

ORDINARY TIME, PT. 3

DAILY PRAYER GUIDE
OCTOBER 2 - NOVEMBER 26 | 2022



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Reflections on Prayer

"I have every day enough to do to pray"

MARTIN LUTHER

"Prayer makes your heart bigger, until it is capable of containing the gift of God Himself. I believe that politicians spend too little time on their knees. I'm convinced that they would be better politicians if they were to do so. There are some people who, in order not to pray, use as an excuse the fact that life is so hectic that it prevents them from praying. This cannot be. Prayer does not demand that we interrupt our work, but that we continue working as if it were a prayer. It is not necessary to always be mediating nor to consciously experience the sensation that we are talking to God, no matter how nice this would be. What matters is being with him, living in him, in his will. To love with a pure heart, to love everybody, is a twenty-four-hour prayer."

ST. TERESA OF KOLKATA

"For me, prayer is a surge of the heart; it is a simple look turned toward heaven, it is a cry of recognition and of love, embracing both trial and joy."

SAINT THÉRÈSE OF LISIEUX

"A Christian fellowship lives and exists by the intercession of its members for one another, or it collapses. I can no longer condemn or hate a brother for whom I pray, no matter how much trouble he causes me. His face, that hitherto may have been strange and intolerable to me, is transformed in intercession into the countenance of a brother for whom Christ died, the face of a forgiven sinner."

DIETRICH BONHOEFFER

"He does not ask much of us, merely a thought of Him from time to time, a little act of adoration, sometimes to ask for His grace, sometimes to offer Him your sufferings, at other times to thank Him for the graces, past and present, He has bestowed on you, in the midst of your troubles to take solace in Him as often as you can. Lift up your heart to Him during your meals and in company; the least little remembrance will always be the most pleasing to Him. One need not cry out very loudly; He is nearer to us than we think."

BROTHER LAWRENCE

"As we come to grips with our own selfishness and stupidity, we make friends with the impostor and accept that we are impoverished and broken and realize that, if we were not, we would be God. The art of gentleness toward ourselves leads to being gentle with others -- and is a natural prerequisite for our presence to God in prayer."

BRENNAN MANNING

"Spirituality without a prayer life is no spirituality at all, and it will not last beyond the first defeats. Prayer is an opening of the self so that the Word of God can break in and make us new. Prayer unmask. Prayer converts. Prayer impels. Prayer sustains us on the way. Pray for the grace it will take to continue what you would like to quit."

JOAN CHITTISTER

"If we are a people who pray, darkness is apt to be a lot of what our prayers are about. If we are people who do not pray, it is apt to be darkness in one form or another that has stopped our mouths."

FREDERICK BUECHNER

Sunday Mornings

October 2

Psalms 118
Hosea 13:4-14
Matt. 14:1-12

October 9

Psalms 146, 147
Micah 6:1-8
Matt. 15:21-28

October 16

Pss. 148, 149, 150
Matt. 16:13-20

October 23

Pss. 63:1-8(9-11), 98
Matt. 18:15-20

October 30

Psalms 24, 29
Matt. 18:21-35

November 6

Psalms 93, 96
Matt. 20:1-16

November 13

Psalms 66, 67
Hab. 1:1-12--2:1
Matt. 23:13-24

November 20

(Christ the King)
Psalm 118
Zech. 9:9-16
Matt. 21:1-13

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

The Invitation

"It is good to give thanks to the Lord, to sing praises to your name, O Most High; to declare your steadfast love in the morning, and your faithfulness by night..." — *Ps. 92:1-2*

Ps. 92 is titled "A Song for the Sabbath." What songs of praise are on your lips as you enter the Lord's Day?

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

Eternal God, in whom we live and move and have our being, your face is hidden from us by our sins, and we forget your mercy in the blindness of our hearts. Cleanse us from all our offenses, and deliver us from proud thoughts and vain desires. With lowliness and meekness may we draw near to you, confessing our faults, confiding in your grace, and finding in you our refuge and strength; through Jesus Christ your Son. **Amen.** *(silence)*

Listening to Words of Love

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

Abiding in Love

- What words of invitation to Sabbath rest do you hear? How is the Spirit speaking to the places of unrest in your heart, mind and body?

