
That we may be watered with the Holy Spirit  
Day by day  
—Adapted from a traditional hymn sung in the Sotho language  
of South Africa and Lesotho

## Ask

Bring your needs before God, knowing that he hears and cares for you.

## Receive

Receive God's blessing on this day.

23 May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. 24 The one who calls you is faithful, and he will do it.

(1 Thessalonians 5:23-24)

### July 7

Song of Solomon 2:8-13  
Genesis 29:1-14  
Romans 3:1-8

### July 14

Psalms 142  
Jeremiah 49:7-11  
Ephesians 4:17-5:2

### July 21

Psalms 139:13-18  
Genesis 33:1-17  
Galatians 4:21-5:1

### July 28

Psalms 65:8-13  
Genesis 30:37-43  
Ephesians 6:10-18

### August 4

Psalms 17:1-7, 15  
Genesis 32:3-21  
Acts 2:37-47

### August 11

Psalms 28  
Genesis 39:1-23  
Romans 9:14-29

# WEDNESDAY

## May 27

Psalm 104:24-35  
Numbers 11:24-30  
John 7:37-39

## June 3

Psalm 29  
Job 39:26-40:5  
John 14:25-26

## June 10

Psalm 119:41-48  
Genesis 18:16-33  
Matthew 12:1-8

## June 17

Psalm 126  
Nehemiah 9:1-8  
Luke 6:12-19

## June 24

Psalm 86:11-17  
Jeremiah 42:18-22  
Matthew 10:5-23

## July 1

Psalm 47  
Isaiah 51:1-3  
Matthew 11:20-24

## Call

*Hear God call you to prayer through his word.*

26 I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.

**27 And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.**

(Ezekiel 36:26-27)

## Reflect

*Read and meditate on the psalm of the day.*

## Confess

*Confess your faith using these ancient words.*

**I believe in God the Father Almighty, Maker of heaven and earth; and in Jesus Christ his only Son our Lord, who was conceived by the Holy Spirit, born of the virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. The third day he rose again from the dead. He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there he will come to judge the living and the dead.**

**I believe in the Holy Spirit, the holy catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.**

—The Apostles' Creed (second century)

## Hear

*Read through the other passages of the day and pray that the Spirit would speak to you through them.*

# Abide

*Pause and enjoy communion with the living God—Father, Son, and Holy Spirit. [Tap here](#) or scan the QR code below to listen to a suggested song as you do so.*



# Pray

*Allow these words to shape your own requests to God.*

## **Our Father in heaven, hallowed be your name**

*Thank God for who He is and His abundant faithfulness.*

## **Your Kingdom come, your will be done on earth as it is in heaven**

*Pray for God's rule and reign to become a tangible reality.*

## **Give us this day our daily bread**

*Pray for God's daily provision in your life.*

## **Forgive us our debts as we forgive our debtors**

*Confess your sins to the Lord, and forgive people who have wronged you.*

## **Lead us not into temptation**

*Ask for God to guide you in 'paths of righteousness for His name sake.'*

## **But deliver us from evil**

*Pray for God's protection against any of the strategies of Satan.*

## **For yours is the kingdom, and the power, and the glory, for ever and ever. Amen.**

# Receive

*Receive God's blessing on this day.*

4 There are different kinds of gifts, but the same Spirit distributes them. 5 There are different kinds of service, but the same Lord. 6 There are different kinds of working, but in all of them and in everyone it is the same God at work.

7 Now to each one the manifestation of the Spirit is given for the common good.

(1 Corinthians 12:4-7)

## **July 8**

Song of Solomon 2:8-13  
Genesis 29:31-35  
John 13:1-17

## **July 15**

Psalms 142  
Obadiah 15-21  
Matthew 13:10-17

## **July 22**

Psalms 139:13-18  
Genesis 35:16-29  
Matthew 12:15-21

## **July 29**

Psalms 65:8-13  
Genesis 46:2-47:12  
Mark 4:30-34

## **August 5**

Psalms 17:1-7, 15  
Isaiah 43:1-7  
Matthew 15:32-39

## **August 12**

Psalms 28  
Genesis 40:1-23  
Matthew 8:23-27

# THURSDAY

## May 28

Psalm 8  
Job 38:1-11  
2 Timothy 1:8-12

## June 4

Psalm 33:1-12  
Genesis 13:1-18  
2 Peter 2:17-22

## June 11

Psalm 116:1-2, 12-19  
Genesis 21:1-7  
Hebrews 3:1-6

## June 18

Psalm 86:1-10  
Exodus 12:43-49  
Hebrews 2:5-9

## June 25

Psalm 13  
Micah 7:18-20  
Galatians 5:2-6

## July 2

Psalm 45:10-17  
Genesis 25:19-27  
Romans 7:1-6

## Call

*Hear God call you to prayer through his word.*

27 All creatures look to you  
to give them their food at the proper time.

30 **When you send your Spirit,  
they are created,  
and you renew the face of the ground.**