Responding to Love and Closing Prayers

On this Lord's Day, pray for deep rest for yourself, neighbor and world. Lift up your needs and the needs of others. Conclude with the Lord's Prayer and/or following collect:

O God our King, by the resurrection of your Son Jesus Christ on the first day of the week, you conquered sin, put death to flight, and gave us the hope of everlasting life: Redeem all our days by this victory; forgive our sins, banish our fears, make us bold to praise you and to do your will; and steel us to wait for the consummation of your kingdom on the last great Day; through Jesus Christ our Lord. **Amen.**

Sunday Evenings

Opening Prayer

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

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

The Song of Response

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

The Confession

Glory to you, our God, glory be to you, Holy Spirit, Comforter, treasure of all goodness and giver of life, come and dwell in us, cleanse us from all sin, and in your love bring us to salvation. **Amen.**

Repeat this prayer of confession a few times, slowly. Where is the Spirit bringing new life? Are you open or resisting?

Listening to Words of Love

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

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

Closing Prayers

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

- All Christian people, that they may live in love and truth.
- For the Church, both local and global.
- Peace throughout the world, and for all governments.
- Our neighbors and for all our friends.
- Those who hate us as we pray for those who love us.
- Refugees and prisoners; for the vulnerable.
- All sick people, for the sorrowful and the dying.
- Abundance of the fruits of the earth, and that the poor and hungry may receive a just share.

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

Lord Almighty, come and scatter the darkness of our hearts by the light of your presence; that we may know you the Light of the world and the one true God, blessed this night and for evermore. **Amen.**

October 2

Psalms 145
1 Cor. 2:6-16

October 9

Pss. 111, 112, 113
1 Cor. 4:9-16

October 16

Pss. 114, 115
1 Cor. 10:1-13

October 23

Psalm 103
1 Cor. 10:15-24

October 30

Psalms 8, 84
1 Cor. 12:27--13:13

November 6

Psalm 34
1 Cor. 14:1-12

November 13

Psalms 19, 46
Phil. 3:13--4:1

November 20

(Christ the King)
Psalm 145
1 Peter 3:13-22

Monday Mornings

October 3

Psalm 106:1-18
Hosea 14:1-9
Luke 6:39-49

October 10

Psalms 1, 2, 3
Micah 7:1-7
Luke 8:26-39

October 17

Psalm 25
Luke 9:51-62

October 24

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

October 31

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

November 7

Psalm 80
Joel 1:1-13
Luke 14:12-24

November 14

Psalm 89:1-18
Hab. 2:1-4, 9-20
Luke 16:19-31

November 21

Psalm 106:1-18
Zech. 10:1-12
Luke 18:15-30

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

The Invitation

"I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds." —*Psalm 9:1*

We're invited to bring our whole heart (or whole selves) to God. What parts do you bring freely? What parts do you want to withhold? The good news is that God welcomes all of you into his presence.

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

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

Abiding in Love

- What words or images have the most energy today? How might the Spirit be re-ordering or re-framing the day with these words?
- What connections do you see between the passages?

Responding to Love and Closing Prayers

Offer to God your needs and the needs of your neighbor, church, city, and world. Conclude with the Lord's Prayer and/or following collect:

O God, the King eternal, whose light divides the day from the night and turns the shadow of death into the morning: Drive far from us all wrong desires, incline our hearts to keep your law, and guide our feet into the way of peace; that, having done your will with cheerfulness during the day, we may, when night comes, rejoice to give you thanks; through Jesus Christ our Lord. **Amen.**

Monday Evenings

Opening Prayer

O God, make speed to save us.

O Lord, make haste to help us.

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

The Song of Response

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

The Confession

Glory to you, our God, glory be to you, Holy Spirit, Comforter, treasure of all goodness and giver of life, come and dwell in us, cleanse us from all sin, and in your love bring us to salvation. **Amen.**

Repeat this prayer of confession a few times, slowly. Where is the Spirit bringing new life? Are you open or resisting?

Listening to Words of Love

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

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

Closing Prayers

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

- All Christian people, that they may live in love and truth.
- For the Church, both local and global.
- Peace throughout the world, and for all governments.
- Our neighbors and for all our friends.
- Those who hate us as we pray for those who love us.
- Refugees and prisoners; for the vulnerable.
- All sick people, for the sorrowful and the dying.
- Abundance of the fruits of the earth, and that the poor and hungry may receive a just share.

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

Lord Almighty, come and scatter the darkness of our hearts by the light of your presence; that we may know you the Light of the world and the one true God, blessed this night and for evermore. **Amen.**

October 3

Psalm 106:19-48
Acts 22:30--23:11

October 10

Psalms 4, 7
Acts 26:1-23

October 17

Psalms 9, 15
Rev. 7:1-8

October 24

Psalm 44
Rev. 11:1-14

October 31

Psalms 64, 65
Rev. 14:1-13

November 7

Psalms 77, 79
Rev. 18:15-24

November 14

Psalm 89:19-52
James 2:14-26

November 21

Psalm 106:19-48
Gal. 6:1-10

Tuesday Mornings

October 4
Psalms 120-123
Micah 1:1-9
Luke 7:1-17

October 11
Psalms 5, 6
Jonah 1:1-17a
Luke 8:40-56

October 18
Psalms 26, 28
Luke 10:1-16

October 25
Psalm 45
Luke 11:27-36

November 1
Psalm 61, 62
Luke 13:1-9

November 8
Psalm 78:1-39
Joel 1:15--2:11
Luke 14:25-35

November 15
Psalms 97, 99, 100
Hab. 3:1-18
Luke 17:1-10

November 22
Psalms 120-123
Zech. 11:4-17
Luke 18:31-43

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

The Invitation

"I will give thanks to you, O Lord, among the peoples; I will sing praises to you among the nations." — *Ps. 57:9*

What needs of the world do you carry today? Take a moment to remember and give thanks for the vastness of God's love.

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

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

Abiding in Love

- How do today's words challenge or expand your image of God and his love embodied in the life, death, and resurrection of Jesus Christ? How might you respond today?

Responding to Love and Closing Prayers

Offer to God your needs and the needs of your neighbor, church, city, and world. Conclude with the Lord's Prayer and/or following collect:

O Lord, our God, the author of peace and lover of concord, to know you is eternal life and to serve you is perfect freedom: Defend us, your humble servants, in all assaults of our enemies; that we, surely trusting in your defense, may not fear the power of any adversaries, through the might of Jesus Christ our Lord. **Amen.**

Tuesday Evenings

Opening Prayer

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

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

The Song of Response

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

The Confession

Glory to you, our God, glory be to you, Holy Spirit, Comforter, treasure of all goodness and giver of life, come and dwell in us, cleanse us from all sin, and in your love bring us to salvation. **Amen.**

Repeat this prayer of confession a few times, slowly. Where is the Spirit bringing new life? Are you open or resisting?

Listening to Words of Love

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

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

Closing Prayers

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

- All Christian people, that they may live in love and truth.
- For the Church, both local and global.
- Peace throughout the world, and for all governments.
- Our neighbors and for all our friends.
- Those who hate us as we pray for those who love us.
- Refugees and prisoners; for the vulnerable.
- All sick people, for the sorrowful and the dying.
- Abundance of the fruits of the earth, and that the poor and hungry may receive a just share.

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

Lord Almighty, come and scatter the darkness of our hearts by the light of your presence; that we may know you the Light of the world and the one true God, blessed this night and for evermore. **Amen.**

October 4
Psalms 124-127
Acts 23:12-24

October 11
Psalms 10, 11
Acts 26:24--27:8

October 18
Psalms 36, 39
Rev. 7:9-17

October 25
Psalms 47, 48
Rev. 11:14-19

November 1
Psalm 68
Rev. 14:14--15:8

November 8
Psalm 78:40-72
Rev. 19:1-10

November 15
Psalms 94, 95
James 3:1-12

November 22
Psalms 124-127
1 Cor. 3:10-23

Wednesday Mornings

October 5

Psalm 119:145-176
Micah 2:1-13
Luke 7:18-35

October 12

Psalm 119:1-24
Jonah 1:17--2:10
Luke 9:1-17

October 19

Psalm 38
Luke 10:17-24

October 26

Psalm 119:49-72
Luke 11:37-52

November 2

Psalm 72
Luke 13:10-17

November 9

Psalm 119:97-120
Joel 2:12-19
Luke 15:1-10

November 16

Psalm 101, 109
Mal. 1:1, 6-14
Luke 17:11-19

November 23

Psalm 119:145-176
Zech. 12:1-10
Luke 19:1-10

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

The Invitation

“Turn to me and be gracious to me, for I am lonely and afflicted.” —Ps. 25:16

Does God feel close or far today? God is ready to meet you as you are and to draw you close.

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

Most merciful God, Father of our Lord Jesus Christ, we confess that we have sinned in thought, word and deed. We have not loved you with our whole heart. We have not loved our neighbours as ourselves. In your mercy forgive what we have been, help us to amend what we are, and direct what we shall be; that we may do justly, love mercy, and walk humbly with you, our God. **Amen.** *(silence)*

Listening to Words of Love

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

Abiding in Love

- What words of hope, faith, and love do you hear in today's words? How might you return to these words throughout the day?