(Psalm 104:27, 30)

## Reflect

*Read and meditate on the psalm of the day.*

## Confess

*Confess the reality of your sin and need for God's grace.*

**Lord,  
help me to face the truth about myself.  
Help me to hear my words as others hear them,  
to see my face as others see me;  
let me be honest enough to recognize  
my impatience and conceit;  
let me recognize my anger and selfishness;  
give me sufficient humility to accept  
my own weaknesses for what they are.  
Give me the grace to say, "I was wrong—forgive me."  
—The Westminster Collection of Christian Prayers**

## Embrace

*Embrace God's word of forgiveness over you, which is made possible by the finished work of Jesus.*

"Come now, let us settle the matter,"  
says the LORD.

"Though your sins are like scarlet,  
they shall be as white as snow;  
though they are red as crimson,  
they shall be like wool.

(Isaiah 1:18)

## Hear

*Read through the other passages of the day and pray that the Spirit would speak to you through them.*

## Abide

Pause and enjoy communion with the living God—Father, Son, and Holy Spirit. [Tap here](#) or scan the QR code below to listen to a suggested song as you do so.



## Pray

Allow these words to shape your own requests to God.

Breathe in me, O Holy Spirit,  
that my thoughts may all be holy.  
Act in me, O Holy Spirit,  
that my work, too, may be holy.  
Draw my heart, O Holy Spirit,  
that I love but what is holy.  
Strengthen me, O Holy Spirit,  
to defend all that is holy.  
Guard me, then, O Holy Spirit,  
that I always may be holy. Amen.  
—Augustine (354–430)

## Ask

Bring your needs before God, knowing that he hears and cares for you.

## Receive

Receive God's blessing on this day.

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.  
(Romans 15:13)

### July 9

Psalms 119:105-112  
Exodus 3:1-6  
Romans 2:12-16

### July 16

Psalms 139:1-12, 23-24  
Isaiah 44:1-5  
Hebrews 2:1-9

### July 23

Psalms 105:1-11, 45b  
Genesis 29:1-8  
1 Corinthians 4:14-20

### July 30

Psalms 17:1-7, 15  
Isaiah 14:1-2  
Philippians 4:10-15

### August 6

Psalms 105:1-6, 16-22, 45b  
Genesis 35:22b-29  
Acts 17:10-15

### August 13

Psalms 133  
Genesis 41:14-36  
Revelation 15:1-4

# FRIDAY

## May 29

Psalm 8  
Job 38:12-21  
2 Timothy 1:12-14

## June 5

Psalm 33:1-12  
Genesis 14:17-24  
Acts 28:1-10

## June 12

Psalm 116:1-2, 12-19  
Genesis 24:1-9  
Acts 7:35-43

## June 19

Psalm 86:1-10  
Genesis 35:1-4  
Acts 5:17-26

## June 26

Psalm 13  
2 Chronicles 20:5-12  
Galatians 5:7-12

## July 3

Psalm 45:10-17  
Genesis 27:1-17  
Romans 7:7-20

## Call

*Hear God call you to prayer through his word.*

6 With what shall I come before the LORD  
and bow down before the exalted God?  
Shall I come before him with burnt offerings,  
with calves a year old?

8 **He has shown you, O mortal, what is good.  
And what does the LORD require of you?  
To act justly and to love mercy  
and to walk humbly with your God.**

(Micah 6:6, 8)

## Reflect

*Read and meditate on the psalm of the day.*

## Confess

*Confess the reality of your sin and need for God's grace.*

**O Lord, you have mercy upon all—take away from me my sins, and mercifully kindle in me the fire of your Holy Spirit. Take away from me the heart of stone, and give me a heart of flesh, a heart to love and adore you, a heart to delight in you, to follow and to enjoy you, for Christ's sake. Amen.**

—Ambrose (339-397)

## Embrace

*Embrace God's word of forgiveness over you, which is made possible by the finished work of Jesus.*

13 When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, 14 having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross.

(Colossians 2:13-14)

## Hear

*Read through the other passages of the day and pray that the Spirit would speak to you through them.*

## Abide

*Pause and enjoy communion with the living God—Father, Son, and Holy Spirit. [Tap here](#) or scan the QR code below to listen to a suggested song as you do so.*



## Pray

*Allow these words to shape your own requests to God.*

Most loving Father, whose will it is for us to give thanks for all things, to fear nothing but the loss of you, and to cast all our care on you who care for us: Preserve us from faithless fears and worldly anxieties, that no clouds of this mortal life may hide from us the light of that love which is immortal, and which you have manifested to us in your Son Jesus Christ our Lord; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

—Book of Common Prayer

## Ask

*Bring your needs before God, knowing that he hears and cares for you.*

## Receive

*Receive God's blessing on this day.*

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit.