Closing Prayers

Offer to God your needs and the needs of your neighbor, church, city, and world. Conclude with the Lord's Prayer and/or following collect:

O Lord, our heavenly Father, almighty and everlasting God, you have brought us safely to the beginning of this day: Defend us by your mighty power, that we may not fall into sin nor run into any danger; and that, guided by your Spirit, we may do what is righteous in your sight; through Jesus Christ our Lord. **Amen.**

Wednesday Evenings

Opening Prayer

O God, make speed to save us.

O Lord, make haste to help us.

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

The Song of Response

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

The Confession

Glory to you, our God, glory be to you, Holy Spirit, Comforter, treasure of all goodness and giver of life, come and dwell in us, cleanse us from all sin, and in your love bring us to salvation. **Amen.**

Repeat this prayer of confession a few times, slowly. Where is the Spirit bringing new life? Are you open or resisting?

Listening to Words of Love

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

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

Closing Prayers

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

- All Christian people, that they may live in love and truth.
- For the Church, both local and global.
- Peace throughout the world, and for all governments.
- Our neighbors and for all our friends.
- Those who hate us as we pray for those who love us.
- Refugees and prisoners; for the vulnerable.
- All sick people, for the sorrowful and the dying.
- Abundance of the fruits of the earth, and that the poor and hungry may receive a just share.

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

Lord Almighty, come and scatter the darkness of our hearts by the light of your presence; that we may know you the Light of the world and the one true God, blessed this night and for evermore. **Amen.**

October 5

Psalm 128, 129, 130
Acts 23:23-35

October 12

Psalms 12, 13, 14
Acts 27:9-26

October 19

Psalm 119:25-48
Rev. 8:1-13

October 26

Psalms 49, 53
Rev. 12:1-6

November 2

Psalm 119:73-96
Rev. 16:1-11

November 9

Psalm 81, 82
Rev. 19:11-21

November 16

Psalm 119:121-144
James 3:13--4:12

November 23

Psalms 128-130
Eph. 1:3-14

Weekly Practice: Journaling + Writing

Take some time each week to consider writing as spiritual discipline and to practice it. In particular, consider journaling and copying a few verses by hand.

About journaling, Henri Nouwen comments: "Writing can be a true spiritual discipline. Writing can help us to concentrate, to get in touch with the deeper stirrings of our hearts, to clarify our minds, to process confusing emotions, to reflect on our experiences, to give artistic expression to what we are living, and to store significant events in our memories. Writing can also be good for others who might read what we write. Quite often a difficult, painful, or frustrating day can be 'redeemed' by writing about it. By writing we can claim what we have lived and thus integrate it more fully into our journeys. Then writing can become lifesaving for us and sometimes for others too."

In Deuteronomy 17:18-20, God instructs any future king of Israel to "write for himself in a book a copy of [God's] law." This copy was to be with the King at all times, "that he may learn to fear the Lord his God by keeping all the words of this law and these statutes, and doing them, that his heart may not be lifted up above his brothers, and that he may not turn aside from the commandment..." In these instructions, God connects the copying of his words with the deep formation of our hearts, minds, and bodies.

A few suggestions:

- When journaling, think about recent moments that were energizing or draining. As you write about the experience, ask: "How was God present in that moment? How was I resisting God's presence?"
- When copying scripture, choose one or two verses from the daily readings. Consider verses that are encouraging and challenging. Copy the verses a few times. Write slowly, paying attention to each word as you write them down. Pay attention to any stirrings in your heart, mind, and body; ask the Holy Spirit to bring light to those stirrings.
- Use pencil/pen and paper rather than an electronic device. Studies show that more of our brains are engaged when we write. In fact, writing and praying activate similar parts of the brain!

After a few weeks, what do you notice shifting in you and your experience of God as you journal and write?

Notes

Thursday Mornings

October 6

Psalms 131-133
Micah 3:1-8
Luke 7:36-50

October 13

Psalms 18:1-20
Jonah 3:1--4:11
Luke 9:18-27

October 20

Psalms 37:1-18
Luke 10:25-37

October 27

Psalms 50
Luke 11:53--12:12

November 3

Psalms 71
Luke 13:18-30

November 10

Psalms 23, 27
Joel 2:21-27
Luke 15:1-2, 11-32

November 17

Psalms 105:1-22
Mal. 2:1-16
Luke 17:20-37

November 24

Psalms 131-33
Zech. 13:1-9
Luke 19:11-27

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

The Invitation

“You have turned for me my mourning into dancing; you have loosed my sackcloth and clothed me with gladness, that my glory may sing your praise and not be silent. O Lord my God, I will give thanks to you forever!”
—Ps. 30:10-12

What joys do you bring today? What sorrows linger? Offer both to God as you begin this time of prayer, and if inclined, dance a little dance!

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 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

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

Abiding in Love

- How do today’s words invite you to “love God with all your heart, soul, and mind” and to “love your neighbor as yourself”?

Closing Prayers

Offer to God your needs and the needs of your neighbor, church, city, and world. Conclude with the Lord’s Prayer and/or following collect:

Heavenly Father, in you we live and move and have our being; We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. **Amen.**

Thursday Evenings

Opening Prayer

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

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

The Song of Response

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

The Confession

Glory to you, our God, glory be to you, Holy Spirit, Comforter, treasure of all goodness and giver of life, come and dwell in us, cleanse us from all sin, and in your love bring us to salvation. **Amen.**

Repeat this prayer of confession a few times, slowly. Where is the Spirit bringing new life? Are you open or resisting?

Listening to Words of Love

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

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

Closing Prayers

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

- All Christian people, that they may live in love and truth.
- For the Church, both local and global.
- Peace throughout the world, and for all governments.
- Our neighbors and for all our friends.
- Those who hate us as we pray for those who love us.
- Refugees and prisoners; for the vulnerable.
- All sick people, for the sorrowful and the dying.
- Abundance of the fruits of the earth, and that the poor and hungry may receive a just share.

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

Lord Almighty, come and scatter the darkness of our hearts by the light of your presence; that we may know you the Light of the world and the one true God, blessed this night and for evermore. **Amen.**

October 6

Psalms 134, 135
Acts 24:1-23

October 13

Psalms 18:21-50
Acts 27:27-44

October 20

Psalms 37:19-42
Rev. 9:1-12

October 27

Psalms 103
Rev. 12:7-17

November 3

Psalms 74
Rev. 16:12-21

November 10

Psalms 85, 86
James 1:1-15

November 17

Psalms 105:23-45
James 4:13--5:6

November 24

Psalms 134, 135
Eph. 1:15-23

Friday Mornings

October 7
Psalms 140, 142
Micah 3:9--4:5
Luke 8:1-15

October 14
Psalms 16, 17
Luke 9:28-36

October 21
Psalm 31
Luke 10:38-42

October 28
Psalm 40, 54
Luke 12:13-31

November 4
Psalms 69
Luke 13:31-35

November 11
Psalm 88
Joel 2:28--3:8
Luke 16:1-9

November 18
Psalm 102
Mal. 3:1-12
Luke 18:1-8

November 25
Psalms 140, 142
Zech. 14:1-11
Luke 19:28-40

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

The Invitation

"Let me hear what God the Lord will speak, for he will speak peace to his people, to his saints; but let them not turn back to folly." — *Ps. 85:8*

As you come to God in prayer, ask the Spirit to give you ears to hear and eyes to see.

The Song of Response

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

The Confession

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

Listening to Words of Love

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

Abiding in Love

- What images, words or phrases linger with you? How do they resonate with you? What might the Holy Spirit be drawing out and bringing into the light?

Closing Prayers

Offer to God your needs and the needs of your neighbor, church, city, and world. Conclude with the Lord's Prayer and/or the following:

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.

Friday Evenings

Opening Prayer

O God, make speed to save us.

O Lord, make haste to help us.

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

The Song of Response

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

The Confession

Glory to you, our God, glory be to you, Holy Spirit, Comforter, treasure of all goodness and giver of life, come and dwell in us, cleanse us from all sin, and in your love bring us to salvation. **Amen.**

Repeat this prayer of confession a few times, slowly. Where is the Spirit bringing new life? Are you open or resisting?

Listening to Words of Love

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

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

Closing Prayers

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

- All Christian people, that they may live in love and truth.
- For the Church, both local and global.
- Peace throughout the world, and for all governments.
- Our neighbors and for all our friends.
- Those who hate us as we pray for those who love us.
- Refugees and prisoners; for the vulnerable.
- All sick people, for the sorrowful and the dying.
- Abundance of the fruits of the earth, and that the poor and hungry may receive a just share.