(Galatians 5:22-25)

### July 10

Psalm 119:105-112  
Deuteronomy 32:1-10  
Romans 15:14-21

### July 17

Psalm 139:1-12, 23-24  
Ezekiel 39:21-29  
Hebrews 6:13-20

### July 24

Psalm 105:1-11, 45b  
Genesis 29:9-14  
Acts 7:44-53

### July 31

Psalm 17:1-7, 15  
Isaiah 41:8-10  
Romans 9:6-13

### August 7

Psalm 105:1-6, 16-22, 45b  
Genesis 36:1-8  
Acts 18:24-28

### August 14

Psalm 133  
Genesis 41:37-57  
Acts 14:19-28

# SATURDAY

**May 30**

Psalm 8  
Job 38:22-38  
John 14:15-17

**June 6**

Psalm 33:1-12  
Genesis 15:1-20  
Matthew 9:27-34

**June 20**

Psalm 86:1-10  
Ezekiel 29:3-7  
Luke 11:53-12:3

**June 27**

Psalm 13  
Genesis 26:23-25  
Luke 17:1-4

**July 4**

Psalm 45:10-17  
Genesis 27:18-29  
Luke 10:21-24

**July 11**

Psalm 119:105-112  
Isaiah 2:1-4  
John 12:44-50

## Call

*Hear God call you to prayer through his word.*

1 It is good to praise the LORD  
and make music to your name, O Most High,  
2 **proclaiming your love in the morning  
and your faithfulness at night,**  
(Psalm 92:1-2)

## Reflect

*Read and meditate on the psalm of the day.*

## Confess

*Confess the reality of your sin and your need for God's grace.*

**Almighty God,  
unto whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden—  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
so that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord. Amen.**  
—Book of Common Prayer (1552)

## Embrace

*Embrace God's word of forgiveness over you, which is made possible by the finished work of Jesus.*

19 Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, 20 by a new and living way opened for us through the curtain, that is, his body, 21 and since we have a great priest over the house of God, 22 let us draw near to God with a sincere heart and with the full assurance that faith brings,  
(Hebrews 10:19-22)

## Hear

*Read through the other passages of the day and pray that the Spirit would speak to you through them.*

## Abide

*Pause and enjoy communion with the living God—Father, Son, and Holy Spirit. [Tap here](#) or scan the QR code below to listen to a suggested song as you do so.*



## Pray

*Pause and become attentive to God's presence. Use these prompts to guide your prayer as you reflect on the week that has passed and prepare for the week ahead.*

1. **Notice God's presence.** Rest quietly, remembering that God is near.
2. **Review the week with gratitude.** Give thanks for moments of grace, however small.
3. **Pay attention to your emotions.** Name what you are carrying and bring it honestly to God.
4. **Pray from one moment.** Choose a single experience from the week and speak with God about it.
5. **Look toward tomorrow.** Entrust the coming week to God, asking for grace to walk faithfully.

## Ask

*Bring your needs before God, knowing that he hears and cares for you.*

## Receive

*Receive God's blessing on this day.*

16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

(Ephesians 3:16-19)

### July 18

Psalm 139:1-12, 23-24  
Exodus 14:9-25  
Matthew 7:15-20

### July 25

Psalm 105:1-11, 45b  
Genesis 29:31-30:24  
Matthew 12:38-42

### August 1

Psalm 17:1-7, 15  
Genesis 31:1-21  
Matthew 7:7-11

### August 8

Psalm 105:1-6, 16-22, 45b  
Genesis 37:5-11  
Matthew 16:1-4

### August 15

Psalm 133  
Genesis 42:1-28  
Matthew 14:34-36











## About Grace Pasadena

Grace Pasadena is a community rooted in the life-giving grace of Jesus. In a world that is often hurried, fractured, and weary, we long to be a place where people encounter his presence, find rest in his love, and are sent out to share that grace with others.

Our mission, vision, and values flow out of this hope—shaping who we are and how we live as a church in Pasadena and beyond.

## Mission

Grace Pasadena exists to experience and extend the life-giving grace of Jesus.

## Vision

We envision a community transformed by grace—where renewed lives and healed relationships bring hope and flourishing to Pasadena and beyond.

## We Live This Out

- As we grow in the knowledge of the gospel
- In every sphere of life
- For the good of our neighborhoods, city, and the world

*Want to learn more or get connected? [Tap here](#) or scan the QR code below.*