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

Lord Almighty, come and scatter the darkness of our hearts by the light of your presence; that we may know you the Light of the world and the one true God, blessed this night and for evermore. **Amen.**

October 7
Psalms 141, 143
Acts 24:24--25:12

October 14
Psalm 22
Acts 28:1-16

October 21
Psalm 35
Rev. 9:13-21

October 28
Psalm 51
Rev. 13:1-10

November 4
Psalm 73
Rev. 17:1-18

November 11
Psalms 91, 92
James 1:16-27

November 18
Psalm 107:1-32
James 5:7-12

November 25
Psalm 141, 143
Rom. 15:7-13

Saturday Mornings

October 8

Psalms 37:1-6; 144
Micah 5:1-4, 10-15
Luke 8:16-25

October 15

Psalms 20, 21:1-7
Luke 9:37-50

October 22

Psalms 30, 32
Luke 11:1-13

October 29

Psalms 55
Luke 12:32-48

November 5

Psalms 75, 76
Luke 14:1-11

November 12

Psalms 87, 90
Joel 3:9-17
Luke 16:10-18

November 19

Psalms 107:33-43,
108:1-13 7-13
Mal. 3:13--4:6
Luke 18:9-14

November 26

Psalms 137:1-9; 144
Zech. 14:12-21
Luke 19:41-48

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

The Invitation

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

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

The Song of Response

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

The Confession

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Lord, have mercy, Christ, have mercy. Lord, have mercy. **Amen.** *(silence)*

Listening to Words of Love

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

Abiding in Love

- How might today's words help prepare you for worship and rest tomorrow? How might today's words help you set aside the work you have done and to be content?

Lifting Burdens and Closing Prayers

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

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

Saturday Evenings

Opening Prayer

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

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

The Song of Response

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

The Confession

Glory to you, our God, glory be to you, Holy Spirit, Comforter, treasure of all goodness and giver of life, come and dwell in us, cleanse us from all sin, and in your love bring us to salvation. **Amen.**

Repeat this prayer of confession a few times, slowly. Where is the Spirit bringing new life? Are you open or resisting?

Listening to Words of Love

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

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Closing Prayers

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

- All Christian people, that they may live in love and truth.
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- Peace throughout the world, and for all governments.
- Our neighbors and for all our friends.
- Those who hate us as we pray for those who love us.
- Refugees and prisoners; for the vulnerable.
- All sick people, for the sorrowful and the dying.
- Abundance of the fruits of the earth, and that the poor and hungry may receive a just share.

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

Lord Almighty, come and scatter the darkness of our hearts by the light of your presence; that we may know you the Light of the world and the one true God, blessed this night and for evermore. **Amen.**

October 8

Psalms 104
Acts 25:13-27

October 15

Psalms 116, 117
Acts 28:17-31

October 22

Psalms 42, 43
Rev. 10:1-11

October 29

Psalms 138
Rev. 13:11-18

November 5

Psalms 23, 27
Rev. 18:1-14

November 12

Psalms 136
James 2:1-13

November 19

Psalms 3
James 5:13-20

November 26

Psalms 104
Phil. 2:1-11

A Short Noonday Liturgy - Pausing to be Refreshed

- OPENING** Soul of Christ, refine me. Body of Christ save me. Blood of Christ still all my veins. Water from Christ's side, wash out my stains. Passion of Christ my comfort be. O good Jesus listen to me. Guard me when trouble assails me. Call me when hope shall fail me. Bid me come to you above. Let me ever sing your love. In your wounds I long to hide. Never let me leave your side. **Amen.** *(from a 14th Century Prayer called the Anima)*
- HYMN** *Sing or listen to a favorite hymn, or consider a few lines of poetry that invite you to slow down and wonder.*
- SCRIPTURE** *Re-visit one of the passages from this morning. Savor a few verses that grip your heart and imagination.*
- CLOSING** *Conclude with one of the following prayers:*
- Heavenly Father, send your Holy Spirit into our hearts, to direct and rule us according to your will, to comfort us in all our afflictions, to defend us from all error, and to lead us into all truth; through Jesus Christ our Lord. **Amen.**
- Or
- Lord God, source of our freedom and salvation, listen to our humble prayer. You redeemed us by the shedding of your Son's blood: enable us to live by your grace, and grant us at all times the joy of your safe keeping. Through Christ our Lord. Amen.
- Or
- Almighty Savior, who at noonday called your servant Saint Paul to be an apostle to the Gentiles: We pray you to illumine the world with the radiance of your glory, that all nations may come and worship you; for you live and reign for ever and ever. **Amen.**

Prayer Notes

